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A.C. :

Item No. :

Annexure No.

BACHELOR OF SCIENCE

in Physical Education, Health Education & Sports (B.Sc. - PEHES)

Proposed to be renamed as
Bachelor of Physical Education (B.P.E.)

SYLLABUS & COURSE OF STUDY

THROUGH

SEMESTER SYSTEM

(Approved by the Subject Committee in Physical Education & Sports Sciences)



DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCES

FACULTY OF INTER-DISCIPLINARY AND APPLIED SCIENCES

(University of Delhi)

INDIRA GANDHI INSTITUTE OF PHYSICAL EDUCATION & SPORTS SCIENCES

FINALISED WITH REVISED NUMBERING OF PAPERS



DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCES

Faculty of Inter-Disciplinary & Applied Sciences, University of Delhi

INDIRA GANDHI INSTITUTE OF PHYSICAL EDUCATION & SPORTS SCIENCES

B-BLOCK, VIKASPURI, NEW DELHI-110 018

Dated: 28.04.2010

Minutes of the Sub-committee for the Syllabus restructuring Committee B.Sc. (PEHE & S) three years course Semester System dated 28.04.2010

A meeting of the Subject Sub-committee for the Syllabus restructuring Committee B.Sc. (PEHE & S) three years course Semester System held on 28.04.2010. The following members attended the meeting:-

1. Dr. D.K. Kansal, H.O.D. - Chairman
2. Dr.(Mrs.) Sarita Tyagi
3. Dr. Anil Kumar Vanaik
4. Dr. Vijay
5. Dr. Rakesh Gupta - Convener

The following decisions were taken unanimously:-

- i) In order to streamline the nomenclature of three years degree in Physical Education, the sub-committee recommends that the nomenclature of the degree be renamed as Bachelor of Physical Education (B.P.E.) to bring it at par with the prevailing nomenclature at National Level in the best interest of the students.
- ii) In line of the above decision, the structure modified & finalized for implementation with effect from academic session 2010-11 is attached as an enclosure in spiral binding.
- iii) The suggested readings were updated by deleting irrelevant books and adding appropriate updated books as enclosed in S.No. (ii).

(DR. DEVINDER K. KANSAL)
H.O.D.

Max.

Syllabus

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DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCE
INDIRA GANDHI INSTITUTE OF PHYSICAL EDUCATION & SPORTS SCIENCE
(UNIVERSITY OF DELHI)
B-Block, VIKASPURI, New Delhi-110 018.

MINUTES OF SUBJECT SUB-COMMITTEE (B.Sc. (P.E., H.E. & S.))

A meeting of the Subject sub-committee was held on 08.04.2010 at 12.30 p.m. in the room of the H.O.D. The following were present :-

1. Dr. D.K. Kansal, H.O.D.
2. Dr. (Mrs.) Sarita Tyagi
3. Dr. Anil Kumar Vanaik
4. Dr. Rakesh Gupta (Convener)

Agenda-1: To consider the following suggestions of Empowered Committee.
(a) To detach physical education professional paper groups from language papers.
(b) To give standard numbering system to various papers.
(c) To correct the style of Suggested Readings.

The H.O.D. explained the above suggestions given to him by the empowered committee in a meeting held on 05.04.2010 at 4.00 p.m. in the committee room of the Empowered Committee.

After some discussion, the following decisions were taken unanimously:-

- i) The title 'References' may be replaced by the title 'Suggested Readings' and standard sample style provided by the empowered committee.
- ii) Sports professional group games papers may be detached from language papers. Therefore, Paper No.104(b), 204(b), 304(b), 404(b), 504(b) & 604(b) may be deleted. These deleted papers be attached with six papers as 103(b), 203(b), 303(b), 403(b), 503(b) & 603(b). The earlier paper No.503(b) may be replaced by Paper No.503(c).
- iii) The Teaching Practice for Sports Lesson and Theory Lesson be included together and included in Semester-V
- iv) The numbering of papers may be modified so as to bring it in line with the numbering explained by the H.O.D. as per information from the Empowered Committee i.e. BPE-101 to BPE-604 for all six semesters.
- v) The revised course contents & ordinances approved for B.Sc. (PE) Semester system are attached as Appendix-I.
- vi) The qualifying papers may be awarded nil work load as the same are to be taken in self study and e-learning mode. However, for framing courses, course load may be such as are equivalent to 5/6 credits of regular teaching papers.
- vii) The minutes of this meeting may be treated as confirmed.

The meeting ended with vote of thanks to the Chair.

(DR. D.K.

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCES
(UNIVERSITY OF DELHI)

B-Block Vikaspuri, New Delhi-110018

MINUTES OF THE SYLLABUS MODIFICATION COMMITTEE B.Sc. (P.E.H.E.&S) THREE
YEARS COURSE SEMESTER SYSTEM

A meeting of the subject sub-committee for the Syllabus Modification Committee B.Sc. (P.E.H.E.&S) three years course semester system held on 17.11.2009.

Following members attended the meeting:-

1. Dr. Sarita Tyagi
2. Dr. Anil Vanaik
3. Dr. Vijay
4. Dr. Rakesh Gupta (Convener)

The following decisions were taken:

1. The scheme of examination for B.Sc. (P.E.H.E.&S) three years course semester system approved and attached as Appendix-A.
2. It was decided to prepare draft syllabi of the above mention scheme of examination by 25th November, 2009.
3. The next meeting of the subject sub-committee for the Syllabus Modification Committee B.Sc. (P.E.H.E.&S) three years course semester system will be held on 26th November, 2009.

Meeting ended with a vote of thanks to the chair.



DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCES
(UNIVERSITY OF DELHI)
B-Block VIKASPURI, New Delhi-110018
MINUTES OF THE SYLLABUS MODIFICATION COMMITTEE B.Sc. (P.E.H.E.&S) THREE
YEARS COURSE SEMESTER SYSTEM

A meeting of the subject sub-committee for the Syllabus Modification Committee B.Sc. (P.E.H.E.&S) three years course semester system held on 26.11.2009.

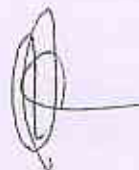
Following members attended the meeting:-

1. Dr. Sarita Tyagi
2. Dr. Anil Vanaik
3. Dr. Vijay
4. Dr. Rakesh Gupta (Convener)

The following decisions were taken:

1. The syllabi submitted by various members were discussed in detail and approved as Appendix-B.
2. It was decided that the appendix-B circulated among the Faculty of IGIPSS and send to the various expert for their comments and suggestions.

Meeting ended with a vote of thanks to the chair.



A meeting on 17th Nov

1. Dr.
2. Dr.
3. Dr.
4. Dr.
5. Dr.
6. Dr.
7. Dr.
8. Dr.
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After detail Physical Ed

1. B.S
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DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCES
(UNIVERSITY OF DELHI)

B-Block Vikaspuri, New Delhi-110018

Mrs. K. S. Chaudhary

Dr. Anil Vanaik

MINUTES OF THE MEETING OF THE SUBJECT COMMITTEE
held on 17.11.2009 at 10:30 A.M. at IGIPSS

A meeting of the subject committee of the Department of Physical Education and Sports Sciences was held on 17th November, 2009 at 10:30 a.m. in the conference room of the Institute. The following were present:-

1. Dr. D.K. Kansal (Chairman)
2. Dr. (Mrs.) M.K. Singh
3. Dr. (Ms.) Sheela Kumari S.
4. Dr. (Mrs.) Anita Rana
5. Dr. Sandeep Tiwari
6. Dr. Sarita Tyagi
7. Dr. Anil Vanaik
8. Dr. Vijay
9. Dr. Rakesh Gupta

After detailed discussion, it was resolved that following undergraduate courses should be prepared in Physical Education through semester system at University of Delhi

1. B.Sc. (P.E.H.E.S.S.) three year degree course
2. B.A. Programme Disciplinary/ Elective Subject
3. B.A. Programme Application Course
4. B.A. Programme Foundation Course
5. B.A. (Hon.) Physical Education three year degree course

It was further resolved that to start with, the contents of following courses may be finalized on priority by 20th December, 2009.

The following sub-committees were constituted:-

- I Sub-committee for B.Sc. (P.E.H.E.S.S.) three years course
 1. Dr. Rakesh Gupta (Convener)
 2. Dr. (Mrs.) M.K. Singh
 3. Dr. Sarita Tyagi
 4. Dr. Anil Vanaik
 5. Dr. Vijay

However, Dr. (Mrs.) M.K. Singh withdrew her name from the above sub-committee.

- II Sub-committee for B.A. Programme
 1. Dr. (Ms.) Sheela Kumari S. (Convener)
 2. Dr. Sandeep Tiwari
 3. Dr. Anita Rana
 4. Dr. Sunita Arora

After constitution of the above committees, it was decided that the above sub-committees may prepare the basic structure of concerned courses by 4:00 p.m. today itself while the contents may be prepared by 20th December, 2009.

Meeting ended with a vote of thanks to the chair.

M.K. Singh

(Dr. Anil Vanaik)

(Dr. Sarita Tyagi)

(Dr. Sandeep Tiwari)

H.O.D.
DPSS

(Dr. Sheela Kumari S.)

17/11/09
(Dr. Rakesh Gupta)

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17/11/09

Semester-I = 26 Credits

Paper-BPE 101 Foundations of Physical Education 6 Credits	Paper- BPE 102 Anatomy & Physiology 7 Credits	Paper- BPE 103 Game of Spl. 7 Credits	Paper- BPE 104 Hindi A / B 6 Credits each	Qualifying Paper-I Environmental Studies No Credits allotted (Self study mode equal to 5 credits)
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Semester-II = 27 Credits

Paper- BPE 201 Methods of Teaching in Physical Education 7 Credits	Paper- BPE 202 Computer Application in Physical Education 7 credits	Paper- BPE 203 a) Gymnastics (5 Cr.) b) Professional Game: Group-I (2 Cr.) 7 Credits	Paper- BPE 204 Hindi A / B 6 Credits each
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Semester-III = 27 Credits

Paper- BPE 301 Physiology of Exercise 7 Credits	Paper- BPE 302 Health Education, First Aid & Rehabilitation 7 Credits	Paper- BPE 303 Game of Spl. 7 Credits	Paper- BPE 304 English A / B 6 Credits each
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Semester-IV = 27 Credits

Paper- BPE 401 a) Holistic Personality Development (3 Cr.) b) Optional Paper Group: I (2 Cr.) c) Optional Paper Group: II (2 Cr.) 7 Credits	Paper- BPE 402 Test, Measurement & Evaluation 7 Credits	Paper- BPE 403 a) Yoga (5Credits) b) Professional Game: Group-II (2 Cr.) 7 Credits	Paper- BPE 404 English A / B 6 Credits each
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Semester-V = 27Credits

Paper- BPE 501 a) Sports Psychology (4 Cr.) b) Sports Sociology (3 Cr.) 7 Credits	Paper- BPE 502 a) Fundamentals of Sports Training (5 Cr.) b) Physical Exercise Prescription (2Cr.) 7 Credits	Paper- BPE 503 a) Game of Spl. (5 Cr.) b) Teaching Practice (Class room & field) (2 Cr.) 7 Credits	Paper- BPE 505 English A / B 6 Credits each
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Semester-VI = 27 Credits

Paper- BPE 601 Kinesiology & Biomechanics in Physical Education 7 Credits	Paper- BPE 602 Sports Management 7 Credits	Paper- BPE 603 a) Track & Field (5Cr.) b) Professional Group-III (2 Cr.) 7 Credits	Paper- BPE 604 English A / B 6 Credits each
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Grand Total= 161 credits

Major & Minor Status: PEHES= 17 Papers +1 Computer Technique+2 Hindi+ 4 English +1 Qualifying (Self Study).

Semester-I (26 Credits)

Paper	Name of the Paper	M. Marks Theory	M. Marks Practical	M. Marks Int. Assess.	Periods L + P + T	Credits
BPE 101	Foundations of Physical Education	75	-	25	5+0+1	6
BPE 102	Anatomy & Physiology	50	25	25	5+2+1	7
BPE 103	Game of Specialization: Any one of the following: 103 (i) Athletics 103 (ii) Basketball 103 (iii) Badminton 103 (iv) Cricket 103 (v) Football 103 (vi) Gymnastic 103 (vii) Handball 103 (viii) Hockey 103 (ix) Judo 103 (x) Kabaddi 103 (xi) Kho-Kho 103 (xii) Volleyball 103 (xiii) Yoga	50	25	25	4+4+1	7
BPE 104	Hindi A / B	75	-	25	5+0+1	6
Paper Number to be allotted by D.U.	Environmental Studies (Self Study Mode) (Common qualifying paper for all under-graduate degree courses of Delhi University)	75	0	25	Nil (Self Study Mode)	Nil

Total Credits = 26

Semester-II (27 Credits)

Paper	Name of the Paper	M. Marks Theory	M. Marks Practical	M. Marks Int. Assess.	Periods L + P + T	Credits
BPE 201	Methods of Teaching in Physical Education	50	25	25	5 + 2 + 1	7
BPE 202	Computer Application in Physical Education	50	25	25	5 + 2 + 1	7
BPE 203	(a) Gymnastics	50	25	25	2 + 4 + 1	5
	(b) Professional Game: Group-I: Any one of the following game other than the Games of Specialization: 203 (b) (i) Basketball 203 (b) (ii) Volleyball 203 (b) (iii) Judo 203 (b) (iv) Swimming	25	15	10	1 + 2 = 3	2
BPE 204	Hindi A / B	75	-	25	5+0+1	6

Total Credits = 27

Paper	Name of the Paper	M. Marks Theory	M. Marks Practical	M. Marks Int. Assess.	Periods L + P + T	Cred
BPE 301	Physiology of Exercise	50	25	25	5 + 2 + 1	7
BPE 302	Health Education, First Aid & Rehabilitation	50	25	25	5 + 2 + 1	7
BPE 303	Game of Specialization: (To be continued from Semester-I)	50	25	25	4 + 4 + 1	7
BPE 304	English A / B	75	-	25	5+0+4	6

Total Credits = 1

Semester-IV (26 Credits)

Paper	Name of the Paper	M. Marks Theory	M. Marks Practical	M. Marks Int. Assess.	Periods L + P + T	Cred
BPE 401	(a) Holistic Personality Development	25	15	10	2+2	3
	(b) Optional Paper: Group-I: Any one of the following: 401 (b) (i) Sports Nutrition 401 (b) (ii) Computational Technology 401 (b) (iii) Aerobics 401 (b) (iv) Sports For All 401 (b) (v) Sports Physiotherapy 401 (b) (vi) Sports Journalism 401 (b) (vii) Physical Growth & Development 401 (b) (viii) Fitness & Wellness	25	15	10	1+2	2
	(c) Optional Paper: Group-II: Any one of the following: 401 (c) (i) Sports Industry 401 (c) (ii) Gym. Management 401 (c) (iii) Fitness Instructor 401 (c) (iv) Communication in Health Education 401 (c) (v) Anger & Stress Management 401 (c) (vi) Art of Daily Scheduling 401 (c) (vii) Event Management 401 (c) (viii) Physical Activity Prescription	25	15	10	1+2	2
BPE 402	Test, Measurement & Evaluation	50	25	25	5 + 2 + 1	7
BPE 403	(a) Yoga	50	25	25	3 + 2 + 1	5
	(b) Professional Game: Group-II: Any one of the following game other than the Games of Specialization: 403 (b) (i) Badminton 403 (b) (ii) Cricket 403 (b) (iii) Kabaddi 403 (b) (iv) Kho-Kho	25	15	10	1 + 2 = 3	2
BPE 404	English A / B	75	-	25	5+0+1	6

Total Credits =

Semester-V (27 Credits)

Paper	Name of the Paper	M. Marks Theory	M. Marks Practical	M. Marks Int. Assess.	Periods L + P + T	Credits
BPE 501	a) Sports Psychology b) Sports Sociology	50 25	25 15	25 10	3+2+0 2+2+0	4 3
BPE 502	a) Fundamentals of Sports Training b) Physical Exercise Prescription	50 25	25 15	25 10	3+2+1 1+2+0	5 2
BPE 503	(a) Game of Specialization (To be continued from Semester-III)	50	25	25	2+4+1	5
	(b) Teaching Practice (Class room and Field)	15	25	10	1+2	2
BPE 504	English A / B	75	-	25	5+0+1	6

Total Credits = 27

Semester-VI (27 Credits)

Paper	Name of the Paper	M. Marks Theory	M. Marks Practical	M. Marks Int. Assess.	Periods L + P + T	Credits
BPE 601	Kinesiology & Biomechanics in Physical Education	50	25	25	5+2+1	7
BPE 602	Sports Management	75	-	25	6+0+1	7
BPE 603	(a) Track & Field	50	25	25	2+4+1	5
	(b) Professional Game: Group-III: Any one of the following game other than the Games of Specialization: 603 (b) (i) Football 603 (b) (ii) Hockey 603 (b) (iii) Table Tennis 603 (b) (iv) Handball	25	15	10	1+2=3	2
BPE 604	English A / B	75	-	25	5+0+1	6

Total Credits = 27

ORDINANCES FOR THE AWARD OF BACHELOR OF SCIENCE- PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS (B.Sc. (PEHES))-THREE YEARS (Six Semester) DEGREE COURSE

I. ADMISSION

A. ELIGIBILITY CRITERIA:

A candidate seeking admission to B.Sc.(Physical Education, Health Education & Sports) Semester-I for the degree of Bachelor of Physical Education, Health Education & Sports shall satisfy the following criteria:-

- i) A candidate seeking admission to B.Sc. (P.E.H.E.&S.) Semester-I course must have passed XII Examination of the Central Board of Secondary Education, New Delhi, or an examination recognized as equivalent there to with at least 45% marks in the aggregate.
- ii) The aggregate marks shall be determined on the basis of one language and three best subjects.
- iii) No person shall be qualified for admission to the B.Sc.(P.E.H.E. & S.) unless he/she has passed the examination, whereas, supplementary/Compartment candidates are not eligible for admission.
- iv) Person who has been convicted of an offense involving moral turpitude shall be admitted to a course of study or permitted to take any examination of the University until a period of two years has elapsed from the date of expiry of the sentence imposed on him. However, the Academic Council may in a special case, exempt any person from the operation of this rule.
- v) The candidates who have appeared at any of the qualifying examination but whose results have not been declared may apply for admission. Such candidate, if included in the final merit list of admission must submit their results of the qualifying examination in original to the authorities. In case of non-submission of result of qualifying examination, such candidate shall forfeit the right to admission.

B. AGE: -

The candidate shall attain minimum 17 years of age before the first day of October of the year in which he/she seeks admission to the B.Sc. (P.E.H.E. &S.) Semester-I. However, relaxation of age limit upto a max. of one year on the basis of individual merits may be made by the Vice-Chancellor, University of Delhi through the Principal of the Institution and/or Department of Physical Education & Sports Sciences, University of Delhi concerned.

C. FITNESS: -

- (i) The candidate shall submit a medical fitness certificate duly signed by a Registered Medical officer in the prescribed form of admission, to carry out the vigorous physical and academic activities concerning curriculum and co-curricular activities, which runs throughout the year. If due to one or another reason s/he fails to carry over above-mentioned activities, her/his right of admission will be forfeited.
- (ii) Physical Fitness - A candidate have to qualify the prescribed Physical Fitness test.

D. ATTENDANCE: -

A candidate shall be eligible for appearing in the Annual Examination for B.Sc. (P.E.H.E. & Sports) Semester-I to VI only if he/she has a minimum 66% attendance in Theory and Practical classes in aggregate.

A candidate who participate in Co-curricular activities and/or extra curricular activities during the course of study in a year shall be entitled for proxy attendance in the activities duly recognized by the University and approved by the concerned teacher Incharge and Principal of the college (e.g. Inter-college tournament/ District/State/Inter-versity/National/International/Invitational tournaments/ Camps/ Debates/Drama/Social relevance etc.). Such proxy attendance under no circumstances shall not exceed more than 1/3 of the total attendance (Theory and Practical in aggregate).

However, incase of serious illness and/or accident, a candidate, will not be given any proxy attendance under such circumstances. Such student can join the college in the next academic session on regular basis by payment of requisite fee prescribed.

E. DURATION:-

The total length of Bachelor of Physical Education, Health Education & Sports (B.Sc. P.E.H.E.&S.) Semester-I to VI shall not exceed six years from the first year of initial admission to the course and 5 years from the admission to the second year.

F. NATURE OF THE COURSE:-

The Bachelor of Science (Physical Education, Health Education and Sports) is a regular nature of course on full time basis.

G. RESERVATIONS:-

- i) Reservations for Schedule Caste/Schedule Tribes will be as per the norms of the University/Central Government and the candidate under these categories will be entitled for the relaxation of 5% marks in the minimum eligibility criteria in the qualifying academic examination.
5% of the seats are reserved for the children/widows/wives of the officers & men of the Armed Forces including Para Military Personnel killed or disabled in the action.

**II. THE COURSE OF STUDY AND EXAMINATIONS SHALL BE AS FOLLOWS FOR B.SC. (P.E.H.E. & S.)
SEMESTER-I TO VI EXAMINATIONS:**

Semester-I (26 Credits)

Paper	Name of the Paper	M. Marks Theory	M. Marks Practical	M. Marks Int. Assess.	Periods L + P + T	Credits
BPE 101	Foundations of Physical Education	75	-	25	5+0+1	6
BPE 102	Anatomy & Physiology	50	25	25	5+2+1	7
BPE 103	Game of Specialization: Any one of the following: 103 (i) Athletics 103 (ii) Basketball 103 (iii) Badminton 103 (iv) Cricket 103 (v) Football 103 (vi) Gymnastic 103 (vii) Handball 103 (viii) Hockey 103 (ix) Judo 103 (x) Kabaddi 103 (xi) Kho-Kho 103 (xii) Volleyball 103 (xiii) Yoga	50	25	25	4+4+1	7
BPE 104	Hindi A / B	75	-	25	5+0+1	6
Paper number to be allotted by D.U.	Environmental Studies (Self Study Mode) (Common qualifying paper for all under-graduate degree courses of Delhi University)	75	0	25	Nil (Self Study Mode)	Nil

Total Credits = 30

Semester-II (27 Credits)

Paper	Name of the Paper	M. Marks Theory	M. Marks Practical	M. Marks Int. Assess.	Periods L + P + T	Credits
BPE 201	Methods of Teaching in Physical Education	50	25	25	5 + 2 + 1	
BPE 202	Computer Application in Physical Education	50	25	25	5 + 2 + 1	
BPE 203	(a) Gymnastics (b) Professional Game: Group-I: Any one of the following game other than the Games of Specialization: 203 (b) (i) Basketball 203 (b) (ii) Volleyball 203 (b) (iii) Judo 203 (b) (iv) Swimming	50 25	25 15	25 10	2 + 4 + 1 1 + 2 = 3	
BPE 204	Hindi A / B	75	-	25	5+0+1	

Total Credits = 30

Semester-III (27 Credits)

Paper	Name of the Paper	M. Marks Theory	M. Marks Practical	M. Marks Int. Assess.	Periods L + P + T	Credits
BPE 301	Physiology of Exercise	50	25	25	5+2+1	7
BPE 302	Health Education, First Aid & Rehabilitation	50	25	25	5+2+1	7
BPE 303	Game of Specialization: (To be continued from Semester-I)	50	25	25	4+4+1	7
BPE 304	English A / B	75	-	25	5+0+4	6

Total Credits = 27

Semester-IV (26 Credits)

Paper	Name of the Paper	M. Marks Theory	M. Marks Practical	M. Marks Int. Assess.	Periods L + P + T	Credits
BPE 401	(a) Holistic Personality Development	25	15	10	2+2	3
	(b) Optional Paper: Group-I: Any one of the following: 401 (b) (i) Sports Nutrition 401 (b) (ii) Computational Technology 401 (b) (iii) Aerobics 401 (b) (iv) Sports For All 401 (b) (v) Sports Physiotherapy 401 (b) (vi) Sports Journalism 401 (b) (vii) Physical Growth & Development 401 (b) (viii) Fitness & Wellness	25	15	10	1+2	2
	(c) Optional Paper: Group-II: Any one of the following: 401 (c) (i) Sports Industry 401 (c) (ii) Gym. Management 401 (c) (iii) Fitness Instructor 401 (c) (iv) Communication in Health Education 401 (c) (v) Anger & Stress Management 401 (c) (vi) Art of Daily Scheduling 401 (c) (vii) Event Management 401 (c) (viii) Physical Activity Prescription)	25	15	10	1+2	2
BPE 402	Test, Measurement & Evaluation	50	25	25	5+2+1	7
BPE 403	(a) Yoga	50	25	25	3+2+1	5
	(b) Professional Game: Group-II: Any one of the following game other than the Games of Specialization: 403 (b) (i) Badminton 403 (b) (ii) Cricket 403 (b) (iii) Kabaddi 403 (b) (iv) Kho-Kho	25	15	10	1+2=3	2
BPE 404	English A / B	75	-	25	5+0+1	6

Total Credits = 27

Semester-V (27 Credits)

Paper	Name of the Paper	M. Marks Theory	M. Marks Practical	M. Marks Int. Assess.	Periods L + P + T	Credits
BPE 501	a) Sports Psychology	50	25	25	3+2+0	4
	b) Sports Sociology	25	15	10	2+2+0	3
BPE 502	a) Fundamentals of Sports Training	50	25	25	3+2+1	5
	b) Physical Exercise Prescription	25	15	10	1+2+0	2
BPE 503	(a) Game of Specialization (To be continued from Semester-III)	50	25	25	2 + 4 + 1	5
	(b) Teaching Practice (Class room and field)	15	25	10	1+2	2
BPE 504	English A / B	75	-	25	5+0+1	6

Total Credits = 27

Semester-VI (27 Credits)

Paper	Name of the Paper	M. Marks Theory	M. Marks Practical	M. Marks Int. Assess.	Periods L + P + T	Credits
BPE 601	Kinesiology & Biomechanics in Physical Education	50	25	25	5 + 2 + 1	7
BPE 602	Sports Management	75	-	25	6 + 0 + 1	7
BPE 603	(a) Track & Field	50	25	25	2 + 4 + 1	5
	(b) Professional Game: Group-III: Any one of the following game other than the Games of Specialization: 603 (b) (i) Football 603 (b) (ii) Hockey 603 (b) (iii) Table Tennis 603 (b) (iv) Handball	25	15	10	1 + 2 = 3	2
BPE 604	English A / B	75	-	25	5+0+1	6

Total Credits = 27

The Written/Theory and Practical Examinations shall be conducted by the University of Delhi through the Indira Gandhi Institute of Physical Education & Sports Sciences and the approved Examiners of the University of Delhi for each paper separately (Theory as well as Practical Examination).

