

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

Semester 1st

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

GROUND ACTIVITIES TO BE TAKEN UP DURING 1ST SEMESTER

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

Note:-

The practical classes shall be held as per the scheme of each semester. The final practical examinations for each semester shall be conducted by external & internal examiners at the end of each semester. Minimum Five students must opt an optional paper to run the option.

Semester 2nd

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

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

GROUND ACTIVITIES TO BE TAKEN UP DURING 2nd SEMESTER

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

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

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

Note:-

1. The practical classes shall be held as per the scheme of each semester. The final practical examinations for each semester shall be conducted by external & internal examiners at the end of each semester. Minimum Five students must opt an optional paper to run the options.
2. Each candidate will be evaluated in one Skill given under various heads i.e. Games, Athletics & Other Activities in each semester.
3. The Draw of skill will be drawn **seven days** before the practical examination.
4. Since this is a professional course aimed at improving the standards of games and sports, therefore, special attention be given to practical aspect covering various areas. For this, 15 hours per week must be devoted to practicals involving teaching skills, out of which three hours will be for their teaching lessons under the supervision of the concerned teacher. To fulfill this aim, the students shall be required to prepare & take one supervisory lesson in each of the activities given under Games, Athletics and Other Activities.
5. The Chairperson/HOD will certify on the student's note-book that all requirements pertaining to teaching practice have been fulfilled by the student. The same has to be verified by the teacher concerned before it is submitted to the Chairperson/HOD.
6. The student is free to choose any one of the events for the examination lesson i.e. Pole-vault, Hammer Throw, Hurdles and triple jump, as these involve difficult skills to demonstrate and teach.
7. Duration of Practical examination will be 3 hours per group followed by Viva-voce.
8. Final lesson will be prepared on a separate chart for practical examination.
9. Each & every student will take part in the intra-mural activities and have the following dress-code for practicals/Intra murals. The colour for different courses will be different:
 - a. For Theory-classes:- Trouser & Shirt (Summer Season),
 Trouser, Shirt, Tie & Blazer (Winter-season)
 - b. For Practical classes:- T-Shirt & shorts/lowers (Summer Season)
 T-Shirt with track-suits (Winter Season)
10. All practical external examiners will be appointed by the University out of the panel recommended by the UG/PGBOS. However, internal examiners for these practicals will be appointed by the Chairperson UG/PGBOS.

SYLLABUS AND COURSES OF B.P.Ed. (2014-15)

(Semester-1st)

Paper-I HISTORY & PRINCIPLES OF PHYSICAL EDUCATION

Maximum Marks: 100

Internal Marks: 20

External Marks: 80

Time: 3 hours

NOTE:-

(a) For Paper Setter

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

(b) For Candidates

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

Course Contents

UNIT-I

- Concept of Physical Education: Meaning, Definition & Scope
- Aims & Objectives of Physical Education
- Relationship of Physical Education & Recreation
- Contribution of Physical Education towards General Education
- Foundation of Physical Education
- Biological Activity, its Need, Principles of Use and Disuse.

UNIT-II

- History of Physical Education in Ancient Greek, Comparative Study of Spartan Athenian Education.
- The Origin and Development of Olympic Games.
- Development of Asian Games
- Age & Sex Difference
- Classification of Physique

UNIT-III

- Physical Education in Germany, Sweden & Denmark (Emphasis only on contribution of Basedaw, Guts-Muths, John Speiss, Machtegal, Long).
- Present status of Physical Education & Recreation in Russia and Japan.
- History of Physical Education in India (Pre- Independence & Post Independence Era).

UNIT-IV

- Critical Appreciation of following:
- Haryana Sports Department
- IOC Policies of Developing of Physical Education & Sports
- Modern Olympics
- South Asian Federation Games

- Sports Authority of India.

Suggested Readings

1. Charles & Bucher, Foundations of Physical Education.
2. Harold M. Barrow, Man & His Movement Principles of Physical Education.
3. J.F.Williams, Principles of Physical Education.
4. Cowel & France, Philosophy and Principles of Physical Education.
5. D.G. Wakhakar, Manual of Physical Education
6. M.L.Kamlesh & M.S.Sangral, Principles & History of Physical Education.
7. Upadyke Johnson, Principles of Modern Physical Education, Health & Recreation.