III. MEDIUM OF EXAMINATION:

The medium of instruction & examination shall be English or Hindi for B.Sc. (P.E.H.E. & S.) Semester I to VI course.

IV Pass percentage and classification of successful candidate: -

- i) The minimum marks required to pass the qualifying examination shall be 33% in each paper.
- ii) The minimum marks required to pass the examination at the end of each year (Semester-I to VI examination) shall be 36% in each paper (theory and practical separately) and 36% in the aggregate. If there are parts of any paper the candidate is required to secure pass marks in each part of that paper.

Credits
4
3
5
2
5
2
6
Credits = 27

The passing criteria will be applied separately to the practical examination as well as to the total of the theory examination and Internal Assessment.

Provided that at the end of the semester-I, a candidate who does not pass the Semester-I examination but has secured at least 25% marks in the aggregate of the all the papers (excluding qualifying) taken together (including Internal Assessment and practical tests, if any) and has not secured pass marks in two papers, may be permitted to proceed to the semester-II, if otherwise eligible. However, he/she can appear in remaining paper/s of Semester-I alongwith the Semester-III examination.

Similarly, at the end of the semester-II, a candidate who does not pass the Semester-II examination (including a candidate who has not passed the Semester-I examination also) but has secured at least 25% marks in the aggregate of all the papers (excluding qualifying) taken together (including Internal Assessment and practical tests, if any) of the Semester-II examination and has not secured pass marks in two papers of Semester-II, may be permitted to proceed to the Semester-III. Such candidates can take the examination in the remaining paper/s of Semester-I & II alongwith the Semester- III & IV respectively.

- The above mention procedure is to be followed for the remaining semester of the B.Sc. (P.E.H.E. & S).
- iii) Any candidate for the B.Sc. (Physical Education, Health Education & Sports) Semester-VI Examination, who attains the pass standard, but fails to attain the necessary standards in the qualifying papers shall be required to appear in the qualifying paper, at a subsequent examination within the span period of six years from the date of admission to the Semester-I of the course and if successful, shall be declared to have passed the B.Sc. (Phy.Edu., Health Edu. & Sports) in the year in which he/she clears the remaining subjects.
 - iv) For paper number 401(b & c) students are required to give options for all the papers in order of preference and student will be allotted the paper on the basis of merit cum choice in such a way that the maximum number of the student in any paper does not exceed 15.

V. CLASSIFICATION OF RESULT:-

The successful candidate will be classified on the combined result of B.Sc. (P.E.H.E. & S.) Semester-I to VI examinations as follows:-

Credits
7
7
5
2
6
Credits = 27

- a) **Distinction:** Minimum 75% marks in aggregate in Theory, Practical & Internal Assessment.
- b) **First Division:** Minimum 60% of the total marks & above but below 75% marks.
- c) **Second Division:** Minimum 50% of total marks & above but below 60%.
- d) **Third Division:** Passing with less than 50% marks in aggregate and more than 36% marks in aggregate.

VI. MISCELLANEOUS:

Credits = 27
dira
for
VI
VI
c. If

- I Out of the marks allotted for internal assessment of each paper, the marks shall be awarded on the basis of tutorials, projects, assignments, class test, attendance, attitude in the class etc.
- II The candidate shall be promoted from B.Sc. (P.E.H.E. & S.) each semester, if she/he fulfills all the conditions, prescribed for promotion.
- III Candidate/s failing or failing to appear in the B.Sc. (P.E.H.E. & S.) Semester-I to VI and Examination shall be allowed to appear at the respective examination in the next succeeding Semester, only on being enrolled as an "Ex-Student" (subject to fulfilling all the examination eligibility) in accordance with the regulations prescribed in that behalf. The candidate must pass the B.Sc. (P.E.H.E. & S.) Semester-I to VI examinations within six years duration from the academic year of first admission to the first semester of the course.
- IV Candidates who have already secured the minimum pass marks in the practical papers at a previous examination shall not be allowed to re-appear in the practical papers as the case may be.
- V No candidate shall be allowed to appear in the final Annual Examination of B.Sc. (P.E.H.E. & S.) Semester-I to VI if he/she is in Service on fulltime/part-time basis before the completion of the final semester examination (Theory, Practical and Internal Assessment). However, if the candidate has the permission from the employer concerned to join the course alongwith the approved leave and "No Objection Certificate" for the entire duration of the course of the study, then the candidate shall be eligible to carry on the course and may appear in the final examination. In case of concealment of facts found/proved, the candidate shall be held responsible and action of debarring from the course and /or legal action shall be taken against him/her.
- VI No female candidate shall be allowed to continue the course of study for the concerned academic year/s in B.Sc. (P.E.H.E. & S.) Semester-I to VI if she carries pregnancy. In such case, she shall be treated under Ex-Student Category to appear in the final Annual Examination/s (Practical and/or Theory) in the next academic year, if she is found fit as in no-pregnancy condition.

Course content in details (Page 1-90)

FOUNDATIONS OF PHYSICAL EDUCATION

Max. Marks =75

Time allowed: 3Hrs

UNIT-I

Meaning, Definitions, Need, Importance, Objectives & Principles of Physical Education.

Foundations of Physical, Biological, Sociological, Psychological & Scientific basis of Physical Education, Exercise Science and Sport.

UNIT-II

Introduction of philosophies – naturalism, pragmatism, realism, idealism

Importance and need of philosophies in modern physical education programmes

UNIT-III

Meaning, need, importance of fitness and wellness movement in the contemporary perspectives.

Sports for all and its role in the maintenance and promotion of fitness.

UNIT-IV

Historical perspectives of Greece, Rome, India, and Modern perspectives: USA, UK, China and INDIA.

Olympic movement and its impact on modern society

UNIT-V

Physical education and sports: - YMCA, LNUPE, IGIPSS, SAI, NSNIS, Programmes – NSO, NCC, NSS.

Career Avenues, National awards and Honours

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each. The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

SUGGESTED READINGS:

- Chauhan S K (2005). Sharirik Shiksha Ka Viscrit Gyan, Friends Publication. Delhi.
- Jain P (2006). Shreerik Shiksha Ka Itihas, Khel Sahitya. Delhi.
- Kamlesh ML (2005). Physical Education and Exercise Sciences: An Objective Approach. Friends Publication. Delhi.
- Kamlesh ML (2005). Understanding Physical Education and Sports. Friends Publication, Delhi.
- Lumpkin, A. (2007). Introduction to Physical Education, Excises Science and Sports Studies, McGraw Hill. New York, USA.
- Sharma NP (2005). Sharirik Shiksha Kai Sidhant Aur Itihas. Khel Sahitya Kendra, Delhi.
- Siedentop, D. (2004). Introduction to Physical Education, Fitness and Sports. 5th Ed. McGraw Hill. New York, USA.
- Singh MK (2007). Shareerik Shiksha Main Sangran, Avum Parvakshan. Friends Pub., New Delhi.
- Uppal AK & Gautam GP (2008). Health and Physical Education. Friends Publication. New Delhi.
- Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports. McGraw Hill Companies, Inc., New York, USA.
- Zeigler EF (2007). History and Status of Physical Education and Educational Sports. Sports Education. New Delhi.

ANATOMY & PHYSIOLOGY

Max. Marks =50

Time allowed: 3Hrs

Unit-I

Definition of anatomy & physiology, Cell-microscopic structure of cells, functions of its organelle, Tissue-classification & functions, Organ, Systems of therapy, Bone & joints- structure and classification

Unit-II

Muscular System-classification, structure, functions, properties of muscle, types of muscular contractions, Name of various muscular acting on various joints, Cardiovascular system Structure of heart, cardiac cycle, blood pressure, cardiac output, structure & function of blood, athlete's heart.

Unit-III

Respiratory system-structure and function, second wind, oxygen debt, Digestive system-structure & function, balanced diet, metabolism & maintenance of body temperature.

Unit-IV

Nervous system-structure of brain, spinal cord, Autonomics nervous system, reflex action, Endocrine system- role of various endocrine glands, Structure & function of human eye & ear

Unit-V

Excretory system-structure & function, including structure & function of skin, Reproductive system- structure & function of male & female Reproductive system

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practicals:-

1. Counting of pulse rate
2. Measurement of blood pressure
3. Study of various bones of human body
4. Study of different body system with the help of models
5. Study of various movements of the joints.

SUGGESTED READINGS:

- Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
- Moried EN (2007). Essential of Human Anatomy & Physiology, Ed. 8th Dorling Kindersley, India.
- Prives M and Others (2004). Human Anatomy Vol. I & II Paragon, Delhi.
- Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
- Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons,
- William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin
- Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness, Churchill Livingstone

GAME OF SPECIALIZATION – ATHLETICS**Unit-I**

Introduction to athletics

Historical developmental of athletics- Ancient Olympics and Modern Olympics games

Constitution and functions of AFI (Athletics Federation of India) DSOA (Delhi State Olympic Association) AIU (Sports Association of Indian Universities) DSAA (Delhi State Athletics Association)

Unit-II

Introduction and types of track

Procedure and methods to mark the track (200m, 400m)

Warm-up and Cool down- Need, importance and procedure

Marking and construction of Javelin throw, Hammer throw arena

Specification and construction of high jump and pole vault pit/run ways

Unit-III

Brief background, techniques, training and important motor components of the following events:

Sprints races (100m, 200m, 400m)

Shot put and Discus throw

Long Jump and Triple Jump

Unit-IV

Tactics and strategies of the concern events

Safety measures, precautions and prevention of injuries

Officialing, rules and regulation of related events

Unit-V

Introduction to athletics, training planning and periodisation

Introduction to training methods various types of methods

Characteristics of athletics of related events

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical

1. Technical training and practice of following
2. Sprints Starting techniques, finalizing techniques
3. Shot put and Discus throw
4. Long Jump and Triple Jump
5. Record file

SUGGESTED READINGS

- Chauhan BS (1999). *Khel Jagat Mein Athletics*. A.P. Pub, Jalandhar.
- Evans DA (1984). *Teaching Athletics*. Hodder, London
- Fox EL (1998). *Physiological Basis of Physical Education and Athletics* Brown Pub.
- Gothi E (2004). *Teaching & Coaching Athletics*. Sport Pub., New Delhi.
- Gupta R. (2004). *Layout & Marking of Track & Field*. Friends Publications. India, New Delhi.
- Herb Amato, DA ATC et al (2002). *Practical Exam Preparation Guide of Clinical Skills of Athletic Training*, Slack Incorporated, 1st ed., USA.
- Maughan, R. and Gluson, M. (2004). *The Biochemical Basics of Athletic Performance*. Oxford University Press, U.K.
- Prentice, W. and Arnheim, D. (2005). *Arnheim's Principles of Athletic Training 12th Ed.* McGraw Hill. in place of Knight (1988).
- Renwick GR (2001). *Play Better Athletics*. Sports Pub, Delhi.
- Shri Vastav Abhay Kumar (1997). *Athletics*. S & S Parkashan.
- Singh Granth (1998). *Track and Field Athletics*. Ashoka, Delhi.
- Thani Lokesh (1995). *Skills and Tactics Track Athletics*. Sports Pub. Delhi.
- Thani Y. ed. (1991). *Encyclopedia of Athletics*. Gian Pub., Delhi.

Max. Marks =50

Semester I

Time allowed: 3Hrs

GAME OF SPECIALIZATION – BASKETBALL**UNIT-I**

Historical development of basketball at international and national level, Modern trends and developments in basketball

UNIT-II

Latest Rules, and their Interpretations, Basic skills and techniques, Measurement of basketball court

UNIT-III

Prerequisites of preparation and training, Theory of basketball training process, Principles of warming up and cooling down and their effects

Chest pass, Underhand pass, Dribbling, Shooting- long shooting, lay up shots, Coaching points, Tactical application

Drills for skill development (any five), Defense patterns and drills (zone and man - man drill), Lead up games for beginners in basketball, Teaching of basketball skill

UNIT-IV

Development of motor components with specific reference to basketball, Development of basketball specific fitness components

UNIT-V

Fitness tests- AAHPER Youth Fitness Test, AAHPER Health related Fitness Test,

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICAL

1. General and specific warm up
2. Teaching fundamental skills
3. Drills for defense and offense system
4. One on one measurement, development and evaluation of motor components
5. Preparing training load and schedule for basketball players

SUGGESTED READINGS

- Drewett, J. (2007). How to Improve at Basketball. Crabtree Publishing Co., USA.
- Goldstein, S. (1998). Basketball Fundamentals. 2nd Ed. Golden Aura Publishing, USA.
- Jain Naveen (2000). Play and Learn Basket Ball. Khel Sahitya Kendra. New Delhi.
- Nat BB (1997). Conditioning Coaches Association. NBA Power Conditioning. Human Kinetics.
- Sharma OP (2003). Basket Ball Skills and Rules. Khel Sahitya Kendra, Delhi.
- Thani Lokesh (1995). Skills & Tactics of Basket Ball. Sport Pub. New Delhi.
- Thani Yograj (2002). Coaching Successfully Basket Ball. Sports Publisher. Delhi.
- Wilmore & Costill (2004). Physiology of Sports & Exercise. Human Kinetics, USA

Max. Marks =50

GAME OF SPECIALIZATION- BADMINTON

UNIT-I

Origin, historical perspectives and modern trends & development of Badminton, Orientation of the fundamental skills, Construction and maintenance of badminton court

UNIT-II

Training of motor components, Technical preparation –reflexes, perceptual sense, neuro-muscular coordination, equipments etc., Techniques and tactics, Individual and game strategies Physical and physiological preparation Psychological preparation

UNIT-III

Systematizing training process for badminton players ~ general warming-up, specific warming-up and cooling down, Training for beginners, Training for intermediate players - advanced sportspersons

UNIT-IV

Prevention of injuries, Safety measures, Specific injuries in Badminton and their causes, Management of injuries, Rehabilitation of injured players

UNIT-V

Meaning, definition, classification and components of nutrition, Energy requirements of badminton players Nutritional requirements of badminton players : pre, during and post competition phases

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Demonstration of skills
2. Warming-up (general and specific), cooling down, and supplementary exercises
3. Training for foot work
4. Shadow practice and pressure training
5. Visit to a place where the facilities of Badminton exist

SUGGESTED READINGS

- Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- Golds, M. (2002). Badminton: Skills of the Game. Growood Press, USA.
- Grice, T. (2007). Badminton: Steps to Success. 2nd Ed. Human Kinetics, USA.
- Gupta R, Kumar P. and Tyagi S. (2008). Textbook on Teaching Skill and Prowess (Part I & II). Friends Publication, New Delhi.
- Jain D (2001). Teaching and Coaching –Badminton. Khel S.K. Delhi
- Kumar A (2003). Badminton. Discovery, New Delhi.
- Narang P (2005). Play and Learn Badminton. Khel Sahitaya Kendra
- Singh MK (2006). A to Z Badminton. Friends Pub. New Delhi.
- Singh MK (2007). Comprehensive Badminton. Friends Pub. New Delhi.

GAME OF SPECIALIZATION – CRICKET**UNIT-I**

Historical development of cricket at international and national level, Modern trends and developments in cricket, Organization of cricket at international and national level, BCCI, ICC, DDCA, MCG, NCA etc., Organizational setup and constitution of cricket and state bodies

UNIT-II

Latest rules and their interpretations

UNIT-III

Basic skills and techniques, Batting - forward defense, backward defense, all types of drives, glance, cut, pull, and sweep, Bowling - medium pace, leg spin, off spin and their improvisation

UNIT-IV

Fielding - catching, ground fielding, close and deep fielding, Wicket keeping, Drills for skills development (any five), Lead-up games for beginners in cricket

UNIT-V

Principles of warming up and cooling down and their effects
Mental preparation and motivational techniques in cricket

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness
Speed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility
3. Game officiating

SUGGESTED READINGS

- Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers. New Delhi.
- Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
- Cricket (2008). Sports Skills: Cricket Fielding (Know the Game). A & C Black Publishers.
- Gupta, K. (2006). How to Play Cricket. Goodwill Publishing House, New Delhi.
- Hobbs, J. (2008). The Game of Cricket As it should be Played. Jepson Press, USA.
- Jain R. (2003). Fielding Drills in Cricket. Khel Sahitya Kendra. New Delhi.
- Rachna (2002). Coaching Successfully: Cricket. Khel Sahitya Kendra. New Delhi.
- Sharma P. (2003). Cricket. Shyam Parkashan. Jaipur.
- Thani V. (1998). Coaching Cricket. Khel Sahitya Kendra. New Delhi.

Max. Marks =50

Time allowed: 3Hrs

GAME OF SPECIALIZATION – FOOTBALL**UNIT-I**

Historical development of football at international and national level, Modern trends and developments in football

UNIT-II

Latest rules and their interpretations, organization of FIFA & AIFF

UNIT-III

Prerequisites of preparation and training, Theory of football training process, Basic skills and techniques, Kicking, Receiving, Heading, Dribbling, Pyramid system – Swiss bolt, three back system, 4-2-4 formation,

UNIT-IV

Goal-keeping, pre-contact movement, contact, Coaching points, Tactical application, Drills for skill - development (any five), The field defense – general characteristics, teaching progression and coaching tips, position specific and other defense drills, Lead - up games for beginners in football,

UNIT-V

Fitness tests - AAHPER Youth Fitness Test, Fleishman Physical fitness test, Indiana Motor Fitness Test, Skill tests - Mcdonald test, Mitchell - Mcdonald test.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICAL

1. Kicking – basic action, requirement, classification and types of kicking
2. Receiving – with the feet, legs, inside the foot, outside and sole, thigh, stomach, abdomen and chest
3. Heading – types of heading, surface of impact, proper movements
4. Dribbling and shooting– types of skills
5. Goal keeping – receiving the ball on floor and in the air, diving skills, punching the ball

SUGGESTED READINGS

- American Football Coaches Association (2002). The Football Coaching Bible. 1st Ed., Human Kinetics, USA.
- Carling, C., Williams, M. and Reilling, T. (2006). Handbook of Soccer Match Analysis : A Systematic Approach to Improving Performance. Routledge Publishers, USA.
- Long, H. and Czarnocki, J. (2007). Football for Dummies. For Dummies Publisher, USA.
- N Kumar (2003). Play and Learn Football. K.S.K. New Delhi.
- Reilly, T. (2006). The Science Trainign Soccer : A Scientific Approach to Developing Strengths, Speed and Endurance. Routledge Publisher, USA.
- Reilly, T. and J.C.D. Arau (2008). Science and Football V : The Proceedings of the 5th World Congress on Sports Science and Football, Volume 5.
- Sharma OP (2001). Teaching and Coaching –Football. Khel S.K. Delhi.
- Thani Yograj (2002). Coaching Successfully Football. K.S.K. New Delhi.

GAME OF SPECIALIZATION – GYMNASTICS**UNIT-I**

Origin and development of gymnastics in India and Asia, Structure and function of FIG, GFL, AGU, AIU

UNIT-II

Rules & regulations, types of competition, types of jury, code of point-artistic gymnastic, Gymnastics coach- Qualifications, qualities and abilities, Personality profiles of a gymnastics coach
Knowing gymnastics terminology- Definition and principles of terminology, Methods of naming various gymnastics terms, Names and definition of some basic positions and movements

UNIT-III

Role of various motor abilities in gymnastics, Means and methods of developing general motor abilities and their evaluation, Means and methods of developing specific motor abilities and their evaluation

UNIT-IV

Supporting techniques and their methods, Security – means and methods, Self security methods, Causes, prevention and remedies of injuries in gymnastics

UNIT-V

Artistic Gymnastic

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Physical fitness in gymnastics : (i) Free hand exercises; (ii) Use of apparatus
2. Trampoline gymnastics : (i) jumps, (ii) somersaults (forward), (iii) twists/turns on small trampoline
3. Visit to the gymnastics centre

SUGGESTED READINGS

- Brown (2009). How to Improve at Gymnastics. Crabtree Publishing Co., USA.
- Chakraborty S and Sharma L (1995). Fundamental of Gymnastics. D.V.S. Pub. New Delhi.
- Chakraborty S (1995). Fundamental of Gymnastics. DVS Pub. New Delhi.
- Chakraborty S (1998). Women's Gymnastics. Friends Pub. Delhi.
- Code of Points Trampoline Gymnastics (2005). Federation Int. De Gymnastics
- Federation International Gymnastics (2006). Federation Int. De Gymnastics
- Harvey FJ (1998). Physical Exercises & Gymnastics. Khel Sahitya. New Delhi.
- Jain R (2005). Play and Learn Gymnastics. Khel Sahitaya Kendra
- Mitchell, D., Davis, B. and Lopez, R. (2002). Teaching Fundamental Gymnastics Skills. Human Kinetics USA.
- Price, R.G. (2006). The Ultimate Guide to Weight Training for Gymnastics. 2nd Ed. Sportsworlout.com
- Schlegel, E. and Dunn, CR. (2001). The Gymnastics Book : The Young Performer's Guide to Gymnastics. Firefly Books, USA.
- Smither Graham (1980). Behing The Scence of Gymnastics. London.
- Stickland, L.R. (2008). Gender Gymnastics. Trans Pacific Press, Japan.

GAME OF SPECIALIZATION – HANDBALL**UNIT-I**

Historical development of handball at international and national level, Modern trends and developments in handball

UNIT-II

Introduction to rules and regulations, interpretations of rules, layout of handball field and player's kit and equipment.

UNIT-III

Introductions to basic skills, techniques and their importance.

UNIT-IV

Common sports injuries in handball, treatment, rehabilitation and safety measure.

UNIT-V

Introduction to international, national and state handball federation/association, their organization set-up constitution and functions.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical

1. Catching/Receiving the ball(at different heights)
2. Passing (chest pass, overhead pass, wrist pass, shoulder pass, bounce pass, lob pass, long pass, back pass)
3. Dribbling (at different heights)
4. Shooting (Penalty shot, jump shot, long jump shot, high dive shot, fake shot, straight with blocking steps, straight without blocking shot, lob shot)
5. Goal keeping techniques
6. Anticipation
7. Interception

SUGGESTED READINGS

- Jain D (2003). Play & Learn Handball. Khel Sahitya Kendra, New Delhi.
- Kleinman, J. (2009). Complete Physical Education Plans. 2nd Ed. Human Kinetics, USA.
- Page, J. (2000). Ball Games. Lerner Sports Publisher, USA.
- Phillips, B.E. (2009). Fundamental Handball. Kessinger Publishers, USA.
- Schunottlach N McManama J (1997). Physical Education Handbook, 9th Edition. Allyn & Bacon, London.
- Schunottlach, N. and McManama (2005). Physical Education Activity Handbook. Benjamin Cummings, USA.
- Surboue, L.M. et al (2010). Team Handball. Betascript Publishing, USA

Max. Marks =50

Time allowed: 3Hrs

GAMES OF SPECIALIZATION – HOCKEY**UNIT-I**

Historical development of hockey at international and national level, Modern trends and developments in hockey.

UNIT-II

Introduction to rules and regulations, interpretations of the rules, layout of hockey field and player's equipment.

UNIT-III

Introductions to basic skills, their importance and techniques.

UNIT-IV

Common sports injuries in hockey, treatment, rehabilitation and safety measure.

UNIT-V

Introduction to international, national and state hockey federation/ associations, their organizational set up, constitution and functions.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Hitting & Receiving– classification, basic action
2. Dribbling
3. Ball passing and racking
4. Push
5. Scoop
6. Goal keeping –diving skills, receiving and clearing the ball

SUGGESTED READINGS

- International Hockey Federation (2003). Rules of the Game of Hockey with Guidance for Players and Umpires. International Hockey Federation. India.
- Jain D (2003). Hockey Skills & Rules. Khel Sahitya Kendra . New Delhi.
- Narang P (2003). Play & Learn Hockey. Khel Sahitya Kendra. New Delhi.
- Pecknold, R. and Foeste, A. (2009). Hockey : Essential Skills. McGraw Hills, USA.
- Rossiter, S. (2003). Hockey the NHL Way : Goaltending Illustrated Edition. Sterling Publishers, USA.
- Thani Yograj (2002). Coaching Successfully Hockey. Sports Publication. Delhi.
- Walter, R. and Johnson, M. (2009). Hockey Plays and Strategies. Human Kinetics, USA.
- Weekes, D. (2003). The Biggest Book of Hockey Trivia. Greystone Books, USA.
- Wukovits, J.F. (2000). History of Hockey 1st Ed. Lucent Books, USA.

Max. Marks =50

Semester I

Paper-BPE 103 (ix)

Time allowed: 3Hrs

GAME OF SPECIALIZATION – JUDO**UNIT-I**

Origin, historical perspectives, development in India and World, modern trends, Structure and function of Judo Federation of India (JFI), International Judo Federation (IJF), Fundamentals, Technique classification and tactics

UNIT-II

Required motor abilities, Technical preparation and grading system, Competition area, equipments etc., Physical, physiological and psychological preparation

UNIT-III

Systematizing training process for players – warming-up, cooling-down, supplementary exercises, basic skills, weight-training, circuit-training, Training for beginners, Training for intermediate players, Training for high performers

UNIT-IV

Common injuries of Judo

UNIT-V

Latest rules and regulation in Judo

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICAL

1. Warming-up (general and specific), cooling down, supplementary and stretching exercises
2. Demonstration of judo techniques
3. Ground work training
4. Training of fundamentals of judo
5. Visit to a Judo Centre

SUGGESTED READINGS

- Diago, T. (2005). Kodokan Judo Throwing Techniques. Kodansha International Publishers, Japan.
- Harrison EJ (2002). Coaching Successfully Judo. Sports. Delhi.
- Jain D (2003). Play and Learn Judo. Khel Sahitaya Kendra. New Delhi.
- Law, M. (2009). Falling Hard : A Journey into the World of Judo. Trumpeter Publisher, Japan.
- Putin, V., Shestakov, V. and Levitsky, A. (2004). Judo : History, Theory and Practice. Blue Snake Books, Moscow.
- Takahashi, M. (2005). Mastering Judo. Human Kinetics, USA.

GAMES OF SPECIALIZATION - KABADDI**UNIT-I**

Historical development of Kabaddi at Asian and national level, Modern trends and developments in Kabaddi

UNIT-II

Latest rules and their Interpretations

UNIT-III

General and specific warming up and cooling down (specific exercises for Kabaddi)

Principles of warming up and cooling down and their effects

UNIT-IV

Basic skills and techniques-Raid – mule kick, corner chain break, shoulder jumping, Catching – ankle hold, waist hold, chain formations, Bonus, Preparation

UNIT-V

Measurement, preparation & maintenance of court, major tournaments & trophies

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. General & specific warming-up
2. Training means for development, Flexibility, Coordination
3. Ground measurement

SUGGESTED READINGS

- Mishra , S.C. (2007). Teach Yourself Kabaddi. Sports Publications, New Delhi.
- Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS. Patiala Publisher
- Rao EP (1994). Modern Coaching in Kabaddi. D.V.S.Pub, New Delhi.
- Syal, M. (2004). Kabaddi Teaching. Prerna Parkashan, New Delhi.

GAME OF SPECIALIZATION - KHO-KHO**UNIT-I**

Historical development of Kho-kho at national level, Modern trends and developments in Kho-kho, Organization of KKFI and the confederations The congress, the board of administration, executive committee, the permanent secretariat, the internal auditors, Organization and constitution of KKFI and Affiliated Units

UNIT-II

Latest Rules, and their Interpretations

UNIT-III

Prerequisites of preparation and training-Theory of Kho-kho training process, General & specific warming up and cooling down (specific exercises for Kho-kho)

Principles of warming up and cooling down and their effects

Basic skills and techniques-Running – chain game - single chain, double chain 3-3-2, Feint, Dosing, Oval, Chasing – pole dive – sitting, running, fake and pole dive, Sitting and block, Dive – air dive, sitting dive, flat dive

Preparation, pre-contact movement, contact, Tactical application, Drills for skill development, the court defense – general characteristics

UNIT-IV

Development of motor components with specific reference to Kho-kho, Development of Kho-kho specific fitness components, Specific training methods for different positions

UNIT-V

Types of tournaments, trophies & cup, Skill tests - Evaluation of team performance – observation techniques, statistical techniques, scouting charts

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness
Speed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility
3. Game officiating
4. Ground measurement & preparation of Kho-kho court

SUGGESTED READINGS

- Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.
- Pandey L (1982). Kho - Kho Sarvaswa. Metropolitan, New Delhi.

GAME OF SPECIALIZATION – VOLLEYBALL**UNIT-I**

Historical development of Volleyball at international and national level , Modern trends and developments in volleyball, Organization of FIVB and the confederation, The congress, the board of administration, executive committee, the international commissions, the Permanent Secretariat, the continental confederations, Organization and constitution of VFI and state bodies

UNIT-II

Latest rules, and their interpretations

UNIT-III

Prerequisites of preparation and training-Theory of volleyball training process, General and specific warming up and cooling down (specific exercises for volleyball), Principles of warming up and cooling down and their effects

UNIT-IV

Basic skills and techniques-The serve – underhand, tennis, jump and serve, overhead float, Forearm passing, Overhead passing, Spiking / attack, Blocking, Preparation, pre-contact movement, contact
The court defense – general characteristics, position specific and other defense drills, Lead - up games for beginners in volleyball

UNIT-V

Development of motor components with specific reference to volleyball, Development of volleyball specific fitness components

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness
Speed, Strength, Endurance, Flexibility, Coordination, Agility, blocking, fighting
3. Game officiating

SUGGESTED READINGS

- American Volleyball Coaches Association (2005). Volleyball : Skills & Drills. Human Kinetics, USA.
- FIVB (1996). Backcourt Spiking in Modern Volley Ball. FIVB. Chennai.
- Kenny, B. and Gregory, C. (2006). Volleyball : Steps to Success. Human Kinetics, USA.
- Sagar SK (1994). Cosco Skills Stactics - Volley Ball. Sport Publication. Delhi.
- Scates AE (1993). Winning Volley Ball. WC Brown. USA.
- Scates, A. and Linn, M. (2002). Complete Conditioning for Volleyball. Human Kinetics, USA.
- Shondell, D. and Reynaud, C. (2002). The Volleyball Coaching Bible. Human Kinetics, USA.
- The National Alliance for Youth Sports (2009). Coaching Volleyball. For Dummies Publishers, USA.
- Volleyball, USA (2009). Volleyball : Systems and Strategies. Human Kinetics, USA.

GAME OF SPECIALIZATION – YOGA**UNIT-I**

Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields

UNIT-II

Philosophical aspects of yoga-Pre-vedic, Vedic period; Buddhism, upnishada period, Jainism & tantra

UNIT-III

Meaning, techniques, precautions & effects of the following:-

Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardh-matsyendrasana, bhujangasana, tadasana, vrikshasana, matsyasana, gomukhasana, ushtrasana, shavasana, makarasana, vrishchikasana, dhanurasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirshasana

Pranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi

Shatkarma : neti, dhauti, nauli, basti, kunjai, kapal bhati, shankh prakshalana

Bandhas : jalandhar, uddyana, mool bandha

UNIT-IV

Disease wise treatment through yoga therapy- Asthuma, high & low B.P, diabetes, obesity, heart disease, insomnia, arthritis, backache & female disease

UNIT-V

Diet & constitution, components of nutrition, water, natural diet, balanced diet, fasting-its benefits, types & preparation. Importance of vegetarianism in yogic diet.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Prayer
2. Asanas, pranayama, shatkarma, bandha (as mentioned in theory)
3. Yoga-nidra/relaxation techniques
4. Visit to yoga centre/institutes

SUGGESTED READINGS

- Anand Omprakash (2001). Yog Dawra Kaya Kalp, Kanpur. Sewasth Sahitya Perকাশan
- Iyengar, B.K.S. (1995). Light on Yoga : The Bible of Modern Yoga. Schocken Publishers, USA.
- Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA.
- Kirk, M. (2005). The Hatha Yoga Illustrated. Human Kinetics, USA.
- Mukerji, A.P. (2010). The Doctrine and Practice of Yoga. General Books, LLC, New Delhi.
- Norton, W.W. (2010). Yoga for Osteoporosis : The Complete Guide. W.W. Norton & Company, USA.
- Sarin N (2003). Yoga Dawara Ragoon Ka Upchhar. Khet Sahitya Kendra
- Sri Swami Rama, (2001). Breathing. Rishikesh Sadhana Mandir Trust.
- Swami Ram (2000). Yoga & Married Life. Rishikesh Sadhana Mandir Trust
- Swami Swatma Rami Patanjali Yoga Sutra
- Swami Veda Bhari (2000). Yoga Polity. Economy and Family. Rishikesh Sadhana Mandir Trust
- Text Book Hath Yoga Pradipika
- Text Book Patanjali Yoga Sura

HINDI A & B

Syllabus from B.A. Programme of Delhi University

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each. The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

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Semester II

METHODS OF TEACHING IN PHYSICAL EDUCATION

Max. Marks =50

Time allowed: 3Hrs

UNIT I

Meaning of teaching, coaching, officiating and as a career in Physical Education & Sports.
 Meaning and need for methods, factors effecting teaching method.

UNIT II

Teaching methods: command, demonstration, imitation, discussion, part- whole, whole- part-whole, explanation and recitation
 Techniques of presentation: personal and technical preparation.

UNIT III

Class management: techniques, formations, command (types and techniques) factors effecting class management
 Lesson Plan: Need, construction, Introduction development, skill/recreation

UNIT IV

Qualification and qualities of a coach, Personnel in physical education/sports.
 Teaching Aids: Need and Importance, Types of teaching aids.

UNIT V

Fundamental skills: athletics, aquatics, badminton, basketball, cricket, football, hockey, handball, kabaddi, Kho-Kho, volleyball and Judo, Yoga Assanas, Grounds: Preparation and marking of standard play areas, courts and track.

Note: Question paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical

1. Teaching of fundamentals skills
2. Teaching Aids
3. Demonstration of fundamentals skills
4. Grounds
5. Preparation of lesson planning and skill

SUGGESTED READINGS

- Capel, S. et al Editors (2006). A Practical Guide to Teaching Physical Education. Routledge Publishers, USA.
- Graham, G.M. (2009). Children Moving : A Reflective Approach to Teaching Physical Education. 8th Ed. McGraw Hill, USA.
- Gupta R. (2010). Sharirik Shiksha Mein Shikshan Pradhyogiki. Friends Publication. New Delhi.
- Gupta R, Kumar P. and Sharma D.P.S. (1999). Lesson Plan in Physical Education & Sports. R.D.P. Publication. New Delhi.
- Gupta R, Kumar P. and Sharma D.P.S. (2004). Sharirik Shiksha Mein Path Yojna. Sahyog Prakashan. New Delhi.
- Gupta R, Kumar P. and Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends Publication. India, New Delhi.
- Kamlesh ML (2005), Methods in Physical Education. Friends. Delhi.
- Kamlesh ML (2005), Sharirik Shiksha Ki Vidiyan, Friends. Delhi.
- Panday Laxmikant (1996). Sharirik Shiksha Ki Shiksha Padati. Metropolitan Book, New Delhi.
- Shaw D and Kaushik S (2001). Lesson Planning- Teaching Methods and Classman in Physical Education. K.S.K, Delhi.
- Shrivastava A.K. (2004). Shareerik Shiksha Khetr Mein Santan Avum Prashashan. Sports. New Delhi.
- Wisberg A (2007). Sport Skill Instruction for Coaches. Human Kinetics. Champaign. Illinois. U.S.A.

COMPUTER APPLICATION IN PHYSICAL EDUCATION**UNIT-I**

Introduction to computers, Components of computer- CPU, Input, output and storage devices. computer software – Operating System, Window-95, 98, 2000, XP, Vista, DOS

UNIT-II

Data and information concepts – bits, bytes, KB, MB, GB, TB.
MS-Office, MS-Word Spreadsheets and Power Point presentations, Internet Access

UNIT-III

Computer networks: Need and scope, classification: LAN, WAN, MAN, Client server technology.
Local Area Networks (LAN) – Components of LAN, Advantages of LAN, advantages of WAN.

UNIT-IV

Internet and Other Technology: Internet and www, internet, applications of internet, internet protocols.
Mobile commerce, Bluetooth and wifi, E-mail, Video conferencing.

UNIT-V

Computers and physical education: Need and scope of computer applications in physical education.
preparations of lessons regarding physical education using computer.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practicals:

To prepare test/lesson/data sheets using

1. MS Office
2. Spread Sheets
3. MS World
4. MS Excel
5. Power point

SUGGESTED READINGS

- Comminee on Engaging Computer Science in Health Care (2009). Computational Technology for Effective Health Care. National Academic Press. U.S.A.
- Ittegov D. (2004). Operating System Fundamentals. Firewall Media.
- Milke M (2007). Absolute Beginner's Guide to Computer Basics. Pearson Education Asia.
- NIIT (2004). Basics of Networking Prentice – Hall, India Pvt. Ltd.

Max. Marks = 50
3Hrs

Semester II

Paper-BPE 203 (a)

Time allowed:

GYMNASTICS

Unit-I

Brief history of gymnastics with special reference to India,
Fundamental skills:-

Men

Floor exercise
Forward roll
Backward roll
Sideward roll
Cartwheel
Hand stand to forward roll

Women

Floor exercise
Forward roll
Backward roll,
Sideward roll
Cartwheel
Leg Split

Unit-II

Parallel Bars

Mount on Parallel Bars
Straddle walk on parallel bars
Upper arms swing
Perfect swing
Shoulder stand to roll forward
Front or backward swing to the side (dismount)

Balancing Beam

Walking and running on the beam
Turning movement on the beam
Cat jump
Dancing steps and movements
Different kinds of scales
Mount (1/4 turn to cross sitting)
Dismount (Jump from the end of the beam with leg straddle in the air) and landing on ground with legs together

Vaulting Horse/Table Vault

Approach run and jump from the vault board
Squat Vault
Straddle vault

Vaulting Horse/ Table Vault

Approach run
Take off from the vault board
Squat vault
Straddle vault

Unit-III

Men & Women-Rules of gymnastics and their interpretations, Rights & duties of officials during competition
Important competitions at National, International levels, distinguished personalities concerned with gymnastics.
Fundamental skills:-

Men

Floor exercises
Backward roll to handstand
Diving forward roll
Side split
Handspring

Women

Balancing Beam
forward roll to mount
dancing steps
headstand to roll forward
Jump-scissor jump, tuck jump, stretch jump, pike jump
Different kinds of scales
Leap, sider leap, straddle leap, cat leap

Unit-IV

Roman Rings

Different positions on roman rings
Perfect swings
Back Uprise
Inlocation with bent body
Shoulder dismount
Up-start/kip

Uneven Parallel Bars

different kinds of grips
back turn over (Mount)
dismount from knee hang
straddle circle forward and backward
Back hip circle forward and backward

Horizontal Bar

Perfect swing n horizontal bar
Back Uprise to support

Floor exercises

handstand
Cartwheel

Straddle circle forward
Up-start/Kip
Front roll
Fraddle dismount from H.B.

combination of forward roll and backward roll
Backward roll to hand stand
Round off
Diving forward roll

Pomelled Horse
Grip shifting from support posing
Half single leg circle
One leg circle
Single leg circle inward
(Front Support)

Rhythmic Gymnastics
Dancing with Music
Sequence of dancing movement and force
Exercise with skipping rope, clubs, ribbon, hoop and ball

(From Un-Even Support)

Unit-V

Men & Women

Types of Gymnastics, Types of Competitions, Competition Article, Introduction of Code of points (Sitting of Judges in different competitions, Evaluation of compulsory and optional exercises, requirements of ABC part in different competition (Structure Group of exercise)

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical

Exercises:-

1. Floor exercise
2. Parallel Bars
3. Balancing Beam
4. Vaulting Horse

SUGGESTED READINGS

- Chakraborty S and Sharma L (1995). Fundamental of Gymnastics. D.V.S. Pub. New Delhi.
- Chakraborty S (1995). Fundamental of Gymnastics. DVS Pub. New Delhi.
- Chakraborty S (1998). Women's Gymnastics. Friends Pub. Delhi.
- Code of Points Trampoline Gymnastics (2005). Federation Int. De Gymnastics
- Derry G (1988). Personal Best Gymnastics. Willionm Colliv. London.
- Federation International Gymnastics (2006). Federation Int. De Gymnastics
- Harvey FJ (1998). Physical Exercises & Gymnastics, Khel Sahitya. New Delhi.
- Jain R (2005). Play and Learn Gymnastics. Khel Sahitaya Kendra
- Jain R (2003). Play and Learn Gymnastics. Khel Sahitaya Kendra. New Delhi.
- Pearson D (1991). Play The Game Gymnastics. Ward Lock. Britain.
- Smither Graham (1980). Behing The Scence of Gymnastics. London.
- Turoff Fred (1991). Artistic Gymnastics. C. Brown. U.S.A.

b) Game: Group-I

Common for all professional games (Basketball, Volleyball, Judo & Swimming)

Unit-I

Introduction of the games, history of games/sports in India, in Asia, in World

Unit-II

Fundamentals or basic skills, organization of sports in India

Unit-III

Important tournaments, trophies, cups, resource material (Books/Literature)

Unit-IV

Rules and regulations, role of official, duty of official

Unit-V

Officiating, Methods of officiating
Field Marking and Dimension of the game

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each. The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

SUGGESTED READINGS

- American Volleyball Coaches Association (2005). Volleyball : Skills & Drills. Human Kinetics, USA.
- Diago, T. (2005). Kodokan Judo Throwing Techniques. Kodansha International Publishers, Japan.
- Drewett, J. (2007). How to Improve at Basketball. Crabtree Publishing Co., USA.
- FIVB (1996). Backcourt Spiking in Modern Volley Ball. FIVB. Chennai.
- Goldstein, S. (1998). Basketball Fundamentals. 2nd Ed. Golden Aura Publishing, USA.
- Guzman, R. (2006). The Swimming Drill Book. Human Kinetics, USA.
- Harrison EJ (2002). Coaching Successfully Judo. Sports. Delhi.
- Montgomery, J. and Chambers, M. (2008). Mastering Swimming. Human Kinetics, USA.

Semester II

Max. Marks =75
3Hrs

Time allowed:

HINDI A & B

Syllabus from B.A. Programme of Delhi University

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each. The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

PHYSIOLOGY OF EXERCISE

UNIT-I

Meaning, Definitions, need & importance of physiology of exercise in Physical Education

Muscular skeletal system:- Human skeleton & effect of exercise of human skeleton, sex difference,

Muscles: Structure (Gross & microscopic), properties and functions of muscles, sliding filament theory of muscular contraction, Molecular mechanism of muscular contraction.

UNIT-II

Cardiovascular system: Structure of heart, circulation through heart, pulmonary and systematic Circulation, cardiac output, blood pressure, effect of exercise on cardiovascular system, athletic heart, Composition and functions of blood

Respiratory system: organs of respiration, mechanism of respiration, effect of exercise on Respiratory system, oxygen debt, second wind.

UNIT-III

Digestive system, digestion, assimilation and absorption of food, effect of exercise on digestive system, Structure and functions of kidney and skin and effect of exercise on excretory system.

Endocrine glands and effect of exercise on endocrines glands, Basic structure of nervous system and neural control.

UNIT-IV

Influence of acute and chronic exercises on muscular system, types of muscular contractions, effect of exercise & muscular system

Physiological concept of physical fitness, conditioning and training, component of motor fitness, fatigue

UNIT-V

Environment and Exercise: Hot, humid, cold temperature and performance, altitude and performance

Nutrition and performance: Athletic diet, pre, during and post game meals, importance of vitamins, minerals and water in sports performance.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical:

Identification of bones responsible for movement of shoulder, elbow, hip and knee joint.

1. Measurement of pulse rate at rest, during exercise and recovery.
2. Measurement of blood pressure at rest and during exercise.
3. Estimation of target heart rate.
4. Prediction of VO_2 max
5. Tests for cardio respiratory endurance
6. Measurement of vital capacity
7. Harvard step up test and different modifications of HST.

SUGGESTED READINGS

- Brooks, G., Fahey, T. and Baldwin, K. (2004). Exercise Physiology. McGraw Hill, USA.
- Gerard J Tortora SR Grabowski. Principles of Anatomy and Physiology.
- Jain Rita (2007). Quick Review in Anatomy and Physiology. Pepee. Delhi.
- McArdle, WD, Katch, F I and Katch, VL (2000). Essentials of Exercise Physiology 2nd Ed., Lippincott Williams & Wilkons, USA.
- Merieb EN (2007). Essential of Human Anatomy & Physiology. Ed 8th Durling Kindersley. India.
- Powers, S. and Howley, E. (2006). Exercise Physiology. McGraw Hill, USA.
- Rowland Thomas W. children's (2005). Exercise Physiology. 2nd Edition Human Kinetics.
- Sharma NP Sharrer Rachna Thatha Sharrer Kriya Vigyan. Khel Sahitya Kendra. Delhi.
- Wilmore Jack H and Costill David L. (2004). Physiology of Sports and Exercise. Human kinetics.

HEALTH EDUCATION, FIRST AID & REHABILITATION**Unit-I**

Health-meaning, dimensions of health and their interrelationships, importance of health for individual, family, community and nation; factors influencing health, spectrum of health

Health Education- meaning, scope, aims and objectives, principles, methods and media used in health education

Hygiene- personal hygiene, food hygiene, environmental hygiene-meaning, need and importance; associated practices related to maintenance and promotion of health

Unit-II

Foods and Nutrition- Misconceptions about food, essential body nutrients- functions, food sources, balanced diet, diet prescription

Communicable and Non-communicable diseases- meaning, distinction between communicable and non-communicable diseases. Communicable diseases- their mode of spread and prevention of diarrhoea diseases, typhoid, malaria, STD Respiratory disease ; non-communicable diseases- causes and prevention of diabetes, CVD, cancers, renal diseases and respiratory diseases.