Paper-II (Semester 1st)
ANATOMY AND PHYSIOLOGY

Time: 3 hours

Maximum Marks: 100

Internal Marks: 20

External Marks: 80

NOTE:-

(a) For Paper Setter

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

(b) For Candidates

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

Course Contents

UNIT-I

- a. Description of the following: Cell, Tissue, Organ, Ligament, Cartilage etc.
- b. The Skeletal System: Its structure and functions
- c. Spinal column, Pelvi Girdle-Male & Female, The Thorax, The Extremities, Joints and their Movements.

UNIT-II

- d. The Muscular System: Structure, Types, Functions & Contraction of Muscles
- e. Effect of Exercise on the Muscular System
- f. Fatigue, Staleness, Muscle Cramp .
- g. The Nervous System: The Neuron, Spinal Cord, The Brain, The Autonomic System, Reflex Action, Peripheral Nerves, Influence of Exercise on the Nervous System.

UNIT-III

- h. The Circulatory System: General Arrangement of Circulatory System, Functions of the Circulatory System, Blood, Hameonhage.
- i. The Heart and Blood Vessels, Pulse, Blood Pressure and its Measurement, Effect of Exercise on Circulatory System, Athletic Heart.

UNIT-IV

- j. The Digestive System: Anatomy of Digestive System, Digestion of Food, Metabolism. Effect of Exercise on the Digestive System.
- k. The Excretory System: Anatomy of Excretory System and its Function, the Heat Regulating Mechanism.
- l. The Respiratory System, Anatomy of Respiratory System, Mechanism of Respiration, Vital Capacity, Role of Oxygen in Exercise on the Respiratory System.

Suggesting Readings

1. Clarke David H., Exercise Physiology Englewood Cliffs. N.J.Prentice Hall Inc 1975
2. Crouch, James E., Functional Human Anatomy, 2nd ed. Philadelphia: Lea & Febniger, 1972

3. Morehouse and Miller, Physiology of Exercise, St Louis The C.V. Mosby Company, 1975.
4. Pearce, Evelyn C. Anatomy and Physiology for Nurses, London, Faber & Faber Ltd.

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

Maximum Marks: 100
Internal Marks: 20
External Marks: 80
Time: 3 hours

NOTE:-

(a) For Paper Setter

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

(b) For Candidates

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

Course Contents

UNIT-I

- A Concept of Officiating: Meaning, Definition, Importance and Principles.
- B Duties of Officials in General, Pre, During and Post Game
- C Relation of Officials with Management, Players, Coaches and Spectators.

UNIT-II

- Measurement, Marking, Equipment, Technique and Rule & Regulations of following:
400 meters, 200 mtrs, Track and Field Event
Preparation of Score Sheet of Track & Field Events
Layout of Standard Track.
Preparation of TA/DA bills
Qualities of a Good Official.

UNIT-III

- Measurement, Marking, Equipment, Basic Fundamentals, Rule & Regulations of following Games:
Kabaddi, Badminton, Judo, Kho-Kho
Preparation of Score-Sheet of Kabaddi, Badminton, Judo & Kho-Kho

UNIT-IV

- Methods of Conditioning:
Interval Method, Circuit Training Method, Weight Training Method, Fartlak Training Method
Principles of Training
Doping and its Effects on Sports Performance on the Health of an Athlete.
Criteria for Selection of College/University Team
Warming up, Cooling Down and its Physiological Effect.

Suggesting Readings

1. Rules of Games and Sports by YMCA Madras.
2. Athletic training by Cliffs.
3. Rules of Games and Sports by Lokesh Hani.
4. R.L.Anand: Playing field manual NIS Publications.

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

KINESIOLOGY (i)

Time: 3 hours
Max. Marks: 30

Note:-

(a) For Paper Setter

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

(b) For Candidates

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

Course Contents

UNIT-I INTRODUCTION

Concept of Kinesiology: Meaning, Definition, Scope & Importance.
Application of Kinesiology in Phy. Education & Sports
Balanced Posture: Common Posture Deformities Corrective Exercises for Postural Defects
Injuries, Sprain, Strain & Contusion & their Treatment

UNIT-II

Terminology of various types of Movements Around Joints. (i) Body planes (ii) Body Axis and their Types (i) Spine (ii) Shoulder (iii) Shoulder Girdle (iv) Hips (v) Elbow (vi) Knee (vii) Ankle

UNIT-III

Structural Classification of Muscles on the basis of Attachment.
Functional Classification of Muscles (iii) Technology of Muscular Attachment (iv) Method of Assessing a Joints Range of Motion (v) Technique for Increasing Joint Flexibility (vi) Basic Concept of Force, Motion, Newton;s Laws, Equilibrium and Centre of Gravity.