Unit-III

Contemporary health problems of college youth- Alcohol, drugs, use of tobacco (chewing, sniffing, smoking)- their harmful effects substance abuse management

Population education- importance of small family, methods of controlling conception, signs and symptoms of pregnancy, home and hospital delivery, care of the infant, importance of breast feeding, immunization, oral rehydration therapy

National health programmes- components of existing national health programmes

Unit-IV

Definition of first aid, DRABCH of first aid, CPR, first aid for, hemorrhage, fractures, sprain and strain (Price), drowning snake bite, poisoning, heat stroke and heat exhaustion

International health agencies- WHO, UNICEF, Red Cross- their constitution and role in promoting health

Unit-V

Rehabilitation – definition, physical, mental and psychological rehabilitation.

Rehabilitation Modalities – cold, heat, water, radiation, Hydrotherapy, cryotherapy, thermotherapy – superficial heat – I R Lamp, Wax bath, deep heat- short wave diathermy, microwave diathermy, w/s therapy, inferential therapy, TENS, nerve muscle stimulator.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical

1. A visit to – International health agency and/or Government/NGO related to health promotion activities
2. Study of health programmes/s
3. Prescription of diet
4. Determination of calorie value of food
5. Identification of various methods of contraceptives
6. Collection of material for substance abuse control
7. Immunization schedule

SUGGESTED READINGS

- Anspaugh DJ Ezell G and Goodman KN (2006). Teaching Today's Health. Mosby Publishers. Chicago, USA.
- Balayan D (2007). Swasthya Shiksha Evam Prathmik Chikitsa. Khel Sahitya. Delhi.
- Chopra D and D Simon (2001). Grow Younger, Live Longer: 10 Steps to Reverse Aging. Three Rivers Press. New York. USA.
- Dewan AP (1996). School Health Manual. Nature Cure and Yoga Health Centre. New Delhi.
- Dixit Suresh (2006). Swasthya Shiksha. Sports Publication. Delhi.

- Floyd PA SE Mimms and C Yelding (2003). *Personal Health: Perspectives and Lifestyles*. Thomson Wads Worth. Belmont. California. USA.
- Hales D (2005). *An Invitation to Health*. Thomson-Wadsworth, Belmont. California. USA.
- Donatelle RJ (2005). *Health the Basics*. Sixth Edition. Oregon State University.
- Snehlata (2006). *Shareer, Vigyan Evam Swasthya Raksha*. Discovery Pub. House s. New Delhi.
- Uppal AK & Gautam GP (2008). *Health & Physical Education*. Friends Publication. New Delhi.
- Park K (2007). *Park's Text Book of Preventive & Social Medicine*. Banarsi Das Bhanot & Company. Delhi.

GAME OF SPECIALIZATION – ATHLETICS**Unit-I**

Introduction to athletics, Olympics and non-Olympics events
 Structure, Constitution and functions of IOC (International Olympic Committee) AAA (Athletics Association of Area) OCA (Olympic Council of Area)
 Marking of various arenas of field events –long jump, triple jump, shot put and discuss throw

Unit-II

Protocol and procedure of athletics championship
 Organisation and management of athletics meet
 Ceremonies – Opening Ceremony, victory and closing ceremony

Unit-III

Brief background techniques, training and important motor-components of the following events:
 Middle and long distance running, Javelin throw and Hammer throw, High Jump and Pole Vault, Relay races (4x100m, 4x400m)

Unit-IV

Tactics and strategies of the concern events, Athletics training for children and women, Psychological and social factors of athletics performance

Unit-V

Athletics training load, form of load, factors of load, load and adaptation
 Various training methods- continuous, interval, repetition, slow-fast and descending and ascending training methods

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical

1. Technical training and practice of following
2. Middle and long distance running
3. Javelin throw and Hammer throw
4. High Jump and Pole Vault
5. Relay races (4x100m, 4x400m)

SUGGESTED READINGS

- Chauhan BS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
- Fox EL (1998). Physiological Basis of Physical Education and Athletics Brown Pub.
- Frost RB and others (1992). Administration of Physical Education and Athletics. Universal Book, Delhi.
- Gothi E (1997). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Grant, S. and Lloyd, E. (2006). Training and Performance in difficult environments : A Guide for competitive Athletes. Crowood Press, USA.
- Knight T and Troop N (1988). Sackville Illustrated Dictionary of Athletics, Jackvillie,
- Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
- Shrivastav AK (1997). Athletics. S & S Parkashan. Amravati.
- Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.
- Thani (1995). Skills and Tactics Track Athletics. Sports Pub. Delhi.
- Warden P (1990). Take Up Athletics. Springfield Books Ltd.
- Weaver T (1988). Personal Best : Athletics. Harper Collins. London.

me allowed:

Semester III

Max. Marks =50

Time allowed: 3Hrs

GAME OF SPECIALIZATION – BASKETBALL**UNIT-I**

Principles and objectives of coaching, Techniques of coaching – pep talk, coaching- pre match, during and post match, individual and group coaching

UNIT-II

Psychological qualities and preparation of a basketball player, Team system and tactical training, Offensive system in play, Defense system in play

UNIT-III

Individual, Diet and nutrition for a basketball player. Construction of basketball court

UNIT-IV

Principles of load and adaptation, Fatigue, recovery and super compensation, Overload and its management

UNIT-V

Ankle sprain, jammed thumb, shoulder dislocation, wrist twist, rib injuries, Preventive and safety measures, Rehabilitation

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICAL

1. Dribbling Drill
2. Speed work
3. Endurance Training
4. Match Practice

SUGGESTED READINGS

- Ambler V (1984). How to Play Basket Ball. Paper Balls, Delhi.
- Chuck, B. (1998) Play Better Basketball : Winning Techniques and Strategies. 2nd Ed. McGraw Hill, USA.
- Jain Naveen (2003). Play and Learn Basket Ball. Khel Sahitya Kendra, New Delhi.
- Nat B. B (1997). Conditioning Coaches Association. NBA Power Conditioning, Human Kinetics.
- Sharma OP (2003). Basket Ball Skills and Rules. Khel Sahitya Kendra, Delhi.
- Thani Lokesh (1995). Skills & Tactics of Basket Ball. Sport Pub, New Delhi.
- Thani Yograj (2002). Coaching Successfully Basket Ball. Sports Publisher, Delhi.

GAME OF SPECIALIZATION – BADMINTON**UNIT-I**

Important motor components, Structure and process for improvement of performance, Various training methods and principles of training load, Causes and symptoms of overload, Management of overload

UNIT-II

Anatomical considerations, Physiological considerations, Biomechanical considerations, Psychological consideration, Scientific research reviews

UNIT-III

Long term and short term planning for competition, Cyclic process of training : micro, meso and macro cycles Preparation of training schedules, Tactical efficiency

UNIT-IV

Introduction, importance of test, measurement and evaluation in badminton, Fitness tests, Skill tests

UNIT-V

Means & methods, Teaching lessons, process of classroom teaching, Preparation of teaching lesson-plans : characteristics & principles, Stages of teaching, Use of teaching aids

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Practical applications of tactics and strategies
2. Training means for development and measurement of strength, speed, endurance, flexibility and coordinative abilities
3. Observing and assessing the video/tournament recording/movie and preparing a report
4. Teaching lessons

SUGGESTED READINGS

- Bloss M.V & Hales RS (1994). Badminton. WC Brown
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- Grice, T. (2007). Badminton : Steps to Success : 2nd Ed. Human Kinetics, USA.
- Jain D (2001). Teaching and Coaching –Badminton. Khel S.K. Delhi
- Kumar A (2003). Badminton. Discovery, New Delhi.
- Narang P (2005). Play and Learn Badminton. Khel Sahitaya Kendra
- Seaman, J. (2009). Badminton Revisited. I.R. Books Ltd.
- Singh MK (2006). A to Z Badminton. Friends Pub. New Delhi.
- Singh MK (2007). Comprehensive Badminton. Friends Pub. New Delhi.
- Talbor Derk (1989). Top Coach Badminton. Britain: Q.A. Press

GAME OF SPECIALIZATION – CRICKET**UNIT-I**

Principles and objectives of coaching, Techniques of coaching – pep talk, coaching- pre-match, during and post-match, individual and group coaching,

UNIT- II

Coaching schedule – seasonal, daily, weekly, monthly and yearly, Talent-identification to select the winning combination,

UNIT-III

Long-term and short-term preparation for the decisive cricket competitions, Psychological qualities and preparation of a cricketer, Team system and tactical training, Team building

UNIT-IV

Offensive system in play, Defense system in play Individual group and team tactics, Diet and nutrition for a cricketer, The coordination among the coach, doctor, psychologist and players

UNIT-V

Ankle sprain, finger injuries, shoulder dislocation, knee displacement, rotator's cuff, Preventive and safety measures, First-aid and Rehabilitation

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Practical efficiency in performance & demonstration of different advanced techniques
Basic Skills and Techniques:
Batting - forward defense, backward defense, all types of drives, glance, cut, pull, sweep
Bowling - medium pace, leg spin, off spin and their improvisation, Fielding - catching, ground fielding, close and deep fielding, Wicket-keeping
2. Practical application of different tactics
3. Test, measurement & evaluation
(a) Skill tests (throwing ability, running between wicket, target hitting)
(b) Tests for different fitness components
4. Coaching lesson - 5 (five) internal lessons

SUGGESTED READINGS

- Amarnath M (1996). Learn to Play Good Cricket. Ubspd, New Delhi.
- Chugh GD (1993). Laws of Cricket. D.V.S.Pub. New Delhi.
- Dellar R (1990). How to Coach Cricket. Mandola, London.
- Goodway, K. (2002). Your Cricket Coach. Human and Rousseau Pvt. Ltd., USA.
- Jain R (2003). Play and Learn Cricket. K.S.K, New Delhi.
- Kurry S K (2003). Fielding Drills in Cricket. K.S.K, New Delhi.
- Jain R (2005). Play & Learn Cricket. Khel Sahitya Kendra. Delhi.
- Sharangpani, RC (1992). Fitness Training in Cricket. Marine Sports. Bombay.
- Sharma P (2003). Cricket. Shyam Prakashan. Jaipur.
- Srivastava, A.K. (2007). How to Coach Cricket. Sports Publications, Delhi.
- Thani Vivek (1998). Coaching Cricket. Khel Sahitya Kendra. New Delhi.

GAME OF SPECIALIZATION – FOOTBALL.

UNIT-I

Principles and objectives of coaching, Techniques of coaching – pep talk, coaching- pre match, during and post match, individual and group coaching, Coaching schedule – seasonal, daily, weekly, monthly and yearly, Talent identification to select the winning combination – the offense and the defense, Team building

UNIT-II

Long - term and short - term preparation for the decisive football competitions, Psychological qualities and preparation of a football player,

UNIT-III

Team system and tactical training-Offensive system in play, Defense system in play, Dribbling and reception pattern, Individual , group and team tactics

UNIT-IV

Describe major muscles used in the basic skills of games

UNIT-V

Ankle sprain, finger injuries, shoulder dislocation, knee displacement and head injuries, Preventive and safety measures, First-aid and Rehabilitation

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICAL

1. Tackling the ball – basic, slide, shoulder charge
2. Feinting – with the ball, without the ball, with an opponent behind and alongside the dribble
3. Correct skill of throw in – throwing a ball, faults occurring, required instruction
4. Goal keeping - throwing a ball with one hand, rolling the ball along the ground, ground kick, air kick
5. Penalty kick

SUGGESTED READINGS

- Kumar N (2003). Play and Learn Football. K.S.K. New Delhi.
- Lau SK (1995). Encyclopedia of Football. Sport Pub. Delhi.
- Reilly T (1988). Science and Football. E.N. Sport Ltd. London.
- Sharma OP (2001). Teaching and Coaching –Football. Khel S.K. Delhi.
- Shellito K (1988). Personal Best Football. William Collins & Sons. London.
- Thani Y(2002). Coaching Successfully Football. K.S.K. New Delhi.
- Williams J (1988). The Roots of Football. London.
- Wirhed R (1992). Training to Win Football. Wolfe Pub. London.

GAME OF SPECIALIZATION – GYMNASTICS**UNIT-I**

Psychological preparation of a gymnast-Principles and methods of development of mental pre-requisite for training, Mental preparation for competition, Mental training during competition, Attention and its role in gymnastics
 Children: training in gymnastics-Aims and objectives, Principles and procedure of training, Construction of an exercise/routines for various levels of competitions

UNIT-II

Nutrition in gymnastics-Meaning, definition and classification of nutrition, Basic components of nutrition, Energy requirements and body composition in gymnastics, Role of diet in pre-competition, during competition and off-session phases, Fluid and its role in gymnastics-Pre-session, In-session, During competition, Off-session

UNIT-III

Specification of gymnastics apparatus (Artistic & Rhythmic)

UNIT-IV

Sports Aerobics Gymnastics-Group-A : Dynamic strength, Group-B : Static strength, Group-C : Jumps and leaps, Group-D : Balance and flexibility, Sports Acrobatic Gymnastics-Mixed, Men double, Women double, Quadrapt – four men

UNIT-V

Professional preparation in Gymnastics, Outline a proposal of starting gymnastics in school, college and club, Prepare a detailed orientation/clinic/workshop in gymnastics

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICAL

1. Sports Aerobics Gymnastics-Group-A : Dynamic strength, Group-B : Static strength, Group-C : Jumps and leaps
2. Group-D : Balance and flexibility
3. Assignment/Project-Professional preparation in gymnastics, Outline a proposal of starting gymnastics in school, college and club, Prepare a detailed orientation/clinic/workshop in gymnastics, Observing and assessing the video/tournament recording/movie and preparing a report.
4. Teaching lessons (preparation, stages of teaching and use of teaching aids)

SUGGESTED READINGS

- Chakraborty S and Sharma L (1995). Fundamental of Gymnastics. D.V.S. Pub. New Delhi.
- Chakraborty S (1995). Fundamental of Gymnastics. DVS Pub. New Delhi.
- Chakraborty S (1998). Women's Gymnastics. Friends Pub, Delhi.
- Federation Int. De Gymnastics (2005). Code of Points Trampoline Gymnastics, F.I.D.G.
- Derry G (1988). Personal Best Gymnastics. Willionm Colliv. London.
- Harvey FJ (1998). Physical Exercises & Gymnastics. Khel Sahitya. New Delhi.
- Jain R (2005). Play and Learn Gymnastics. Khel Sahitaya Kendra. New Delhi.
- Pearson D (1991). Play The Game Gymnastics. Ward Lock. London.
- Smither Graham (1980). Behing The Scence of Gymnastics. London.
- Turoff Fred (1991). Artistic Gymnastics. C. Brown. U.S.A.

GAME OF SPECIALIZATION – HANDBALL**UNIT-I**

General and specific warm up, (cooling down and their physiological concepts), specific motor components related to handball, their importance and development.

UNIT-II

Introduction to sports training, its importance and characteristics, training load, over load and adaptation, principle of training load

UNIT-III

Officiating- Methods and importance of officiating, duties and responsibilities of officials

UNIT-IV

Tactical preparation- Attacking & defensive tactics, different types of group tactics & their principles, game strategies and system of play

UNIT-V

Psychological training- Importance and Methods of Psychological training, philosophical aspects of training and coaching

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical

1. Court marking (dimensions)
2. Team (players, substitutes, coaches)
3. The officials (referee, table officials and their powers)
4. Rules of contact (practical knowledge)
5. Fast breaks
6. Second waves
7. Free throws
8. Screen (at different positions)
9. Peripheral vision
10. Training of physical fitness components
11. Exercise drill

SUGGESTED READINGS

- Jain D (2003). Play & Learn Handball. Khel Sahitya Kendra. New Delhi.
- Kumar A (1999). Handball. Discovery Publishing House. New Delhi.
- Lohar AR (1998). Handball Basic Technology. The Marine Sports Publishing Division. Bombay.
- Schmottlach N Mcmanama J (1997). Physical Education Handbook. 9th Edition. Allyn & Bacon. London.

GAME OF SPECIALIZATION - HOCKEY**UNIT-I**

General and specific warm up, cooling down & their physiological effect, specific motor components related to hockey, their importance and development

UNIT-II

Introduction to sports training, its importance and characteristics, training load and adaptation, principles of training load

UNIT-III

Officiating- Definition and importance, duties and responsibilities of hockey skills

UNIT-IV

Tactical preparation- Attacking & defensive tactics, their kinds & principles, game strategies- system of play

UNIT-V

Psychological training- Methods and importance of Psychological training, philosophical aspects of training and coaching

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Drills to improve basic skill-hitting, receiving, shooting at goal post passing
2. Attacking tactics- Attacking move from right and left side, interchange position, heading and shooting at goal
3. Defensive tactics- Positioning of defenders, interchange position, man to man and zonal defense, defensive attack
4. General and specific exercise for warming up and cooling down

SUGGESTED READINGS

- Dubey HC (1999). Hockey. Discovery Publishing House, New Delhi
- International Hockey Federation (2003). Rules of the Game of Hockey with Guidance for Players and Umpires. International Hockey Federation, India.
- Jain D (2003). Hockey Skills & Rules. Khel Sahitya Kendra, New Delhi.
- Narang P (2003). Play & Learn Hockey. Khel Sahitya Kendra, New Delhi.
- Thani Y(2002). Coaching Successfully Hockey. Sports Publication, Delhi

GAME OF SPECIALIZATION – JUDO**UNIT-I**

Important motor components, Structure and process of improvement of performance

UNIT-II

Principles of training load and various training methods, Causes, symptoms and management of overload

UNIT-III

Long term and short term panning, main and build-up competitions, Preparation of training schedules, Tactical efficiency

UNIT-IV

Fitness tests, Skill tests, Knowledge tests, Assessment of performance for better efficiency or performance analysis

UNIT-V

Coaching a team, Organising a competition, Officiating in a competition, Conducting a workshop/seminar/clinic

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Practical applications of techniques and tactics
2. Training means for development and measurement of strength, speed, endurance, flexibility and coordinative abilities
3. Observing and assessing the video/tournament recording/movie and preparing a report
4. Teaching lessons

SUGGESTED READINGS

- Caffary B (1992). Skilful Judo. A & C Black London.
- Dando J (1994). Play The Game Judo. Blandford Great Britain.
- Harrison EJ (2002). Coaching Successfully Judo. Sports Publishers. Delhi.
- Holme P (1995). Get to Gripe With Judo. Blandford. London.
- Holme P (1996). Competition Judo. Ward Lock. London.
- Jain D (2003). Play and Learn Judo. Khel Sahitaya Kendra. New Delhi.
- Kumar M (1994). Action Judo. Sport Publication. Delhi.
- Marwood D (1995). Critical Judo. A.I.T.B.S. Pub. New Delhi.

GAME OF SPECIALIZATION – KABADDI**UNIT-I**

Tactics & strategies in Kabaddi, Individual, group and team tactics,

UNIT-II

Long - term and short term preparation for the decisive Kabaddi competitions, Psychological qualities and preparation of a Kabaddi player, Offensive system in play, Defense system in play, Raid and save pattern

UNIT-III

Diet and nutrition for a Kabaddi player

UNIT-IV

Principles of load and adaptation, Fatigue, recovery and super – compensation, Overload and its management

UNIT-V

Ankle sprain, foot injuries, shoulder dislocation, knee displacement, wrist displacement, Preventive and safety measures, First-aid & Rehabilitation

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness
Speed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility

SUGGESTED READINGS

- Rao C V (1982). Kabaddi. Oxford Press. New Delhi.
- Rao EP (1994). Modern Coaching in Kabaddi. D.V.S.Pub
- Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS Publication. Patiala.

GAME OF SPECIALIZATION – KHO-KHO**UNIT-I**

Principles and objectives of coaching, Techniques of coaching – pep talk, coaching- pre match, during and post match, individual and group coaching, Coaching schedule – seasonal, daily, weekly, monthly and yearly, Talent identification to select the winning combination – the offense and the defense, Team building, Coaching lesson plan

UNIT-II

Long-term and short-term preparation for the decisive volleyball competitions, Psychological qualities and preparation of a volleyball player, Team system and tactical training, Offensive system in play, Defense system in play, Individual, group and team tactics, Diet and nutrition for a Kho-kho player, Coordination among the coach, doctor, psychologist and players

UNIT-III

Teaching progression & coaching tips

UNIT-IV

Principles of load and adaptation, Fatigue, recovery and super compensation, Overload and its management

UNIT-V

Ankle sprain, shoulder dislocation, knee displacement, Preventive and safety measures, Rehabilitation

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness
Speed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility
3. Game officiating

SUGGESTED READINGS

- Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.
- Panday L (1982). Kho - Kho Sarvaswa. Metropolitan. New Delhi.

GAME OF SPECIALIZATION – VOLLEYBALL**UNIT-I**

Principles and objectives of coaching, Coaching schedule – seasonal, daily, weekly, monthly and yearly, Talent identification to select the winning combination – the offense and the defense, Team building, Coaching lesson plan

UNIT-II

Long - term and short - term preparation for the decisive volleyball competitions, Psychological qualities and preparation of a volleyball player, Offensive system in play, Defense system in play, Service and reception pattern , Individual, group and team tactics, Diet and nutrition for a volleyball player, Coordination among the coach, doctor, psychologist and players

UNIT-III

Principles of load and adaptation, Fatigue, recovery and super compensation, Overload and its management

UNIT-IV

Teaching of volleyball skill - preparing a lesson plan, Specific training methods for different positions

UNIT-V

Ankle sprain, finger injuries, shoulder dislocation, knee displacement, Preventive and safety measures, Rehabilitation

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness
Speed, Strength, Endurance, Flexibility, Coordination, Agility, blocking, fighting
3. Game officiating

SUGGESTED READINGS

- American Volleyball Coaches Association (2005). Volleyball: Skills & Drills. Human Kinetics, Champaign, U.S.A.
- FIVB (1996). Backcourt Spiking in Modern Volley Ball. FIVB, Chennai.
- Sagar SK (1994). Cosco Skills Statics - Volley Ball. Sport Publication, Delhi.
- Seates AE (1993). Winning Volley Ball, WC Brown

GAME OF SPECIALIZATION – YOGA**UNIT-I**

Types of Yoga:- Hatha yoga, laya yoga, mantra yoga, bhakti yoga, karma yoga, jnana yoga, raj yoga

UNIT-II

Patanjali yoga sutras- yama, niyama, asana, pranayama

Pratyahar- Benefits & utilities of these. Astanga yoga- Definition, objectives, dharna, dhyana, Samadhi & their psychological impact.

UNIT-III

According to yoga concept of normality, according to modern psychology, concept of personality & its development, yogic management of psycho-somatic ailments: frustration, anxiety, depression

UNIT-IV

Corporate yoga, Yoga for healthy lifestyle, yoga & sports, education value of yoga, relevance of yoga in 21st century

UNIT-V

Yoga – teaching methodology, Teaching practice, techniques and modules, Preparing teaching lessons in yoga

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Repetition of syllabus of Semester-I
2. Tests of flexibility, concentration, VO₂ max., balance
3. Observing and assessing the video/tournament recording/movie and preparing a report
4. Teaching lessons

SUGGESTED READINGS

- Anand OP (2001). Yog Dawra Kaya Kalp. Sewasth Sahitya Perkashan. Kanpur.
- Sarin N (2003). Yoga Dawara Rogon Ka Upohhar. Kshel Sahitya Kendra
- Sri Swami Ramas (2001). Breathing. Sadhana Mandir Trust. Rishikesh.
- Swami Ram (2000). Yoga & Married Life. Sadhana Mandir Trust. Rishikesh.
- Swami Veda Bheru (2000). Yoga, Polity, Economy and Family. Sadhana Mandir Trust. Rishikesh.

Semester III

Max. Marks =75

Time allowed: 2Hrs

ENGLISH A & B

Syllabus from B.A. Programme of Delhi University

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each. The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

HOLISTIC PERSONALITY DEVELOPMENT CAKE**UNIT-I**

Introduction to Personality & holistic Personality, Meaning and Definition of Personality & holistic Personality. Introduction to the acronym CAKE (Commitment to Application of Knowledge Existing). Components of holistic Personality in relation to existing knowledge on personality and character building. PEST-MOVES (Physical, Emotional, Social, Temporal-Mental, Occupational, Vital, Environmental and Spiritual). Holistic personality represented by the car and its four wheels.

UNIT-II

Physical Personality: Introduction, Meaning, Definition and Components of Physical Personality. Physical Personality Principles of developing, controlling and maintaining Physical personality. Theoretical background measurement of personality. The acronyms MEN (Meditation, Exercise & Nutrition). Understanding physical growth and development. Switching on the favourable genes and switching off the unfavorable and undesired genes. Anatomical, Biochemical, Physiological pattern of physical growth and development of different body tissues.

UNIT-III

Personality and Wellness: Introduction to wellness, relation of wellness and personality. Components of wellness: health, physical fitness, behaviour, behaviour change method, understanding self-responsibility for one's wellness. Personality and Physical Fitness: Introduction, Components of Physical Fitness, Role of Physical Fitness in Physical Personality Development.

UNIT-IV

Mental Personality: Introduction, Meaning and Definition of Mental Personality. Type A, B and C personality characteristics. Somatotype and Personality Traits: Introduction to Somatotype and Mental Personality Traits. Affective personality and its development.

UNIT-V

Spiritual Personality Development: Introduction, Meaning and Definition of Spiritual Personality. Quick fix and long term foundation of Spiritual Personality Development. Heredity and Environment: Introduction to Heredity and Environment in relation to personality development. Understanding the acronym HELP-HELP.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each. The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

Practical

1. Measuring self responsibility by questionnaire method of 24 hours recall method.
2. Measurement of holistic personality of self and others.
3. Personality development prescription to type A, type B and type C mental personality people.
4. Application of HELP-HELP and MEN Acronyms.
5. Personal identity measurement from health variables.
6. Personality measurement from fitness and from wellness variables.

SUGGESTED READINGS

- Bernard N. (2001). Turn off the Fat Genes. Harmony Books, New York, U.S.A.
- Callahan L. (2002). The Fitness Factor. The Lyons Press, Guilford, Connecticut, U.S.A.
- Covey SR (2004). The 8th Habit. Franklin Covey Co., Running Press Book Publishers, Philadelphia, Pennsylvania, U.S.A.
- Kansal, D.K. (2010). Holistic Personality Development. Sports and Spiritual Science Publications, New Delhi
- Osteen J. (2004). Your Best Life Now. Faith Words Publishing, New York, U.S.A.
- Peck P. (2006) The National Body Challenge: Success Program for the Whole Family. Hay House, Inc, California, U.S.A.
- Robbins G Powers D. and Burgess S (2008). A Wellness Way of Life. McGraw Hill, Boston, USA.

- Roizen MF and Oz MC (2005). *You: The Owner's Manual*. Harper Resource Publishers, New York, USA.
- Shaffer D.R. (2002). *Developmental Psychological: Childhood and Adolescence*. Thomson Wadsworth, Belmont, California, U.S.A.
- Shaffer D.R. (2005). *Social and Personality Development*. Thomson Wadsworth, Belmont, California, U.S.A.
- Vivekananda S (2001). *Personality Development*. Advaita Ashrama, Publication Department, Kolkata.

Semester IV

b) Optional Paper Group-I

SPORTS NUTRITION

Max. Marks =25
2Hrs

Time allowed

Unit-I

Introduction to basic concepts in nutrition-Nutrients of physiological significance & their functions, sources of food and requirements in normal health conditions, Requirements for sports and exercising person

Unit-II

Energy metabolism-MBR, RMR, energy expended on physical activity and TEF, Energy requirements of specific sports groups, Energy cost of activities, Energy substrate for activities of different intensity and duration; aerobic and anaerobic, Concept of energy balance in maintaining weight

Unit-III

Planning balanced meal, Basic food groups, Concept of balanced diet, General and specific dietary guidelines for planning meals for children, adolescents, adult men and women, elderly, Nutritional considerations for sports/exercising person (endurance and strength sports/exercise training) as compared to normal active person, meals during training, pre event meal, during event and post event meal

Unit-IV

Fluid balance in sports and exercise, Importance, Symptoms and prevention of dehydration, Sports drinks -Hypo, Iso-and hypertonic drink for hydration, energy and recovery drink

Unit-V

Chronic dieting and eating disorders, Female athletic triad, Sports anemia, Nutrients as ergogenic aids for sports and exercise, Diet prescription for various sports group

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each. The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

Practical

1. Determination of energy expenditure in sports and exercise using various methods
2. Calculating total day's energy intake and energy expenditure and evaluating state of energy balance
3. Meal planning for regular training-endurance and strength sport activities
4. Planning a carbohydrate rich snack/meal
5. Planning a protein rich snack/meal
6. Planning Pre-event meal and liquid meal
7. Planning Post-event meal, high energy meal
8. Planning diet for weight gain and weight loss

SUGGESTED READINGS

- Antoni, J. et al, Editors (2008). Essentials of Sports Nutrition and Supplements. Humana Press, USA.
- Benardot, D. (2005). Advanced Sports Nutrition. Human Kinetics, USA.
- Brown Judith E (2002). Nutrition Now. Canada Pub. Peter Marshal
- Caliendo Mang Alica (1981). Nutrition and Preventive Health Care Mcemillin Publication Co.
- Clark, N. (2008). Sports Nutrition. 4th Ed. Human Kinetics, USA.
- Eberle, S.G. (2007). Endurance Sports Nutrition. Human Kinetics, USA.
- McArdle, W.d. & Katch, V.L. (2008). Sports and Exercise Nutrition. 3rd Ed. Lippincott Williams & Wilkins, USA.
- Meyer, D.E.L. (2006). Vegetarian Sports Nutrition. Human Kinetics Publishers, USA.
- Whitney E. and Rolfes S.R. (2005). Understanding Nutrition. Thomson Wadsworth. Belmont. California U.S.A.

Semester IV

b) Optional Paper Group-I

COMPUTATIONAL TECHNOLOGY

Max. Marks =25

Time allowed: 2Hrs

Unit-I

Meaning & importance of computation techniques and statistics, scope of computation techniques in social sciences and physical education, types of data primary data, secondary data, cross-sectional data, time series data, failure data, industrial data, directional data

Unit-II

Methods of sampling- simple random sampling, with or without replacement, stratified random sampling, systematic random sampling, cluster sampling, two-stage sampling

Classification of data, Raw scores, Single scores, Attribute and variable, Types of data, Population and sample, Parameters and statistics, Frequency distribution, Discrete and continuous class intervals,

Unit-III

Measures of central tendency, Measures of variability, graphical presentation of data, Characteristics of data
Measurement of central tendency, arithmetic mean, mode, median, partition values, range, mean deviation, mean square deviation, Uses and application of non-parametric statistic, Computation of chi-square, rank order correlation and tetrachoric correlation

Unit-IV

Application of computers in computation techniques, Data and information concepts – bits, bytes, KB, MB, GB, TB, MS-Office, MS-Word Spreadsheets and Power Point presentations, Use of MS-Power Point for making computer presentations regarding Physical Education.

Unit-V

Introduction to SPSS, Data Analysis in Physical Education using SPSS.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each. The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

Practical

1. Calculation of central tendency of the given data
2. Preparation of histogram, frequency curves, frequency polygon of the given data
3. Calculation of mean, median, mode and standard deviation of the given data
4. Analysis of given data using SPSS

SUGGESTED READINGS

- Clarke HH (1992). The Application of Measurement in Health and Physical Education.
- Committee on Engaging Computer Science in Health Care (2009). Computational Technology for Effective Health Care. National Academic Press, USA.
- Gupta G and Gupta D(1999): Fundamentals of Statistics, Vol. 1, The World Press Pvt. Ltd. Kolkata.
- Rothstein AL (1985). Research Design and Statistics for Physical Education. Prentice Hall. New Jersey. U.S.A.
- Shaw Dhananjay (2007). Fundamental statistics in physical Education & Sports sciences. sports Publication.

b) Optional Paper Group-I

AEROBICS

Max. Marks =25

Time allowed: 2Hrs

UNIT-I

Introduction to concept of fitness, aerobics, types of aerobics
Music and cuing

UNIT II

Introduction of human anatomy and physiology (skeletal system, muscular system, neurological system, cardio-pulmonary system)
Concepts of kinesiology and biomechanics

UNIT III

Scientific principles of exercise
Aerobic exercise program design

UNIT IV

Theory and principles of body conditioning
Flexibility, agility and coordinative abilities

UNIT V

Injuries specific during aerobics/ special population
Nutrition / supplements

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each. The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

Practicals

1. Music understanding & cuing (step aerobics, floor aerobics)
2. Workouts – low intensity, medium intensity and high intensity
3. Designing of aerobics/session
4. Specific conditioning exercise
5. Warm up & cool down exercise

SUGGESTED READINGS

- American college of sports Medicine (2005). Health-Related Physical Fitness Assessment Manual. Lippincott. London
- Bishop JG (2004). Fitness Through Aerobics. Benjamin Cummings. USA.
- Cooper K (2001). Aerobics Program for Total Well Being. Bantou Doubly Dell Publishers. USA.
- Cooper K. and W. Proctor (1999). Controlling Cholesterol the Natural Way. Bantou Doubly Dell. USA.
- Corbin C B. & Ruth L (2007). "Concepts of Physical Fitness". McGraw Hill. Publishers. New York. U.S.A.
- Fahey T D. (1994). "Fit and Well". McGraw Hill. Publishers. New York. U.S.A.
- Hoeger WWK and Hoeger SA (2007). Fitness and Wellness. Thomson Wadsworth. California. U.S.A.
- Kennedy Carol A. & Yoke M.M (2008). Methods of Group Exercise Instruction. Human Kinetics. New York.
- Kinder T. A (1992). Aerobics. Eddie Bowers Publishing Co. USA
- Kumari S (2009). Fitness, Aerobics & Gym Operations. Khel Sahitya Kendra. New Delhi.
- Portal R (2002). Aerobics The Invisible Advantage. Author House Publishers. USA.
- Schott L (1987). Spiritual Aerobics. Christian Communications. USA.
- Tomkinson G.R. & Olds T.S. (2007). (ED.) Pediatric Fitness. Karger. London.

Semester IV

b) Optional Paper Group-I

SPORTS FOR ALL

Max Marks =25

Hrs

Time allowed:

UNIT-I

INTRODUCTION: Meaning and definition of Sports, Play, Games, Recreation, Pleasure, Happiness, Comforts; Personality :- aims, goals, objectives, Test, Measurement, Evaluation.

Four Domains - Cognitive, psycho-motor, affective and Fitness. Sports Search for all individuals, Motivation towards Sports; Introduction to Sports for fitness, fun, competitions, Health, rehabilitation, Figure and personality development.

UNIT-II

SPORTS FOR FITNESS: Meaning and definition; Components of health related Physical Fitness.

Measurement of Health Related Physical Fitness (HRPF); Development and Maintenance of Health Related Fitness with Spors participation.

UNIT-III

SPORTS FOR FUN: Meaning & Definition of fun, Games Festival; Organization and guidelines for Games Festival; Games Festival Facility; Sports Clubs.

SPORTS FOR COMPETITIONS: Meaning & Definition of Competition; Sports Selections; Sports participation and spors competitions.

UNIT-IV

SPORTS FOR HEALTH: Meaning and Definition of Health; Diagnosis of ill-health, Preventive health measures and sports; Treatment of ill health and Sports.

SPORTS FOR PHYSIOTHERAPY : Meaning and Definition of Physiotherapy & Handicap. Exercise and Sports participation for physiotherapeutic use. Testing of physiotherapeutic progress.

UNIT-V

SPORTS FOR CHALLENGED POPULATIONS : Introduction, Meaning and definitions of different challenged populations : Visually Challenged, Auditory Challenged, Physical Challenged. Modified Sports for above categories of challenged populations.

SPORTS FOR FIGURE & PERSONALITY: Meaning, concept and definition of Figure, general appearance, Personality measures; overweight and its disfigure effects; weight control, exercise and Sports.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each.

The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

Practical

1. Demonstration of warming up, exercise main activity and cool down periods with one experimental work each for outdoor and indoor Sports Activities.
2. Measurement of Body Weight and Height. Equipment needed, procedure and calculation of Body Mass Index (BMI) as well as recommended norms and interpretation of BMI for different Sports Persons.
3. Measurement of waist circumference and Hip Circumference enlisting equipment, procedure, calculation of waist-hip Index with explanation to Pear form and Apple form of Waist-Hip appearance.
4. Measurement of Flexibility: Sit & Reach Test, Hip Bend & Toe Touch.
5. Measurement of Strength: Leg Raise Test, Sit-up ability Test, Grip Strength.
6. Measurement of Muscular Endurance: Bench Jumps, Sit-ups, Knee Bends, Push ups, Pull ups.
7. Measurement of Cardio-Vascular Endurance: One Mile Run-Walk Test; H.S.T.
8. Demonstration of differences of body types in different Sports.
9. Diagnosis of Ill Health Components: B.P., Obesity, Blood Haemoglobin

SUGGESTED READINGS

- Bhatnagar DP, SK Verma and R. Mokha (1999). Human Growth. Exercise Science Publications Society. Department of Sports Sciences, Punjabi University, Patiala-147 002, Punjab.

- Corbin et.al. (2006). *Fitness & Wellness-Concepts*. McGraw Hill, Publishers. New York,U.S.A.
- Gopalan GB Sasri VR and. Balasubramanian SC (2004). *Nutritive Value of Indian Foods*. National Insitute of Nutrition (ICMR). Hyderabad-500 007.
- Jensen C. and Naylor J. (2005). *Opportunities in Recreation and Leasure Sports*. McGraw Hill. Publishers. New York.U.S.A.
- Kansal DK (2008). *Text book of Applied Measurement, Evaluation & Sports Selection*, Sports & Spiritual Science Publications, New Delhi.
- Singh S.P.S. and Malhona P (2003). *Anthropometry*. Human Biology Department. Punjabi University, Patiala-147 002 (India).

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Semester IV

b) Optional Paper Group-I

SPORTS PHYSIOTHERAPY

Max. Marks =25

Time allowed: 2Hrs

Unit-I

Definition of Sports Physiotherapy, need & importance, Center of gravity, Axes and planes of the body, Levers, Suspension, Range of movement

Classification of movement:- Active-Assisted, free, resisted, Passive-relaxed, forced, stretching, Voluntary, Involuntary-reflex, cardiac, peristaltic and their effect and use

Unit-II

Fundamental and derived positions and their uses, Manual muscle testing, Posture- classification, causes of bad posture and their correction, Traction, Relaxation

Unit-III

Goniometry, Mobilization of joints, Apparatuses used in exercise therapy, Role of Physiotherapy in the management of, Rheumatoid arthritis, Osteoarthritis, Infective arthritis

Role of Physiotherapy in the treatment of diseases of nervous system, respiratory system and cardiovascular system

Unit-IV

Sports injuries-definition, classification, causes, prevention & management of sports injuries including first-aid, medical and surgical management

Unit-V

Modalities sports physiotherapy

Cold, Heat, Water, Radiation, Hydrotherapy, Cryotherapy,

Thermotherapy- Superficial Heat, Hydrocollator packs, Infrared lamp, Wax bath

Deep Heat- Shortwave diathermy, Microwave diathermy, Ultrasound therapy, Interferential therapy, TENS, Nerve muscle stimulator

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each. The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

Practicals:-

1. Study the use of following in sports physiotherapy
Infrared, Ultraviolet, Hydrocollator, Wax bath, Contrast bath, Whirlpool bath
Cryotherapy, TENS, Interferential therapy, Short wave diathermy, Microwave diathermy, Ultrasound
2. Crutch walking
3. Demonstration of massage
4. Traction
5. Suspension

SUGGESTED READINGS

1. Thomson A (1991). Tidy's Physiotherapy. K.M Val Comp. Bombay.
2. Shekar, KC (2002). Sports Physiotherapy. K.S.K. Delhi.
3. Kitchen S and Bazin S (1996). Clayforis Electrotherapy. Prism Books Pnt. Bangalore.
4. King RK (1993). Performance Massage. Human Kinetics. U.S.A.
5. Pike G (1997). Sports Massage to Peak Performance. Jones & Bartlett. London.
6. Gardner M Dena (1985). The Principles of Exercise Therapy. S.K. Pub. New Delhi.

Max. Marks =25

Time allowed: 2Hrs

(b) Optional Paper Group-I

SPORTS JOURNALISM

UNIT-I

Meaning, scope and changing trends of journalism in sports
 Historical development & role of print and electronic media in sports promotion

UNIT-II

Language – vocabulary, spellings, figure of speech, dialect, grammar, punctuation
 Fundamentals of a sports story/news

UNIT-III

Organizational set-up of a news paper- printing, process sequences of operations in the printing of a news paper/journals.
 Introduction of various sports organization and agencies- Olympic Games, Asian games, commonwealth games, awards and trophies.

UNIT-IV

Theory and principles of advertising in sports
 Public relations in sports, press release, conferences

UNIT-V

Research tools for developing a sports story
 Process of news paper publishing and management

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each. The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

Practical

1. Writing reports of sports events
2. Writing features on sports
3. Designs and make-up of sports page
4. Editing sports report
5. Drawing-up of a sports page
6. Collecting information of current affairs on sports

SUGGESTED READINGS

- Aamidor A (2003). Real Sports Reporting. Indiana University Press. Valparaiso. Indiana. U.S.A.
- Ahuja, B.N (1988). Theory and Practice of Journalism. Surjeet, Delhi.
- Andrews P (2005). Sports Journalism: A Practical Introduction. Sage Publications Ltd. Delhi.
- Boyle R (2006). Sports Journalism: Context and Issues. Sage Publications Ltd.
- Kamath, MV (1980). Professional Journalism. K.S.K. New Delhi.
- Steen (2007). Sports Journalism: A Multimedia Primer (Paperback). Routledge. London
- Wilstein S (2001). Associated Press Sports Writing Handbook. McGraw-Hill.

b) **Optional Paper: Group-I**
Max. Marks =25

Time allowed: 2Hrs

PHYSICAL GROWTH & DEVELOPMENT

Unit-I

Introduction-Meaning and definition of growth, development, difference between the process of growth and development, factors affecting growth and development

Stages of growth & development:- Pre-natal and Post natal growth and development, growth curves, milestones of development

Unit-II

Methods of studying physical growth:- General Patterns of growth in different tissues & systems, longitudinal and cross-section study of growth and development, mixed longitudinal study

Sex differences in physical growth & development:- general differences in male and female patterns of growth and development

Unit-III

Distance and velocity curves of physical growth in height and body weight in males and females. Changes in physiological and motor development during adolescent growth period

Development age:- difference between calendar and developmental age, calculation of calendar age and developmental age, types of developmental age-skeletal age, dental age, secondary sex character age, shape age, early, average and late maturing pattern of growth and development

Unit-IV

Prediction of adult size and shape:- relation between skeletal measurements like body weight with parents and adult status of height with one's own height at childhood, basis of prediction of adult status at preadolescent age

Important factors for predicting- adult body weight:- age levels of growing individuals for accurate prediction of adult body stature in males and females, percentiles of body weight, growth norms specificity and accuracy of prediction at pre-adolescent age, factors disturbing accurate prediction during adolescent years

Unit-V

Growth and development in various domain of development- physical growth, cognitive (mental) growth, emotional development

Physical and Psychological growth & development:- relation between physical growth of brain and intellectual ability. Relation between growth and emotional development, growth and development in body form: types of physique and age changes

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each. The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

Practical

1. To measure body height & weight.
2. To measure skeletal diameters i.e. bicondylar diameter, bicristale diameter, humerus bicondylar, wrist diameter, femur bicondylar, ankle diameter
3. To measure trunk circumferences namely chest circumferences- minimal, normal & maximal in males abdominal circumference at naval in both males & females
4. To measure limb circumference - upper arm, Fore arm, thigh and calf
5. To demonstrate the general method of measurement of skinfolds alongwith the specification of skinfold calipers.
6. To measure important limb skinfolds namely biceps and triceps skinfolds
7. To measure important trunk skinfolds namely sub-scapular, mid-axillaries, chest and supriliac skinfold
8. To predict body fat from skinfold measurements
9. To calculate body composition i.e. lean body mass and body fat percentages from skinfolds from the given values of skinfolds
10. To draw distance curves of height and weight from the given values
11. To draw velocity curves from the given values of body height measured six annually from age 6 to 20 years
12. To calculate percentiles from the adult and given values of height and weight at different age levels.

SUGGESTED READINGS

- Day JAP (1986). Perspectives in Kinanthropometry. The 1984 Olympic Scientific Congress Proceedings, Volume I. Human Kinetics Publishers. Champaign, Illinois, USA.
- Gallahue DL and JC Ozmun (1998). Understanding Motor Development-Infants, Children, Adolescents and Adults. McGraw Hill Company. Boston, USA.
- Gallahue DL (1993). Developmental Physical Education for Today's Children. WCB. Brown & Benchmark. Dubuque, Indiana, USA.
- Harrison GA, JS Weiner JM Tanner and NA Barnicot (1984). Human Biology. Clarendon Press. Oxford, London.
- ICMR (1989). Growth and Physical Development of Indian Infants and Children. Indian Council of Medical Research. New Delhi.
- Kansal DK (2008). Textbook of Applied Measurement Evaluation and Sports Selection. Sports and Spiritual Science Publications. New Delhi.
- Singh R (2007). Growth Patterns and Sports Performance. Sports Publications. New Delhi.

b) **Optional Paper: Group-I**
Max. Marks =25

Time allowed: 2Hrs

PHYSICAL GROWTH & DEVELOPMENT

Unit-I

Introduction-Meaning and definition of growth, development, difference between the process of growth and development, factors affecting growth and development

Stages of growth & development:- Pre-natal and Post natal growth and development, growth curves, milestones of development

Unit-II

Methods of studying physical growth:- General Patterns of growth in different tissues & systems, longitudinal and cross-section study of growth and development, mixed longitudinal study

Sex differences in physical growth & development:- general differences in male and female patterns of growth and development

Unit-III

Distance and velocity curves of physical growth in height and body weight in males and females. Changes in physiological and motor development during adolescent growth period

Development age:- difference between calendar and developmental age, calculation of calendar age and developmental age, types of developmental age-skeletal age, dental age, secondary sex character age, shape age, early, average and late maturing pattern of growth and development

Unit-IV

Prediction of adult size and shape:- relation between skeletal measurements like body weight with parents and adult status of height with one's own height at childhood, basis of prediction of adult status at preadolescent age

Important factors for predicting- adult body weight:- age levels of growing individuals for accurate prediction of adult body stature in males and females, percentiles of body weight, growth norms specificity and accuracy of prediction at pre-adolescent age, factors disturbing accurate prediction during adolescent years

Unit-V

Growth and development in various domain of development- physical growth, cognitive (mental) growth, emotional development

Physical and Psychological growth & development:- relation between physical growth of brain and intellectual ability. Relation between growth and emotional development, growth and development in body form: types of physique and age changes

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each. The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

Practical

1. To measure body height & weight.
2. To measure skeletal diameters i.e. bicondylar diameter, bicristale diameter, humerus bicondylar, wrist diameter, femur bicondylar, ankle diameter
3. To measure trunk circumferences namely chest circumferences- minimal, normal & maximal in males abdominal circumference at naval in both males & females
4. To measure limb circumference - upper arm, Fore arm, thigh and calf
5. To demonstrate the general method of measurement of skinfolds alongwith the specification of skinfold calipers.
6. To measure important limb skinfolds namely biceps and triceps skinfolds
7. To measure important trunk skinfolds namely sub-scapular, mid-axillaries, chest and supriliac skinfold
8. To predict body fat from skinfold measurements
9. To calculate body composition i.e. lean body mass and body fat percentages from skinfolds from the given values of skinfolds
10. To draw distance curves of height and weight from the given values
11. To draw velocity curves from the given values of body height measured six annually from age 6 to 20 years
12. To calculate percentiles from the adult and given values of height and weight at different age levels.