UNIT-IV

Characteristics and Functions of Shoulder Joint & Shoulder Girdle Muscles: Deltoid, Latissmus Dorsi, Pectorals Major, Trepezius
Characteristics and Functions of Elbow Joint Muscles. Biceps Brachi, Brachialis and Triceps

Lower Extremity

Characteristics and Functions of Hip Joint Muscles; Gluteous Maximum, Characteristics and Function of Knee Joint, Gastrocnemius. Hamstrings, Biceps Femoris, Rectos Femoris, Sartoris
Characteristics and Functions of Individual Muscles Rectos Abdorminus, Sterno-Cleidomastoid.

KINESIOLOGY: PRACTICAL

TOTAL Marks: 20 marks

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

REFERENCE BOOKS

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

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

HEALTH EDUCATION (ii)

Time: 3 hours
Max. Marks: 30

Note:-

(a) For Paper Setter

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

(b) For Candidates

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

UNIT-I INTRODUCTION

Concept of Health Education: Meaning, Definition
Importance of Health Education in Phy. Edu & Sports
Scope of Health Education in Phy. Edu & Sports

UNIT-II HEALTH

Concept of Health in Sports
Factors affecting Health in Sports
Care of Skin, Hair, Eyes, Ear, Nose, Teeth, Hands and Clothes.

UNIT-III SCHOOL HEALTH PROGRAMME

Need and Importance of School Health Services
Health Supervision
Different Aspects of School Health Programme

UNIT-IV NUTRITION

Elements of Balanced Diet
Carbohydrates, Proteins, Fat, Vitamins, Minerals, Salts and Water.
Need and Importance of First-aid in Physical Education and Sports
Causes and Prevention of Aids
Effects of Smoking and Alcohol on Health
Safety in Playgrounds.

PRACTICAL HEALTH EDUCATION: -

Total Marks: 20

1. Preparation of School Health Programme
2. Transportation of the Injured Persons
3. Artificial Respiration
4. Control of Bleeding, Cuts and Wounds
5. Taping Bandage and its various Types.

Suggested Readings

1. Dehl: Healthful living, MC Graw Hill.
2. Physical Education & Health (Dr. A.K. Uppal, Dr. G.P.Gautam)
3. Obertaufor: School Health Education
4. Physical and Health Education (Mr. V.D.Sharma & Granth Singh)

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

Time: 3 hours
Max. Marks: 30

Note:-

(a) For Paper Setter

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

(b) For Candidates

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

UNIT-I

Concept of Computer & its Basics
History, Application, Characteristics, Classification of Computers (Analog, Digital, Hybrid)
Physical Structure of Computer
Use of Computers
Human vs. Computer
Role of Computer in Various Fields.
Aspects and Need of Computers Education

UNIT-II

COMPONENTS OF COMPUTER SYSTEM: AN INTRODUCTION OF HARDWARE AND SOFTWARE
Components of Computer System
CPU, (CU, ALU, Main Memory)
Input Devices (Keyboard, Mouse and Track Ball, Touchpad, Joysticks, Touch-Sensitive Screens, Data Scanning Devices, Bar Code Readers)
Output Devices (Monitor, Laser, LCD)
Hard Copy Devices (Printers) UPS and types of UPSs.
Operating System Programme Languages Translator
Application Program, Package

UNIT-III

INTRODUCTION TO WINDOWS

Windows Features
Windows Accessories-Calculator, Notepad, Word-pad, Paint.
Structure of Window Screen (Desktop, Wallpaper, Taskbar, Icons)
Start Button
Programms, Documents, Setting Search, Help & Support, Run, Concept of file & folders, Shut down.
Operating System: Functions & Types
Function and type of Operating System.
Virus:- Types, Symptoms & Effects.

UNIT-IV MS OFFICE

Word –Introduction to Word Processor, Creating & Saving Documents, Editing & Formatting, a Document including Color, Size, Font, Alignment of Text, Printing a Document, Inserting Word Art, Clipart & Picture, Page Sorting, Bullets and Numbering, Inserting Tables, Mail, Merge.
Power Point-Introduction to Excel, Need of Spreadsheet, Creating, Opening & Saving Workbook, Editing Worksheet, Using Links, Applying Different Views, Types of Functions.
Benefits of Internet.