SUGGESTED READINGS

- Day JAP (1986). Perspectives in Kinanthropometry. The 1984 Olympic Scientific Congress Proceedings, Volume I. Human Kinetics Publishers. Champaign, Illinois, USA.
- Gallahue DL and JC Ozmun (1998). Understanding Motor Development-Infants, Children, Adolescents and Adults. McGraw Hill Company. Boston, USA.
- Gallahue DL (1993). Developmental Physical Education for Today's Children. WCB. Brown & Benchmark. Dubuque, Indiana, USA.
- Harrison GA, JS Weiner JM Tanner and NA Barnicot (1984). Human Biology. Clarendon Press. Oxford, London.
- ICMR (1989). Growth and Physical Development of Indian Infants and Children. Indian Council of Medical Research. New Delhi.
- Kansal DK (2008). Textbook of Applied Measurement Evaluation and Sports Selection. Sports and Spiritual Science Publications. New Delhi.
- Singh R (2007). Growth Patterns and Sports Performance. Sports Publications. New Delhi.

b) **Optional Paper: Group-I****FITNESS & WELLNESS**

Max. Marks =25

Time allowed: 2Hrs

Unit-I

Definition of fitness & wellness, Components of fitness & wellness, Benefits of exercise & health, Fitness & wellness strategy, Fitness potential for popular sports, Fitness & wellness activities, Role of parents & community for the maintenance of fitness & wellness

Unit-II

Selection of machines for various parameters of health & wellness, Fitness center, Safety in gymnasium & sports field, Clothing & accessories, Carriers in fitness & wellness

Unit-III

Test, measurements & evaluation of fitness components, Cardiovascular endurance, Muscular strength, Muscular endurance, flexibility, body composition, agility, balance, co-ordination, speed, power, reaction time

Unit-IV

Assessment prior to fitness & wellness prescription, Principles of training, Training methods
Diet prescription, Exercise prescription, Prescription for life style changes, Weight management

Unit-V

Prevention of diseases through fitness & wellness, Diabetes & exercise, Cardiovascular diseases and exercise, Ageing and exercise, Addiction management- sustains abuse controls
Stress management, Spiritual management

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking one from each unit. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each.

The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

Practicals:

Test: - Cardiovascular endurance, Muscular strength, Muscular endurance, Flexibility
Body composition, Agility balance, Co-ordination, Speed, Power, Reaction time

SUGGESTED READINGS

- Dougherty NJ et al (2002), Sport, Physical Activity and the Law. Sagamore Pub. Champaign, IL.
- Driskell JA and Wolinsky I (2002). Nutritional Assessment of Athletes. CRC Press. Boca Raton. Fla.
- Greenberg JS Diutriman GB and Oakes BM (2004). Physical Fitness and Wellness; Changing the way you look, feel and perform. Human Kinetics. Champaign. IL.
- Hoeger WW & Hoeger S (2007). Fitness & Wellness. Thomson Wadsworth .
- Maughan RJ Burke LM and Coyle EF (2004). Food, Nutrition and Sports Performance II: The International Olympic Committee Consensus on Sports Nutrition. Routledge. New York.
- Siedentop D (2004). Introduction to Physical Education, Fitness and Sport. McGraw Hill. Boston

c) **Optional Paper Group-II****SPORTS INDUSTRY**

Max. Marks =25
2Hrs

Time allowed:

Unit-I

Introduction, history in relation to 'sports goods industry' in India, Industrial relations in India, Peculiar characteristic, i.e. Hand Made Goods, Involving skilled workers-piece rated wages, Policy- five year plans, production, export strategy and potential

Unit-II

Sports Industry in Europe-USA, Canada and ASIA & other parts of the world, Major sports-World wide-Europe, ASIA & India including some local games, development of sports

Unit-III

Future need for mechanization to improve quality, Evaluation of management thought, planning-nature, objective, promises, strategies & tactical plan

Unit-IV

Organizations-Principles, structure, management, levels, quality control, Personnel management- recruitment, selection, training, performance

Unit-V

Direction/controlling- production control, material control, quality control, sales distribution-government departments, whole sellers & retailers

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each. The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

Practical

1. Knowledge regarding, major sports, mechanization, export strategy and potentied
2. Wages system
3. Industrial relations
4. Knowledge regarding quality control, production control, material control
5. Sale distribution procedures

SUGGESTED READINGS

- Field S. (2008). *Managing Your Career in the Sports Industry*. Checkmark Books. Belmont. California. U.S.A.
- Kaing NH and Sakai K. (2001). *New Patterns of Industrial Globalisation*. OECD Publishers. U.S.A.
- Kraft JP (2009). *Leisure Economy 1960-1985; Students in sports Industry & Society*. Johns Hopkins University Press. U.S.A.
- Likert R (1961). *New Patterns of Management*. McGraw Hill. New York. U.S.A.
- Mullin B. Hardy S. and Sutton W. (2007) *Sports Marketing*. Human Kinetics Publishers. U.S.A.
- Schaaf P. (2003). *Sports Inc.: 100 Years of Sports Business*. Prometheus Books. U.S.A.
- Sivia GS (1988). *Sports Management in Universities*. A.I.U. Deen Dayal Upadhyaya Marg. New Delhi.

c) **Optional Paper: Group-II**

Max. Marks =25

Time allowed: 2Hrs

GYM MANAGEMENT

UNIT-I

Concept of nutrition and health, balanced diet, dietary aids and gimmicks, Energy and activity, calculating caloric intake and expenditure
Obesity, anorexia and related health problems – measurements and management, Weight management programmes

UNIT-II

Understanding of various forms of aerobics- floor aerobics, step – aerobics, weight, Aerobics and aqua aerobics, Training effects of aerobic fitness on various physiological systems namely skeletal Muscular, circulatory and respiratory
Improvement of aerobic fitness, Aerobic fitness programme

UNIT-III

Location and Establishment of gym (Publicity, policy, reception, information, Registration, offer of programmes), Procurement, placement & maintenance of gym, Equipments , Marketing, clientage, Enrolments, record keeping, social activities, Public Relations, Individualized/group grooming programme, basic concepts of financial management
Gym-instructor – qualification, qualities, pay-roll, Performance – evaluation, grooming and presentation, Introduction to different exercise equipment, Gym management – Costing, Balance sheet, Promotional plans

UNIT-IV

Measurement of Weight and Height, Calculating BMI (Body Mass Index), Measurement of Fitness Components Flexibility (Sit and Reach Test, Hip Bend and Toe Touch), Strength (Sit-Ups, Leg-Raise for Minimal Strength), Cardiovascular Endurance (One-mile run, Physical Efficiency test, Harvard step test)
Self-evaluation –Personal Health and Well-being

UNIT-V

Exercise schedules – Aerobics, Fitness and Weight Management
Yoga (Any Five Asanas)

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each. The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

Practical

1. Calculating BMI
2. Flexibility Test (Sit and reach test, hip bend and toe touch)
3. Strength Test (Bend knee sit ups, leg raise for minimal strength)
4. Cardiovascular endurance test (Harvard step test, cooper 12/9 min. run)
5. Self evaluation- (Personal health and well being)
6. Any five asanas
7. Aerobic schedule
8. Weight management

SUGGESTED READINGS

- Carol K A. and Mary M. Y (2009). " Methods of Group Exercise Instruction" McGraw Hill. New York. U.S.A.
- Sheela K (2009). Fitness, Aerobics & Gym Operations, Khet Sahitya Kendra. New Delhi.
- Taylor, D. and Nichols, D.S. (2010). The Brand Gym : A Practical Workout, Wiley Publishers, USA.
- Time Life Books (2005). Super Firm Tough Workouts. London Times Life Books.
- Time Life Books. (2004).Gym Workout. London Times Life Books
- Wayne L Westcott (2007). " Strength Training". Thomas R. Bachle. Benjamin Cummings. U.S.A.

c) **Optional Paper: Group-II**
Max. Marks =25

Time allowed: 2Hrs

FITNESS INSTRUCTOR**Unit-I**

Introduction to health and fitness

Health goals, fitness goals, performance goals, components of physical fitness and performance, behaviours that support fitness and performance, taking control of personal health and fitness, factors to consider prior to physical activity, exercise requirement for prevention of premature health problems, how to promote physical activity, promotion of physical activity adherence

Unit-II

Foundation to health fitness instructions:

Energy cost of physical activity, measurement of energy expenditure, significance of cardiovascular fitness, risk testing cardio respiratory fitness, components of health related and fitness related fitness

Unit-III

Healthy body composition

Measurement of body fat calculating target body weight, LBM and Body fat,

Muscular strength and endurance:- health fitness requirements, assessment of strength and muscular endurance;

Flexibility: Importance of flexibility in health and fitness, factors affecting range of movement (ROM) spine and joint, flexibility and low back function

Unit-IV

Exercise prescription: foundation of prescribing exercise, general guidelines for cardio-respiratory fitness programmes, determining intensity, general exercise testing, exercise programme selection, exercise prescription for body weight management

Muscular strength and endurance training: fundamental principles, types of strength training, muscular training modes, intensity and frequency. Overreaching and overtraining

Flexibility training: exercise considerations for improving flexibility, prophylactic exercise for improving low back function

Unit-V

Instructions to special populations: introduction, exercise prescription to children, youth & women, exercise to older adults, exercise prescription to coronary heart disease patients, exercise instructions to obese persons

Exercise instruction to diabetes: instruction, exercise prescription for prevention and treatment of diabetes Type-2

Exercise instruction to persons with increased risk factors for asthma and pulmonary disease: introduction, general instructions, testing and evaluating chronic obstructive pulmonary diseases, typical exercise prescription to pulmonary diseases.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each.

The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

Practicals

1. To evaluate physical activity attitude of any two persons
2. To evaluate current physical activity levels of two persons using self-assessment of physical activity method.
3. To evaluate predisposing, enabling and reinforcing factors of promoting physical activity adherence
4. To perform muscle fitness survey on two subjects
5. To demonstrate right exercises to take care of back pain
6. To diagnose back problems by using healthy back tests on the given subject
7. To assess heart disease risk factors
8. To evaluate general physical fitness of an individual

- (C) (iii)
- 2Hrs
9. To evaluate the muscle strength by IRM and grip dynamometer
 10. To evaluate the muscular endurance of the given subject.
 11. To demonstrate the principles used for exercise prescription to the subject who has recently joined a health fitness club.
 12. To demonstrate instructions to be given during exercise prescription to individuals of special population like diabetic, asthma patient, CHD patients

SUGGESTED READINGS

- Anspaugh, D.J. and G. Exell (2004) *Teaching To-day's Health*, Pearson Benjamin Cummings. San Francisco. California USA.
- Bishop JG (2005). *Fitness through Aerobics Person-* Benjamin Cummings. San Francisco. California. USA.
- Donatelle RJ (2006). *Access to Health*. Pearson Benjamin Cummings. San Francisco. California. USA.
- Hoeger WW and Hoeger S (2007). *Fitness and Wellness*. Thomson-Wadsworth, Belmont. California. USA.
- Howley ET and BD Frank (2003). *Health Fitness Instructors Handbook*. Human Kinetics. Champaign. Illinois. USA.
- Payne WA Hahn DB and Lucas EB (2006). *Understanding your Health*. McGraw Hill Company. Inc. New York USA.
- Powess SK Dodd SL and Noland VJ (2005). *Total Fitness and Wellness*. Pearson. Benjamin Cummings. San Francisco. California, USA
- Yoke M (1997). *A Guide to Personal Fitness Training*. Aerobics and Fitness Association of America. Sherman Oaks. California. USA.

c) **Optional Paper: Group-II**

Max. Marks =25

Time allowed: 2Hrs

COMMUNICATION IN HEALTH EDUCATION**Unit-I**

Health education- definition, historical development, aim and objectives and principles of health education
 Communication- definition, progress, formal and informal communication, elements of communication, theories and models of communication, factors affecting communication, channels of communication

Unit-II

Health communication- meaning, behavioural theories and context in health education, importance of communication in health education and physical education
 Barriers in health communication- physical and psychological

Unit-III

Mass communication- definition, essential elements, methods and media used in mass communication- strengths and limitations
 Media- meaning, classification, role of media in health communication, types of print and electronic media

Unit-IV

Exhibition- Concept, meaning, importance and role of exhibition in health education
 Importance of Edgar Dale's cone of experience in health communication

Unit-V

Use a technology in communication
 Community Organisation- definition, concept of community work, basic assumptions and importance of community organization in health education

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each. The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

Practical

1. Evaluation of use of mass media in promotion of various national health programmes
2. A survey of Government and Non-Government health agencies contributing to publication and dissemination of health information
3. Designing and preparing poster, chart, pamphlet, handbills and banners
4. Planning health education programme with appropriate audio-visual aids

SUGGESTED READINGS

- Anspaugh DJ, MII Hamrick and F.D. Rosato. (2003). *Wellness: Concepts and Applications*. McGraw Hill. Boston. USA.
- Balayan D (2007). *Swasthya Shiksha Evam Prathmik Chikitsa*. Khel Sahitya. Delhi.
- Chopra D and D Simon (2001). *Grow Younger, Live Longer: 10 Steps to Reverse Aging*. Three Rivers Press. New York. USA.
- Dewan AP (1996). *School health manual. Nature cure and yoga health centre*. New Delhi.
- Dixit Suresh (2006). *Swasthya Shiksha*. Sports Publication. Delhi.
- Donatelle, RJ (2005). *Health the Basics sixth Edition*, Oregon State University,.
- Floyd PA Mimms SE and Yeilding C (2003). *Personal Health: Perspectives and Lifestyles*. Thomson Wadsworth. Belmont. California. USA.
- Hales D (2005). *An Invitation to Health*. Thomson-Wadsworth. Belmont. California. USA.
- Snehlata (2006). *Shareer, Vigyan Evam Swasthya Raksha*. Discovery Pub. Houses. New Delhi.
- Uppal AK & Gautam GP (2008). *Health & Physical Education*. Friends Publication. New Delhi.

c) Optional Paper Group-II

ANGER & STRESS MANAGEMENT

Max. Marks =25

Time allowed: 2Hrs

Unit-I

Definition of stress and anger, Causes of stress and anger, two main emotions of stress-fear and anger, Daily life stressors, Process of stress and anger- Psycho Physiology of stress

Unit-II

Adaptation to stress-Reframing of habitual stress resistance, Occupational stress, Peer stress (Students stress), Family stress, Stress & elderly

Unit-III

Stress & drug abuse

Stress related diseases- i) Sleep disorder, ii) Eating disorder, iii) Sexual and emotional disorder, iv) Other stress related diseases, v) Stress & Spirituality

Unit-IV

Self awareness and stress management, Muscular tension reduction, Emotional tension reduction, Stress free living, Stress free examination, Stress management through physical activity, Stress management through recreation

Unit-V

Anger management- Redford William's 12 steps of anger management

Stress management- behavior modification, time management, coping strategy

Relaxation technique- i) Diaphragmatic breathing, ii) Meditation, iii) Progressive muscle relaxation, iv) Yoga, v)

Mental imagery, vi) Music therapy, vii) Massage therapy

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each.

The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

Practicals:

1. Learn ten self care technique for stress management
2. Learn diaphragmatic breathing
3. Learn Progressive muscle relaxation
4. Learn massage
5. Learn meditation
6. Learn Redford William's 12 steps of anger management

SUGGESTED READINGS

- Adrain F & Herrick E. and Sharp P (1998). Anger Management. Routledge Publishing. Florence, Kentucky, U.S.A.
- Allen E (2008). Stress Management for Dummies. For Dummies Publishers. U.S.A.
- Davis M. et al (2008). The Relaxation and Stress Reduction workbook. Harbinger Publications, USA.
- Greenberg J.S. (2008). Comprehensive stress management. McGraw Hill, USA
- Hipp E. (2008). Fighting Invisible Tigers : Stress Management for Teens. Free Spirit Publishing, USA.
- Mac W. (2007). Anger and Stress Management. God's Way. Calvary Press, USA.
- Peete F (2006). Anger Management. Pentagon. Press, New York. U.S.A.
- Swale Y B (2009). Anger Management. Sage Publication. New Delhi.

c) Optional Paper Group-II

Max. Marks =25

Time allowed: 2Hrs

ART OF DAILY SCHEDULING

Unit-I

Introduction:- Meaning and definition of Daily Schedule, art, science, management of time, shortage of time for daily activities

Types of daily activities; requirement of daily activities for various domains of personality, essential categories of daily activities, correct decision making to include all types of daily activities within fixed 24 hours

Unit-II

Art of living, art of scheduling, art and science of principles of time management, acronym and daily prayers, methods of recalling and rechecking daily activities

Attitudes and art of daily schedules; right knowledge of daily activities, developing correct attitude by learning the art of behaviour change, transcendental theory of behaviour changes, relation between attitude and behaviour change

Unit-III

Understanding the concept of perfection of nature, relation between nature known as superpower or god in religious terms, predisposing, enabling and reinforcing factors for strengthening the art of daily schedules

Cognition and daily schedules; necessity of right attitude and right information of essential components of daily schedules. Enlisting activities needed daily, relation between qualitative and quantitative balances

Unit-IV

Alternative daily schedule patterns; effect of culture, race, gender and age on daily schedules, fundamentals of art of daily schedules, listing alternative daily schedules for different categories of human being based on culture, race, Gender, age, and geographical locations

Factors helping adherence to daily schedule: self responsibility, knowledge to body requirements, important body systems requiring daily attention

Unit-V

Analysis of lifestyles; role of active lifestyle and wellness activities, factors helping to promote daily schedules

Barriers to daily schedules – peer pressures, carefree environment of , firm no to harmful barriers like smoking, drugs, alcohol and irresponsible sex urge

Wellness and daily schedules: art of inclusion of all wellness parameters to daily schedules, namely meditation, foods, right physical activities, right hygienic habits, right environmental care, right injury preventing behaviours, right decision towards sex, entertainment recreation, rest, sleep

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each.

The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

Practicals

1. To demonstrate a list of essential activities to be included in a good daily schedule
2. To prepare a time table of daily schedules
3. To balance daily schedule patterns in case of emergencies
4. To demonstrate oral care procedures
5. To demonstrate right methods of assuring of food to be taken
6. To prepare a chart of daily nutrients needed with alternate food cultures
7. To demonstrate the weight management activities in daily schedule
8. To demonstrate meditation method of right relaxation
9. To demonstrate anger control mechanism in daily schedule
10. To demonstrate daily requirements of essential physical activities in the daily schedule
11. To demonstrate principles of exercising for daily physical activities
12. To demonstrate recall methods charts of evaluating energy input and energy output for daily schedules.

SUGGESTED READINGS

- Anspaugh DJ and Ezell G. (2003) *Teaching To-day's Health*. Allyn & Bacon Publishing. San Francisco. California. USA.
- Covey, F. (2008). *Cornerstone Daily Format*. Ring Bound. Franklin Covey Publishers, USA.
- Donatelle RJ (2006). *Access to Health*. Pearson Benjamin Cummings. San Francisco. California. USA.
- Ford, J. (2005). *Right on Schedule : The Science of Health and Wellbeing*. Mason Crest Publishers, USA.
- Gates, T.L. (2008). *Daily Planning 50 Worksheets*. Power Systems Inc., USA.
- Graham G (2001). *Teaching Children Physical Education: Becoming a Master Teacher*. Human Kinetics. Champaign. Illinois. USA.
- Hales D (2005). *An Invitation to Health*. Thomson Wadsworth Publishers. USA.
- Hoisington, J. (2009). *Daily Schedule*. McMillan Company, USA.
- Katz DL and Gonzalez MH (2002). *The Way to Eat*. Sourcebook. Inc. Naperville. Illinois. USA.
- Maxwell, S. (2001). *A Practical Guide to Daily Scheduling*. Communication Concepts Inc., USA.
- Moss, S., Schwartz, L. and Wertz, M. (2007). *Where's my Stuff? The Ultimate Organizer*. Orange Avenue Publishing, USA.
- Robbins G Power D and Burgess S (2002). *A Wellness of Way*. McGraw Hill Company. Inc. New York. USA.
- Scholastic, W.C. (2009). *Daily Schedule*. Teacher's Friend Publications, USA.

e) Optional Paper Group-II

Max. Marks =25

Time allowed: 2Hrs

EVENT MANAGEMENT

Unit-I

Meaning of Events, classification of events, Event Management, Designing an Event- 5C's (Conceptualization, Costing, Canvassing, Customization, Carrying out). Key Elements of Events- (Event Infrastructure, Organizers, Clients, Target Audience, Media, and Venue).

Unit-II

Managing Sports Events- Planning, Organizing, Coordinating and Controlling Pre events, During the Events & Post Events issues. Sponsors, Sports Management Companies, Spectators, Sports personalities, Media etc. Sports Management Companies- Introduction, Role, Scope of Work, Service rendered to the clients, Ways of Functioning- Team work, Departments etc.

Unit-III

Sources of funds available for sports: Broadcasting:- What is broadcasting, The basics of sports broadcasting rights, Media providers:-Who are the media providers, How do they fund sports
Sponsorship:-Meaning of sponsorship, Sports and sponsorship, Major sponsors in sports
Team sponsors and individual sponsors, Endorsement, Sports and celebrity endorsement

Unit-IV

Sports and advertisements Advertisement Suggested Readings
Advertisement and brand choice Aiming the right target, Top sports ad companies
Firms and their advertisement choices, Effects of advertisement, gate money
Budgetary Control in sports

Unit-V

Role of Mass Media in Event Promotion.- Introduction to different Sports Media (Television channels, Sports Magazines etc.) Popular Sports Channels Operating in India- ESPN STAR SPORTS, ZEE SPORTS, TEN SPORTS, DD SPORTS, and NEO SPORTS etc. Spectators control, Importance of Spectators for Sports & Games, Human resource management.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each. The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

Practical

1. Prepare a draft for the management of a non sports event
2. Prepare a draft for the management of sports event at under 14 zonal level.
3. Prepare a draft for the management of sports event at under 19 zonal level.
4. Prepare a draft for the management of sports event at state level.
5. Prepare a draft for the management of sports event at national level.
6. Prepare a draft for the management of sports event at International level.

SUGGESTED READINGS

- Chakraborty S (1998). Sports Management. Sports Publications. Delhi.
- Kamlesh ML (2000). Management Concept in Physical Education and Sport. Metropolitan Book Co. Pvt. Ltd. New Delhi.
- Kilkenny, S. (2007). The Complete Guide to Successful Event Planning. Atlantic Publishing Co. USA.
- Roy SS (1995). Sports Management. Friends Publications. Delhi.
- Silvers, J.R. (2003). Event Management : Professional Event Coordination. Wiley Pub., USA.
- Sivia GS (1991). Sports Management in Universities. A.I.U. New Delhi.

c) **Optional Paper Group-II**
Max. Marks =25

Time allowed: 2Hrs

PHYSICAL ACTIVITY PRESCRIPTION

UNIT-I

Types of physical activities, physical activity and lifestyle, physical activity, exercise and physical fitness, physical activity recommendations for health, why people live sedentary life, physical activity & health, a lifestyle approach to physical activity

Unit-II

Foundations of physical activity

Introduction, health benefits of physical activity and optimal fitness, personalized physical activity programme, physical activity programme adherence, intrinsic motivation for physical activity, barriers to physical activity, starting of physical activity, safety & effectiveness in physical activity, physical activity and metabolic health

Unit-III

Physical activity & health

Introduction, understanding health behaviours, physical activity and prevention of chronic diseases, physical activity for cardiovascular health, physical activity and diabetes prevention, physical activity and healthy weight management

Unit-IV

Physical activity self decision

Introduction, mind-body relationship, physical activity and mental health, making informed decision about substance use in stress management, self decisions for physical activity for promoting bone health and for balanced nutrition

Unit-V

Physical activity and strong body

Introduction, understanding bone, muscle and joint physiology, physical activity for strong bones, strong muscles and healthy joints, balancing relationship between physical activity and nutrition, planning a nutritious diet for strong and healthy body, nutritional recommendations for physical activity

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each. The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

Practicals

1. Examination one's lifestyle- A self test.
2. Assessment of health risks of inactivity diseases.
3. Assessment of physical activity readiness of a person.
4. Assessment of a state of physical activity behavior stage.
5. Calculation of target heart rate.
6. To find aerobic power using fitness test.
7. To test diabetes risk of a person.
8. To test general disease risk.
9. To test lifestyle behaviour readiness.
10. To calculate physical activity index.
11. To calculate muscle strength score based on IRM.
12. To apply performance muscle relaxation test.

SUGGESTED READINGS

- American College of Sports Medicine (2000). ACSM's Guidelines for Exercise Testing and Prescription. Lippincott Williams & Wilkins. Philadelphia. USA.
- Corbin C G Welk W Corbin & K. Welk (2005). Concepts of Fitness and Wellness. McGraw Hill Company. New York. USA.
- Goldberg L and DL Elliot (2002). The Power of Exercise. National Health & Wellness Club. USA.

- Hales D (2006). An Invitation to Health. Thomson Wadsworth. Belmont. California. USA.
- Howley ET and BD Franks (2003). Health Fitness Instructors Handbook, Human Kinetics. Champaign Illinois. USA
- Kolecki JE and DQ Thomas (2007). Activities and Assessment Manual. Jones and Barlett Publishers. Sandburg. Massachusetts, USA.
- Powers S and E Howley (2006). Exercise Physiology- Theory and Applications. McGraw Hill Co. New York USA.
- Thomas DQ and JE Kotecki (2007). Physical Activity and Health –An Interactive Approach. Jones and Barlett Publishers. Sndbury. Masschuseff. USA.
- USDHHS (2000) Healthy People 2010: National Health Services (USDHHS). Washingtons D.C. USA:

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TEST, MEASUREMENT & EVALUATION**UNIT-I**

Introduction to test, measurement and evaluation and their importance in the field of physical education
 Test constructions:- a) general consideration b) physical fitness/ efficiency test

UNIT - II

Meaning and importance of statistics in the field of physical education, "population" and "sample" "random sampling"
 Meaning of data, kinds of data- continuous and discrete Frequency distribution, construction of frequency tables, mean, median and mode.

UNIT -III

Measures of variability range, quartile, deviation, standard Deviation, co-efficient of variation
 Normal probability curve and meaning, uses its principles, Diagrammatic represent action

UNIT-IV

Physical fitness testing: components of physical fitness
 Strength test: - Kraus Weber strength test, Muscular Endurance test; Cardiopulmonary test;
 Endurance Test, Harvard step test.

UNIT-V

Anthropometric Measurements:- Weight, height, sitting height, chest circumference, thigh circumference, calf circumference, skin fold biceps, triceps, sub scapular and supra iliac.
 Measurement of skills, games and sports-Johnson badminton test, Brady volleyball test, McDonald soccer test, Cornish Handball test, Hockey skill test- SAI hockey Test

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical

1. Construction of a physical fitness test.
2. Construction of a frequency distribution table from the given data
3. Construction of a percentile chart from the given data of mean and standard deviation
4. Measurement of VO₂ max by Harvard step test.
5. Measurement of sports skills included in theory course.

SUGGESTED READINGS

- Acsn's (2001) Guidelines for Exercise Testing and Prescription by American College of Sports Medicine Human kinetics USA.
- Balyan Sunita (2006). Sharirik Shiksha main Parikshan evam maapan. Kheh Sahitya. Delhi.
- Barrow & McGee's Practical Measurement and Assessment.
- Barrow H.M. and McGee R. (1979). A Practical Approach to Measurement in Physical Education, Lea & Febiger, Philadelphia. U.S.A.
- Baumgartner TA Jackson AS Mahar MT and Rowe DA (2007). Measurement for Evaluation in Physical Education. The McGraw Hill Companies. Inc. New York. USA.
- Kansal DK (2008). Textbook of Applied Measurement Evaluation & Sports selection. SSS Publication. New Delhi.
- Miller David K (2006). Measurement by the Physical Educator: Why and How. McGraw-Hill, Boston, U.S.A.
- Mishra Sharad Chandra (2005). Tests And Measurement in physical education. Sports. Delhi
- Sharma JP (2006). Test and measurements in physical education. kheh sahitya. Delhi
- Srivastava AK (2006). Sharirik Shiksha Evam Kheh Main Maapan Evam Mullyakan. Sport pub. Delhi.
- Tritschler K. Barrow & McGee's (2000). Practical Measurement and Assessment. Lippincott Williams & Wilkins. Philadelphia. U.S.A.

YOGA

UNIT-I

Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields

UNIT- II

Historical development of yoga in India.

Types of Yoga:- Hatha yoga, laya yoga, mantra yoga, bhakti yoga, karma yoga, jnana yoga, raj yoga

UNIT- III

Patanjali yoga sutras- yama, niyama, asana, pranayama

Pratyahar- Benefits & utilities of these. Astanga yoga- Definition, objectives, dharna, dhyan, Samadhi & their psychological impact.

Shatkarm/cleansing process/ yogic methods and personal hygiene.

UNIT- IV

Asanas: Types, importance of asanas in special reference to Physical Education & Sports.

Differentiate between asanas and exercise.

Pranayama and importance of pranayama in special reference to Physiological effects.

Bandhas, mudras and their physiological effects.

UNIT- V

Disease wise treatment through yoga therapy- Asthma, high & low B.P, diabetes, obesity, heart disease, insomnia, arthritis, backache, female disease and importance of vegetarianism in yogic diet

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICAL

1. Practice of Shatkarma : neti, dhauti, nauli, basti, kunjali, kapal bharti, shankh prakshalana
2. Practice of Pranayam : anulom-vilom, bhastrika, nadi shodhan, sheetali, sheetkari, bhramari, ujjayi
3. Practice of Bandhas : jalandhar, uddyana, moot bandha

SUGGESTED READINGS

- Day P. (1986). Yoga Illustrated Dictionary. Jaico Pub. House. New Delhi.
- Debnath M (2007). Basic Core Fitness Through Yoga And Naturopathy. Sports Publication. New Delhi.
- Kumar ER (1988). Heal Yourself With Yoga: Specific Disease. Taraporevala, Bombay.
- Shanti KY (1987). The Science of Yogic Breuthisy (Pranayana). D.B. Bombay.
- Sharma JP and Ganesh S (2007). Yog Kala Ek Prichya. Friends. New Delhi
- Sharma JP (2007). Manav jeevan evam yoga. Friends Pub. New Delhi.
- Sharma Jai Prakash And Sehgal Madhu (2006). Yog-Shiksha. Friends. Delhi.
- Singh MK And Jain P (2008). Yoga aur manoranjan. Khel Sahitya Kendra. New Delhi.
- Vyas SK (2005). Yog Shiksha Khel Sahitya Kendra. Delhi.

Semester IV

Max. Marks =25

Time allowed: 2Hrs

b) Game: Group-II

Common for all professional games (Badminton, Cricket, Kabaddi & Kho-Kho)

Unit-I

Introduction of the games , history of games/sports in India, in Asia, in World

Unit-II

Fundamentals or basic skills, organization of sports in India

Unit-III

Important tournaments, trophies, cups, resource material (Books/Literature)

Unit-IV

Rules and regulations, role of official, duty of official

Unit-V

Officiating, Methods of officiating

Field Marking and Dimension of the game

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each. The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

SUGGESTED READINGS

- Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers. New Delhi.
- Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
- Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
- Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- Mishra , S.C. (2007). Teach Yourself Kabaddi. Sports Publications, New Delhi.
- Panday L (1982). Kho - Kho Sarvaswa. Metropolitan. New Delhi.
- Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS. Patiala Publisher

Semester IV

Max. Marks =75

Time allowed: 3Hrs

ENGLISH A & B

Syllabus from B.A. Programme of Delhi University

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each. The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

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SPORTS PSYCHOLOGY**UNIT- I**

Introduction to Sport Psychology: Meaning and scope, Importance, relationship with other sport sciences, development of sport psychology in India.

Sensory Perceptual Process: Meaning, mechanism and stages, Classification of senses and sensory perceptual process, Factors in perception, Implication of sensory-perceptual process in exercise and sport

UNIT-II

Concept and meaning of motor learning, motor skill, motor control, motor performance, Stages of learning, transfer of training, assessment of learning and factors affecting of motor learning.

Growth & Development: Concept of growth & development, physical and motor development, mental, social and emotional characteristics of infancy childhood and Adolescents, facilitating psychological development.

UNIT III

Personality in Sport: Concept and definition, Modern perspective, (trait, humanistic, social cognitive and biological), Dynamics of personality in sport

Anxiety in Sport: Concept, definition and types, Anxiety and arousal, role of anxiety on physical performance

Motivation in Sport: Concept, definition, (drive, need and motives, instinct, attitude, achievement motivation,) techniques and types of motivation, Perceived competence.

UNIT-IV

Psychological Preparation and Competition: Phenomenon of competitive sport, long term Psychological preparation for competition (arousal regulation, imagery, self-confidence, goal setting, concentration.), short term psychological preparation (upcoming competition) Mind to muscle and muscle to mind relaxation techniques.

UNIT-V

Social Psychology in sport: social psychological aspects of Sport:

Socio-Culture Factors Affecting Performance: ethics and sport, values and sports, Team (group) cohesion, Spectators and Performance.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical

1. To make a project on sports psychology
2. To make a project on the role of sports psychology in improving the performance in sports
3. Make a project on application of psychology perspective in sports situation
4. Make a project on psychology implications between individual and team games

SUGGESTED READINGS

- Cohen RJ and Swerdlik ME (2002). Psychological testing and Assessment: An Introduction to Tests and Measurement. McGraw Hill. New York. U.S.A.
- Cox RH (2002). Sport Psychology. McGraw Hill. London.
- Dixit S (2006). Khel- Manovigyan. Sports Publications. Delhi
- Kamlesh ML (1998). Psychology in Physical Education and Sport. Metropolitan Book Co. New Delhi
- Liukkonen JED (2007). Psychology for Physical Educators. Human Kinetics. U.S.A.
- Mortin GL (2003). Sports Psychology, Sports Science. Press, USA.
- Sahni SP (2005). Psychology and Its Application in Sports. D.V.S. Delhi.
- Shaw D and Other (2005). Sport & Exercise Psychology. Bios. U.K.
- Singh MK (2008). Comprehensive Badminton Psychological Preparation. Friends Publication. Delhi.
- Verma V (1999). Sport Psychology & All Round Development. Sport Pub. New Delhi.
- Wann DL (1997). Sport Psychology. Prentice Hall. New Jersey.
- Weinberg RS and Gould D (2003). Foundations of Sport and Exercise Psychology. Human Kinetics. USA.

SPORTS SOCIOLOGY

Time allowed: 2Hrs

Unit-I

Meaning, Nature, Scope, importance & subject matter of sociology & sports sociology
Sociological perspectives in sports & physical education (functionalism, conflict, critical, interactionist)
Sports as social phenomenon and social institution

Unit-II

Meaning of culture and sport sub-culture, elements of cultural and sports culture, elements of Indian culture and sport, cultural lag and cultural capital and sport
Society: Meaning & structure, types of society, historical development of sports in different types of societies, types of Indian societies and development of sports.
Meaning of spectators, spectators as crowd, types of spectators, effect of spectators on sports structure and organization

Unit-III

meaning and concept of socialization and sports socialization, types of socialization, agencies of socialization, role of family, school, college and peer group in sports socialization
Meaning and concept of stratification and sports, class and sports of stratification sports development
Meaning of aggression and deviance and sports, social problem and sports, Positive and negative deviance in sports

Unit-IV

Meaning of gender and sports, meaning of feminism and sports, gender inequality in sports, need of women participation in sports, alternative programmes of sports for women
Meaning of media and sports, types of media and sports, ethical issues of media and sports, role of media in shaping the sports
Meaning of club culture in sports, origin of club culture in sports, origin of club culture in sports, role of club on development of modern sports, club sports status in India

Unit-V

Meaning of politics and sports, role of political institutions in sports, nationalism and sports, need of political skills to govern the sports
Meaning of economy and business, economic institutions in sports, economy and development of sports, generation of economic resources and expenditure
Concept of violence in sports, violent behaviour in sport, causes of violence, hooliganism in sports violence on field and off field

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each. The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B

Practical:-

1. Make a project on application of sociological perspective in sports situation
2. Make a project on sociological implications between individual and team games
3. Prepare an analytical decisions on sports India cultural elements
4. Prepare a descriptive paper on sports socialization at early age

SUGGESTED READINGS

- Ahuja Ram (2007). Samajik Anusandhan. Rawat. New Delhi.
- IGNOU (2005). Social Problems In India - Social Framework. IGNOU. Delhi.
- Prasad B.K (2004). Social problems in India - anmol. Delhi.
- Rawat HK (2007). Sociology Basic Concepts. Rawat P. Jaipur.
- Sharma NP (2005). Khel Aur Smaaj Shastra. Khel Saahityaa Kendra. Delhi.
- Sharma PD (2008). Khel Smajshastra. Friends Pub. India. New Delhi.
- Singh MK (1991). Indian Women & Sports, Romat Publication. New Delhi.
- Syed MH (2007). Soccial change in India. Anmol. Delhi.
- Upadhyaya R & Sangya K(2006). Sanskritik Samrajyavad, Shabdasandhan. New Delhi.
- Yobu A (2008). Sociology of Sports. Friends Pub. India. New Delhi.

FUNDAMENTALS OF SPORTS TRAINING**Unit-I**

Importance, definition, Aim and objectives, Characteristics & Principles

RAINING LOAD, ADAPTATION AND RECOVERY: Concept of load & Adaptation and Factors affecting of load and adaptation

Unit-II

STRENGTH: Types of strength (maximum strength; explosive strength and Strength endurance) & Factors affecting strength performance, Methods of strength training

ENDURANCE: Definition and significance of endurance, forms of endurance, Factors affecting endurance, Methods to develop endurance

Unit-III

SPEED: Definition, Forms &, factors determining speed, Methods to develop speed abilities

FLEXIBILITY: Definition, Factors affecting flexibility; Methods used to develop flexibility

Unit-IV

TECHNICAL PREPARATION: DEFINITION AND MEANING OF TECHNIQUE, SKILL AND STYLE
Technique training & its implication in various phases;

Unit-V

Periodization : Need & types of periodization

Competition: Preparation for competition, number & frequency, important factors of competition preparation.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical

1. Measurement & assessment of various Bio-motor abilities- Speed, Strength, Endurance, Flexibility, Coordinative ability
2. Maximum Strength test, explosive strength test, strength endurance, back flexibility, lower & upper extremities test.
3. Cooper test & Harward step test to measure endurance.
4. Tests for coordinative abilities
5. Tests to measure and assess the load and Heart rate

SUGGESTED READINGS

- Baechle T R & Earle R W (2000). Essentials of strength training and conditioning. Human Kinetics. USA.
- Dick FW (1999). Sport training Principles. A and C Black. London.
- Knopf K (2008). Total Sports Conditioning for Athletes 50 + Ulysses Press. Berkeley, California. USA.
- Newton H (2006). Explosive lifting for sports. Human Kinetics. US.
- Philipp A Joan and Wilkerson Jerry D (Joan A. Philipp & Jerry D. Wilkerson.
- Singh Hardayal (1991). Science of Sport Training. D.V.S Pub. Delhi.
- Thomas R. Baechle and Roger W. Earle, (2000).
- Singh MK (2008). Comprehensive Badminton (Scientific Training). Friends Publication.

PHYSICAL EXERCISE PRESCRIPTION**Unit-I**

Background of exercise prescription to non-sports person, basis of exercise prescription- health status, physical personality in relation to physique, attitude, interests, Exercise for sportsmanship, introduction to sports for all-sports for recreation, health, fitness, wellness and competition.

Unit-II

Meaning and definition of exercise & physical activity, differences between exercise & physical activity, relation between exercise & physical activity.

Unit-III

Health benefits of exercise, exercise as pro-active health care. Prevention of heart disease, osteoporosis, diabetes type-II, hypertension, obesity etc.

Unit-IV

Necessity of exercise prescription, sedentary population, self population, self responsibilities and behaviour change stages for exercise regularity.

Unit-V

Steps for exercise prescription. PAR-Q test, stress test, physical fitness test, understanding acronyms FITT (Frequency, Intensity, Time (duration), Type (Mode of Exercise) and GO SIR (Progression-Gradual increase, Overload, Specificity, Individualization, Recovery and Regularity).

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each. The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B

Practicals

1. Assessment of health risks of inactivity diseases
2. Assessment of physical activity readiness of a person
3. Measurement of health status
4. Finding of disease risk of inactive lifestyle
5. Measurement of behaviour change stage for regular exercise

SUGGESTED READINGS

- American College of Sports Medicine (2000). ACSM's Guidelines for Exercise Testing and Prescription. Lippincott Williams & Wilkins. Philadelphia. USA.
- Corbin C G, Welk W, Corbin & K. Welk (2005). Concepts of Fitness and Wellness. McGraw Hill Company. New York. USA.
- Goldberg L and DL Ellior (2002). The Power of Exercise. National Health & Wellness Club. USA.
- Hales D (2006). An Invitation to Health. Thomson Wadsworth. Belmont. California. USA.
- Harrison GA, Weiner JS, Tanner JM and. Barnicot NA (1984). Human Biology. Oxford University Press. Oxford. U.K.
- Howley ET and BD Franks (2003). Health Fitness Instructors Handbook, Human Kinetics. Champaign. Illinois. USA
- Kolecki JE and DQ Thomas (2007). Activities and Assessment Manual. Jones and Bartlett Publishers. Sandburg. Massachusetts. USA.
- Powers S and E Howley (2006). Exercise Physiology- Theory and Applications. McGraw Hill Co. New York. USA.
- Thomas DQ and JE Kotecki (2007). Physical Activity and Health –An Interactive Approach. Jones and Bartlett Publishers. Sandburg. Masschuset. USA.
- USDHHS (2000) Healthy People 2010: National Health Services (USDHHS). Washingtons D.C. USA.

Max. Marks =50

Time allowed: 3Hrs

GAME OF SPECIALIZATION – ATHLETICS**Unit-I**

Introduction to athletics, Olympics and non- Olympics events, Different National and International level athletics championship Olympic games, Asian games, IAAF- World Championship, world cup, Area championship, open National, Inter-state, Inter Universities athletics championships

Unit-II

Indian athletics and international athletics competitions, Selected National and International personalities of athletics First aid and rehabilitation of athletics injuries

Unit-III

Brief background techniques, training and important motor-components of the following events:
Hurdle events (100m/h, 110m/h, 400m/h), Steeple Chase (200m, 300m, s/c), Race walking (20km, 50km)
Combine events and non-Olympics events

Unit-IV

General rules, officiating and tactics in athletics events, Sports training of athletics event- basic training, intermediate training and advance training, Training programme or training schedule, Characteristics of the athletics of related events, Coach and coaching philosophy

Unit-V

Important factors determine the performance of related events
Talent selection in athletics
Various training methods weight training, fort lek circuit training

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical

1. Technical training and practice of following
2. Steeple Chase
3. Hurdle race (100m/h, 110m/h, 400m/h)
4. Practical of weight training exercises, fort lek circuit training
5. Controlling and measuring the heart rate resting HR, during and past experience HR
6. Record File

SUGGESTED READINGS

- Chauhan BS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
- Evans DA (1984). Teaching Athletics. Hodder, London
- Fox EL (1989). Physiological Basis of Physical Education and Athletics Brown Pub.
- Frost RB and others (1992). Administration of Physical Education and Athletics. Universal Book, Delhi.
- Gothi E (1997). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Knight T and Troop N (1988). Sackville Illustrated Dictionary of Athletics, Jackvillie,
- Knight T (1988). Athletics, Backville Book
- Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
- Shri Vastav Abhay Kumar (1997). Athletics. S & S Parkashan.
- Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.
- Thani Lokesh (1995). Skills and Tactics Track Athletics. Sports Pub. Delhi.
- Thani Y. ed. (1991). Encyclopedia of Athletics. Gian Pub., Delhi.
- Turbull S (1989). Sports Views Guide Athletics. David & Charles, London.
- Warden P (1990). Take Up Athletics. Springfield Books Ltd.
- Weaver T (1988). Personal Best : Athletics. Willionm Colliv, London.

GAME OF SPECIALIZATION – BASKETBALL**UNIT-I**

Selection of a team and conduct of a camp

UNIT-II

Evaluation of players performance during matches

UNIT-III

Duties and responsibilities of officials, Mechanism of officiating and scoring

UNIT-IV

Managing team during competitions

UNIT-V

Event identification and event profile development

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICAL

1. Technical Training in Basketball Skills and More Match Practice

SUGGESTED READINGS

- Ambler V (1984). How to Play Basket Ball. Paper Balls, Delhi.
- Jain Naveen (2003). Play and Learn Basket Ball. Khel Sahitya Kendra. New Delhi.
- Nat BB (1997). Conditioning Coaches Association. NBA Power Conditioning. Human Kinetics. Champaign. Illinois. USA.
- Prutti Jim (1984). Play Better Basket Ball. Matchplay Books. Great Britain.
- Sharma OP (2003). Basket Ball Skills and Rules. Khel Sahitya Kendra, Delhi.
- Thani L (1995). Skills & Tactics of Basket Ball. Sport Pub. New Delhi.
- Thani Y (2002). Coaching Successfully Basket Ball. Sports Publisher, Delhi

GAME OF SPECIALIZATION - BADMINTON**UNIT-I**

As specified by the Badminton Association of India (BAI), As per the International Badminton Federation (IBF), Latest developments, Latest amendments, Interpretations

UNIT-II

Duties/responsibilities, qualifications and qualities of a coach, Philosophy of coaching, Qualifications and responsibilities/functions of technical officials, Protocols of referees, judges, umpires

UNIT-III

Planning for the competition, Selection of men, material and management, Concluding the competition – submission of accounts, preparing report, Protocols and ceremonies

UNIT-IV

Coaching a team, Organising a competition, Officiating in a competition, Conducting a workshop/seminar/clinic Professional aspects of badminton

UNIT-V

Preparing coaching lessons in badminton, Use of teaching aids, Conduct of regular coaching, Concluding aspects of the coaching lesson, Assimilation

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Planning for competitions
2. Organisation of a competition/seminar/workshop/clinic
3. Project on research in badminton
4. Coaching lessons

SUGGESTED READINGS

- Kumar A (2003). Badminton. Discovery, New Delhi.
- Ballou PB (1982). Teaching Badminton. India.
- Bloss MV & Hales RS (1994). Badminton. WC Brown
- Davis P (1988). Badminton SA David & Charles Inc.
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- Jain D (2001). Teaching and Coaching –Badminton. Khel S.K. Delhi
- Kumar A (1999). Badminton. Discovery Pub. Delhi.
- Narang P (2005). Play and Learn Badminton. Khel Sahitaya Kendra
- Singh MK (2006). A to Z Badminton. Friends Pub. New Delhi.
- Singh MK (2007). Comprehensive Badminton. Friends Pub. New Delhi.
- Talbot D (1989). Top Coach Badminton. Britain: Q.A. Press

GAME OF SPECIALIZATION - CRICKET**UNIT-I**

Selection of a team and conduct of a team, Playfield technology - planning, construction and maintenance of the cricket field, Conduct of a Tournament, Short-term and long-term planning for organization of a competition, Report writing, photography, analysis and commentary Teaching of cricket skill, Development of motor components with specific reference to cricket

UNIT-II

Development of cricket specific fitness components, Specific training methods for different positions (slip catching, close fielding, fast bowling)
Evaluation of players' performance during matches, Video-analysis of skills and techniques, importance of a third umpire, Assessment of prospective opponents

UNIT-III

Duties and responsibilities of officials, Mechanism of officiating and scoring, Biomechanical analysis of skills

UNIT-IV

Managing team during competitions, Information and publicity concerning competition, Office management - correspondence and maintenance of records, Facility management - quality control of equipment and player's kit, Risk management - medical check-up, medical aid and insurance, Personnel management - communication and inter-personnel skills

UNIT-V

Fitness tests - Fitness tests- AAHPER Youth Fitness Test, Fleishman Physical fitness test, Indiana Motor Fitness Test, Skill tests - beep test, running between the wickets, different kinds of catches and throw, Evaluation of team performance - observation techniques, statistical techniques, scouting charts

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Advancement of different techniques
 - 1.1 Video-analysis
 - 1.2 Net Session
2. Organize intramurals in the institution
3. Organizing camping, scouting & giving commentary
4. Coaching lesson - 5 (five) internal lessons

SUGGESTED READINGS

- Amarnath Mohinder (1996). Learn to Play Good Cricket. Ubspd, New Delhi.
- Andrew K (1989). Handbook of Cricket. Perlham Book, England.
- Chugh GD (1993). Laws of Cricket. D.V.S.Pub. New Delhi.
- Dellor R (1990). How to Coach Cricket. Mandola, London.
- Jain R (2003). Play and Learn Cricket. K.S.K, New Delhi.
- Kutty S K (2003). Fielding Drills in Cricket. K.S.K, New Delhi.
- Morrison I (1993). How to Play Cricket, Comperiton R. Pri. Ltd.
- Jain R (2002). Coaching Successfully: Cricket. Sports, Delhi.
- Jain R (2005). Play & Learn Cricket. Khel Sahitaya Kendra
- Rice P (1988). How to Play Cricket. Guinness, London.
- Sharangpani, RC (1992). Fitness Training in Cricket. Marine Sports. Bombay.
- Sharma P (2003). Cricket. Shyam Prakashan. Jaipur.
- Swpnronobe EW (1986). Barclays World of Cricket. Willow Book. London.
- Thani Vivek (1998). Coaching Cricket. Khel Sahitya. New Delhi.

Max. Marks =50

Time allowed: 3Hrs

GAME OF SPECIALIZATION – FOOTBALL**UNIT-I**

Selection of a team and conduct of a camp, Playfield technology - planning, construction Conduct of a tournament, Short-term and long-term planning for organization of a competition, Report writing, photography, analysis and commentary

UNIT-II

Evaluation of player's performance during matches, Video analysis of skills and techniques, Assessment of prospective opponents

UNIT-III

Diet and nutrition for a football player,

UNIT-IV

Team management during competitions, Information and publicity concerning the competition, Office management – correspondence and maintenance of records , Risk management- medical check up, medical aid and insurance, Personnel management – interpersonal, interpersonnel communication skills

UNIT-V

Event identification and event profile development, Projection of the event and marketing strategy – pamphlets, door - door, newspaper, electronic media-Writing press release and reports, Sponsor identification, fund raising

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICAL

1. Applied tactics of defense – positioning by a defender, defensive attacker, interchanging of position
2. Attacking tactics- shooting and heading at goal, place changing, special method-attack with two center forward
3. Refining of skills
 - Kicking
 - Receiving
 - Heading
 - Dribbling
 - Tackling
 - Goal keeping
4. Taking advantage of offside rule - attack and defense
5. Match officiating
 - Referee
 - Linesmen
 - Table officials
 - Play field preparation guide/organizer

SUGGESTED READINGS

- Lau SK (1995). Encyclopedia of Football. Sport Pub. Delhi.
- N Kumar (2003). Play and Learn Football. K.S.K. New Delhi.
- Reilly T (1988). Science and Football. E.N. Sport Ltd. London.
- Sharma OP (2001). Teaching and Coaching –Football. Khel S.K. Delhi.
- Shellito K (1988). Personal Best Football. William Collins & Sons. London.
- Thaní Yogrej (2002). Coaching Successfully Football. K.S.K. New Delhi.
- Williams J (1988). The Roots of Football. London.

GAME OF SPECIALIZATION – GYMNASTICS**UNIT-I**

Rhythmic gymnastic

UNIT-II

Training schedules- Daily schedules, Weekly schedules, Monthly schedules, Planning for competition- Meaning and concept, Preparation for competition schedule, Order of events, Sequence of gymnast

UNIT-III

Newton's laws of motion and their application, Body levers and their application, Linear and angular momentum, Centripetal and centrifugal forces

UNIT-IV

Teaching and training of advance elements on all men and women apparatus-Floor exercises (men & women), Pommel horse, Roman rings, Parallel bars/uneven bars

UNIT-V

Table vaults (men & women), Horizontal bar, Balancing beam, Pedagogic practice-Warm-up exercises and class organization, Teaching, training and coaching of basic and advance elements on all apparatus (men & women), Officiating

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Teaching and training of advance elements on all men and women apparatus
Floor exercises (men & women), Pommel horse, Roman rings, Parallel bars/uneven bars, Table vaults (men & women), Horizontal bar, Balancing beam
2. Pedagogic practice
Warm-up exercises and class organization-Teaching, training and coaching of basic and advance elements on all apparatus (men & women), Officiating

SUGGESTED READINGS

- Chakraborty S and Sharma L (1995). Fundamental of Gymnastics. D.V.S. Pub. New Delhi.
- Chakraborty S (1995). Fundamental of Gymnastics. DVS Pub. New Delhi.
- Chakraborty S (1998). Women's Gymnastics. Friends Pub. Delhi.
- FIDG (2005) Code of Points Trampoline Gymnastics. Federation Int. De Gymnastics. Germany.
- Derry G (1988). Personal Best Gymnastics. Willionum Colliv. London.
- Federation International Gymnastics (2006). Federation Int. De Gymnastics
- Harvey FJ (1998). Physical Exercises & Gynnastics, Khel Sahitya. New Delhi.
- Jain R (2005). Play and Learn Gymnastics. Khel Sahitaya Kendra
- Jain R (2003). Play and Learn Gymnastics. Khel Sahitaya Kendra. New Delhi.
- Pearson D (1991). Play The Game Gymnastics, Ward Lock. Britain.
- Smither Graham (1980). Behing The Scence of Gymnastics. London.
- Turoff Fred (1991). Artistic Gymnastics. C. Brown. U.S.A.

GAME OF SPECIALIZATION – HANDBALL**UNIT-I**

Advance rules and regulation and their interpretations Playfield technology - planning, construction and maintenance of handball court

UNIT-II

Principles and objectives of coaching, techniques of coaching pep talks, pre match, during and post match, individual and group, coaching schedule

UNIT-III

Specific Duties and responsibilities of referee's, scorekeeper & time keeper, score sheet

UNIT-IV

Conduct of tournament, planning for organization of a competition, report writing, photography, and analysis commentary

UNIT-V

Physical fitness and development of advance techniques related to handball . Nutritional requirement of the players.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical

1. Referee signals
2. Score sheet
3. Conduct of tournament
4. Evaluation of team and players
5. Team tactics (offensive- offensive system 3:3, 5:1, 4:2)
6. Defensive tactics (Defensive system 6:0, 1:5, 2:4, 3:3)
7. Man to man defense
8. Combine defense
9. Selection of players
10. Teaching lesson

SUGGESTED READINGS

- Jain D (2003). Play & Learn Handball. Khel Sahitya Kendra. New Delhi.
- Kumar A (1999). Handball. Discovery Publishing House. New Delhi.
- Lohar AR (1998). Handball Basic Technology Bombay. The Marine Sports Publishing Division
- Schmottlach N Mcmanama J (1997). Physical Education Handbook. 9th Edition. Allyn & Bacon. London.

GAME OF SPECIALIZATION – HOCKEY**UNIT-I**

Playfield technology - planning, construction and maintenance of a hockey field

UNIT-II

Principles and objectives of coaching, techniques of coaching pep talk, pre match during and post match, individual and group, coaching schedule

UNIT-III

Duties and responsibilities of umpire, umpiring signals, score sheet

UNIT-IV

Conduct of tournament, planning for organization of a competition, report writing, photography, and analysis commentary

UNIT-V

Physical fitness and playing ability test related to hockey, nutritional requirement of the players.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B making one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Umpire's Signals
2. Score sheet
3. Construction of a hockey field
4. Teaching of basic skills
5. Conduct of a hockey tournament
6. Evaluation of Team/Player

SUGGESTED READINGS

- Dubey HC (1999). Hockey. Discovery Publishing House. New Delhi.
- International Hockey Federation (2003). Rules of the Game of Hockey with Guidance for Players and Umpires. International Hockey Federation. India.
- Jain D (2003). Hockey Skills & Rules. Khel Sahitya Kendra . New Delhi.
- Narang P (2003). Play & Learn Hockey. Khel Sahitya Kendra. New Delhi.
- Thari Yograj (2002). Coaching Successfully Hockey. Sports Publication. Delhi.

GAME OF SPECIALIZATION – JUDO**UNIT-I**

Specified by the Judo Federation of India, Specified by the International Judo Federation, Latest changes and developments in rules and regulations, techniques and tactics, officiating and coaching etc.

UNIT-II

Qualifications, qualities and responsibilities of a coach, Qualifications and responsibilities/functions of technical officials, judges, technical officials

UNIT-III

Planning for the competition, Selection of men, material and management, Concluding the competition – submission of accounts

UNIT-IV

Means, methods and process of classroom teaching, Preparation of teaching lesson-plans : characteristics and principles, Different stages/phases of technique learning/teaching, their applications and principles, Use of teaching aids

UNIT-V

Guidelines for preparing a coaching lesson in Judo, Preparation of coaching lesson-plans, Use of teaching aids

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. *Planning for competitions*
2. *Organisation of a competition/seminar/workshop/clinic*
3. Project on research in judo/record of events
4. Coaching lessons

SUGGESTED READINGS

- Caffary B (1992). *Skilful Judo. A & C Black London.*
- Dando J (1994). *Play The Game Judo. Blandford Great Britain.*
- Harrison EJ (2002). *Coaching Successfully Judo. Sports. Delhi.*
- Harrison J (1998). *Teaching & Coaching Judo. Sport Pub. New Delhi.*
- Holme P (1995). *Get to Gripe With Judo. Blandford. London.*
- Holme P (1996). *Competition Judo. Ward Lock. London.*
- Jain D (2003). *Play and Learn Judo. Khei Sahitaya Kendra. New Delhi.*
- Kumar Mukesh (1994). *Action Judo. Sport Publication. Delhi.*
- Marwood D (1995). *Critical Judo. A.I.T.B.S. Pub. New Delhi.*

GAME OF SPECIALIZATION – KABADDI**UNIT-I**

Selection of a team and conduct of a camp, Playfield technology planning, construction and maintenance of Kabaddi court, Conduct of a tournament, Short-term and long - term planning for organization of a competition

UNIT-II

Evaluation of players performance during matches, Video analysis of skills and techniques, Assessment of prospective opponents

UNIT-III

Duties and responsibilities of officials, Mechanism of officiating and scoring

UNIT-IV

Managing during competitions, Information and publicity concerning the competition, Office management - correspondence and maintenance of records

UNIT-V

Facility management - quality control of equipment and player's kit, Risk management - medical check up, medical aid and insurance, Personnel management - interpersonal communication skills

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Training means for development of different components of physical & motor fitness
Speed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility
2. Game officiating

SUGGESTED READINGS

- Rao C V (1982). Kabaddi. Oxford Press. New Delhi
- Rao EP (1994). Modern Coaching in Kabaddi. D.V.S.Pub
- Rao CV (1983). Kabaddi. Native Indian Sports. Patiala Nis Publisher

Max. Marks =50

Time allowed: 3Hrs

GAME OF SPECIALIZATION - KHO-KHO**UNIT-I**

Selection of a team and conduct of a camp, Playfield technology planning, construction and maintenance of Kho-kho court, Conduct of a tournament, Short-term and long-term planning for organization of a competition, Report writing, analysis and commentary

UNIT-II

Evaluation of player's performance during matches, Video analysis of skills and techniques, Assessment of prospective opponents

UNIT-III

Duties and responsibilities of officials, Mechanism of officiating and scoring

UNIT-IV

Managing during competitions, Information and publicity concerning the competition, Office management - correspondence and maintenance of records, Facility management - quality control of equipment and player's kit, Risk management - medical check up, medical aid and insurance, Personnel management - interpersonal communication skills

UNIT-V

Event identification and event profile development, Projection of the event and marketing strategy - pamphlets, door - door, newspaper, electronic media, Writing press release and reports, Sponsor identification, fund raising, Building of player portfolio, preparing (drawing) a contract and understanding of laws

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness
Speed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility
3. Game officiating

SUGGESTED READINGS

- Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra, Delhi.
- Panday L (1982). Kho - Kho Sarvaswa. Metropolitan. New Delhi.

Max. Marks =50

Time allowed: 3Hrs

GAME OF SPECIALIZATION – VOLLEYBALL**UNIT-I**

Selection of a team and conduct of a camp, Playfield technology - planning, construction and maintenance of the Volleyball court Conduct of a tournament, Short-term and long-term planning for organization of a competition, Report writing and commentary

UNIT-II

Techniques of coaching – pep talk, coaching- pre match, during and post match, individual and group coaching, Evaluation of player's performance during matches

UNIT-III

Duties and responsibilities of officials, Mechanism of officiating and scoring

UNIT-IV

Managing during competitions, Information and publicity concerning the competition, Facility management – quality control of equipment and player's kit, Risk management- medical check up, medical aid and insurance, Personnel management – interpersonal communication skills

UNIT-V

Teaching progression, Coaching points, Event identification and profile development of the event, Writing press release and reports

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness
Speed, Strength, Endurance, Flexibility, Coordination, Agility
3. Game officiating

SUGGESTED READINGS

- American Volleyball Coaches Association (2005). Volleyball: Skills & Drills. Human Kinetics. Champaign. U.S.A.
- FIVB (1996). Backcourt Spiking in Modern Volley Ball. FIVB, Chennai.
- Saggar SK (1994). Cosco Skills Stactics - Volley Ball. Sport Publication. Delhi.
- Scates AE (1993). Winning Volley Ball. WC Brown

Max. Marks =50

Time allowed: 3Hrs

GAME OF SPECIALIZATION – YOGA**UNIT-I**

Yoga asana completion at:- State, National, International, SGFI, AIU etc.

UNIT-II

Qualifications, qualities and responsibilities of a coach, Duties/responsibilities of technical official, Scoring system and judgment criteria, Protocols for referees, judges and officials

UNIT-III

Structure and organisation of yoga competition, Preparation, execution and closing of the competition, Protocols and ceremonies

UNIT-IV

Different techniques of meditation and their practice prekha, vipashyana and different chakras

UNIT-V

Guidelines for preparing coaching lessons in Yoga, Preparation of coaching lesson-plans, Use of teaching aids

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Planning for a Yoga competition
2. Organisation of a Yoga competition
3. Project on researches in Yoga
4. Officiating in Yoga competitions
5. Coaching lessons

SUGGESTED READINGS

- Anand OP (2001). Yog Dawra Kaya Kalp, Kanpur. Sewasth Sahitya Perকাশan
- Sarin N (2003). Yoga Dawara Ragoon Ka Upchhar. Khel Sahitya Kendra
- Sri Swami Rama, (2001). Breathing. Sadhana Mandir Trust. Rishikesh.
- Swami Ram (2000). Yoga & Married Life. Sadhana Mandir Trust. Rishikesh.
- Swami Veda Bharti (2000). Yoga Polity. Economy and Family. Sadhana Mandir Trust. Rishikesh.

Theory

Maximum Marks 15

To be assessed internally on the basis of class room lesson plan.

Practical

To be assessed on the basis of class room lesson plan.

Field Teaching Practice

- i) Games chosen from 203 (b), 403 (b) & 603 (b)
- ii) Physical Education Activities:
Calisthenics
Formal Activities (National Important activities, Dumbel, Lazium etc.)
Informal Activities (Minor Games)

SUGGESTED READINGS

- Graham, G.M. (2009). Children Moving : A Reflective Approach to Teaching Physical Education. 8th Ed. McGraw Hill, USA.
- Gupta R. (2010). Sharirik Shiksha Mein Shikshan Pradhyogiki. Friends Publication, New Delhi.
- Kamlesh ML (2005). Methods in Physical Education. Friends. Delhi.
- Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends. Delhi.
- Gupta R. Kumar P. and Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends Publication. India. New Delhi.

ENGLISH A & B

Syllabus from B.A. Programme of Delhi University

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each. The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

8th Ed.

KINESIOLOGY AND BIO-MECHANICS IN PHYSICAL EDUCATION**UNIT-I**

Meaning, aim & objectives, importance of kinesiology for physical education and sports

Fundamental concepts: Centre of gravity, line of gravity, axes and planes of motion, fundamental starting positions, terminology of fundamental movements, and classification of muscles

UNIT-II

Location & Action of Muscles at Various Joints:-

- a) Upper extremity – shoulder girdle, shoulder joints, elbow joint
- b) Neck, trunk (Lumbosacral region)
- c) Lower extremity – Hip joint, knee joint, ankle joint

Muscular analysis of fundamental movements:- Walking, running, jumping, throwing, catching, pulling, pushing, striking, hanging

UNIT-III

Structure of Motor Actions: - Structure of cyclic and acyclic motor action and movement combination, functional relationship of different phases of motor action.

Qualities & Physiological Principles Of Movements:- Movement rhythm, movement coupling movement flow, movement precision and movement amplitude.

UNIT-IV

Meaning, aims, objectives and importance, types of motion, linear motion & angular motion

Linear kinematics: Speed, velocity acceleration uniform accelerated motion and projectile motion

Angular kinematics: Angular speed, angular velocity, angular acceleration and relationship between linear and angular motion

UNIT-V

Linear kinetics: mass, weight, force, pressure work, power energy, impulse, moments, impact, friction, and newton's laws of motion angular kinetics: moment of inertia, conservation of moments, transfer of moments, levers, equilibrium

Biomechanical principles: Principles of initial force, principles of optimum path of acceleration, principles of conservation of moment and principles of counter action.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical

1. Demonstration of planes & axes of a given movement
 - i) Determination of the location of muscles at various joints
 - ii) Shoulder girdle, Shoulder joints, Elbow joint
 - iii) Hip joint, Knee joint, Ankle joint
2. Muscular analysis of the techniques of game of your specialization
3. Determination of centre of gravity of a Ball/Racket (Suspension method)
4. Evaluation of a Dynamogram to draw a velocity time curve, distance time curve.

SUGGESTED READINGS

- Bartlett, R. (2007). Introduction to Sports Biomechanics. Routledge Publishers, USA.
- Blazeovich, A. (2007). Sports Biomechanics. A & C Black Publishers, USA.
- Breer & Zarnicks (1979). Efficiency of human movement. WIB Sounders Co. USA.
- Hamill, J. and Knutzen, K.M. (2003). Biomechanical Basis of Human Movement. Lippincott Williams and Wilkins, USA.
- Hay (1993). The biomechanics of sports techniques prentice hall inc New Jersey.
- McGinnis, P. (2004). Biomechanics of Sports & Exercise. Human Kinetics, USA.
- Oatis, C.A. (2008). Kinesiology. 2nd Ed. Lippincott, Williams & Wilkins, USA.

SPORTS MANAGEMENT

Max. Marks =75

Time allowed: 3Hrs

UNIT-I

Meaning and definition of sports management, Historical perspective of sports management in India, Nature and scope of sports management, Aims and objectives of sports management

UNIT-II

Guiding principles of sports management, Leaderships, Identification of resources, Planning, Organization and Administration.

UNIT-III

Significance of sports management in present day world, International perspectives in sports management- China and India, Sports medicine, Sports coaches

UNIT-IV

Definition and meaning of planning, Need and importance of planning, Principal of planning, Steps involved in planning process. Techniques of supervision in sports management.

UNIT-V

Job specification of manager, physical educational professional, Career avenues and professional preparation, Doping, Press and electronic media

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each. The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

SUGGESTED READINGS

- Ammon R., Southall RM and Blair DA (2003). Sport Facility Management. Fitness Information Technology Publishers. West Virginia. USA.
- Bucher C Administration Physical Education & Athletic Programme. McGraw Hill. New York. USA.
- Chakraborty S (1998). Sports Management. Sports Publications. Delhi.
- Gupta R. (2008). Techniques of Supervision. Friends Publication. India, New Delhi
- Kamlesh ML (2000). Management Concept in Physical Education and Sport. Metropolitan Book Co. Pvt. Ltd. New Delhi.
- Krotze, M. and Bucher, C. (2006). Management of Physical Education and Sports. McGraw Hill, USA
- Masteralexis LP, Barr C and Hums M (2008). Principles and Practice of Sports Management. Jones and Bartlett Publishers. USA.
- Parks, J., Quarterman, J. and Thibault, L. (2006). Contemporary Sports Management. Human Kinetics, USA.
- Roy SS (1995). Sports Management Delhi. Friends Publications.
- Sivia GS (1991). Sports Management in Universities. A.I.U. Deen Doyal Upadhyaya Marg. New Delhi.

Max. Marks =50

Time allowed: 3Hrs

TRACK & FIELD**Unit-I**

Introduction of track & field and historical review with special reference to India
 Training Methods- weight training, circuit training, cross-country, sand running
 Calculations of straggers, straight and radius of tracks

Unit-II

Broad Jump- Measuring of run way and fixing of check marks, various techniques used in broad jump
Sprinting- fixing of the starting blocks, various finishing techniques used in sprints
Aerodynamic- Principles involved in discus throw and javelin throw

Unit-III

Relays- hold of the baton, various types of baton exchange (visual and non-visual), positioning the in-coming runner and synchronising the speed of in-coming runner
 Various techniques of stages of triple jump to be taught to novices and their explanation
Relays
 Style of baton exchange (Visual and non-visual)
 Fixing Up runners for different relay races

Unit-IV

Tripple Jump
 Approach run, take off and landing for hop, step and jump, flying phase, landing
Discus throw
 Hand hold, initial stance, preliminary swings, turn, delivery stance, delivery action, reverse action

Unit-V

Long distance running
 Correct running style emphasizing on proper body position and foot placement, proper arm and leg action, running tactics

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical

1. Learn to mark the athletics track for 50m, 100m, 200m, 400m run
2. Learn to prepare a 200m athletic track
3. Learn to mark broad jump field
4. Learn to mark triple jump field

SUGGESTED READINGS

- Broadbent S (2007). A Boy's Guide to Track & Field. Vintage Books. Vancouver. Canada.
- Dybon Geoffrey (1962). The Mechanics of Athletics. University of London Press Ltd. London.
- Ken O Bosen. Track & Field for Beginner. Metropolitan Books. New Delhi.
- Malhotra AK. (1980). A Guide to be an Athletics. Krishna Pub. New Delhi
- Mohan. VM Athletics for Beginners. Metropolitan Book. Delhi
- Quercetani R (2000). Athletics: A History of Modern Track & Field. Sep Editrice Publishers. Milano. Italy.

Semester VI
Paper- XXIV (b)

Max. Marks =25

Time allowed: 2Hrs

b) Game: Group-III

Common for all professional games (Football, Hockey, Table Tennis & Handball)

Unit-I

Introduction of the games , history of games/sports in India, in Asia, in World

Unit-II

Fundamentals or basic skills, organization of sports in India

Unit-III

Important tournaments, trophies, cups, resource material (Books/Literature)

Unit-IV

Rules and regulations, role of official, duty of official

Unit-V

Officiating, Methods of officiating
Field Marking and Dimension of the game

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each. The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

SUGGESTED READINGS

- American Football Coaches Association (2002). The Football Coaching Bible. 1st Ed., Human Kinetics, USA.
- Carling, C., Williams, M. and Reilling, T. (2006). Handbook of Soccer Match Analysis : A Systematic Approach to Improving Performance. Routledge Publishers, USA.
- Heaton, J. (2009). Table Tennis : Skills, Techniques, Tactics. Crowood Press, USA.
- International Hockey Federation (2003). Rules of the Game of Hockey with Guidance for Players and Umpires. International Hockey Federation. India.
- Jain D (2003). Hockey Skills & Rules. khel Sahitya Kendra . New Delhi.
- Jain D (2003). Play & Learn Handball. Khel Sahitya Kendra. New Delhi.
- Kleinman, I. (2009). Complete Physical Education Plans. 2nd Ed. Human Kinetics, USA.
- McAfee, R. (2009). Table Tennis : Steps to Success. Human Kinetics, USA.
- Pillisco, R.R. (2009). Superior Table Tennis : The Science and Art. Create Space Publishers, USA.

ENGLISH A & D

Time allowed: 3Hrs

Syllabus from B.A. Programme of Delhi University

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each. The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.