Type of connections: Dial-up, Dedicated or Leased Lines, Wi-fi.
Using Search Engine Downloading the information.
Communication on the Internet: e-mail, Chatting, Internet Newsgroups.

COMPUTER PRACTICALS: (SEMESTER -1st)

Marks: 20

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

Suggested Readings

1. Arora S.: Introduction to information and Technology Dhanpat Rai & Co. (Pvt.) Ltd. Education & Technical publisher (2002)
2. Nasib Gill: Essential of Computer, and network Technologies. Khana book Publishing Company Darya Ganj New Delhi (2000)
3. Hussain: Computer technology & application 1996
4. Carter Roger: The information Technology handbook, Heinmar Professional Publishing Ltd. (1987)
5. Raja Raman V. Fundamentals of computer, Prentice Hall of India Pvt Ltd 1982.
6. Raja Gopalan R: Understanding Computers, Tata Mcgraw Hill Publishing Company Ltd. 1990.

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

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

Note:-

(a) For Paper Setter

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

(b) For Candidates

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

Course Contents

UNIT-I INTRODUCTION

Psychology its Meaning & Definition
Psychology as a Science
Scope & Importance of Psychology in Physical Education
Intelligence
Concept of Intelligence: Meaning, Definition & Nature
Types of Intelligence
Theories of Intelligence

UNIT-II DEVELOPMENTAL PSYCHOLOGY

Nature of Human Growth and Development
General Characteristics of Physical, Intellect; Emotional and Social
Development during Infancy, Childhood & Adolescence.

PERSONALITY

Concept of Personality: Meaning & Definition
Types of Personality

UNIT-III INDIVIDUAL

Individual Differences: Types and Nature
Determinants of Individual Differences: Heredity and Environment.

LEARNING

Concept of Learning: Meaning, Definition, Nature
Laws & Theories of Learning
Plateau in Learning & Transfer of Learning

UNIT-IV

Concept of Motivation: Meaning, Definition & its Nature
Factors influencing Motivation
Techniques of Motivation
Motivation & Sports Performance

ANXIETY

Anxiety: its Nature and Kinds
Anxiety and performance
Management of Anxiety.

ADJUSTMENT

Concept of Adjustment: Meaning & Definition
Personal & Social Adjustment
Causes of Maladjustment
Role of Physical Education in Preventing Maladjustment & Promoting Mental Health.

REFERENCE BOOKS

1. Crow, Educational Psychology-Little field adams & Co., 1979.
2. J.Ross, Ground work of Education Psychology.
3. Mathur, S.S., Educational Psychology, Vinod Pustak Mandir, Agra-1962.
4. Jack H., Psychology of Coaching: Theory and Application

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

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

Note:-

(a) For Paper Setter

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

(b) For Candidates

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

Course Contents

UNIT-I

Concept of Sports Management: Meaning, Importance & Scope
Factors Influencing Sports Management
Factors Affecting Teaching and Various Methods of Teaching
Steps of Personnel and Technical Preparation
Meaning Importance and Types of Audio Visual Aids.

UNIT-II

Meaning and Types of Class Management.
Salient Features of Good Class Management
Factors Affecting Class Management
Meaning & Values of Lesson Plan- Games, Gymnastic, Athletic and Indigenous Activity
Classification of Exercises and Activities and its Importance
Meaning & Importance of Tournaments, Types of Tournament Knockout and League, their Advantages and Disadvantages.

UNIT-III

Meaning Importance and Principles of Administration and Organization.
Factors Influencing Good Administration
Qualities of Physical Education Teachers.
Playgrounds, Area, Location, Layout and Care of Sports Equipments.
Need, Importance, Purchase of Sports Equipment.

UNIT-IV

Need & Importance of Curriculum Planning.
Time-Table, Factors Affecting Time-Table, Objectives, Principles and Precautions in Preparation of Time-Table.
Intramural Objectives and Organization
Budget Importance and Criteria for a Good Budget.
Meaning & Importance, Types of Records and Registers.
Evaluation-Meaning Need, Importance and Methods of Evaluation.
Characteristics of a Good Test
Supervision and Inspection,
Qualities of Good Supervisor.
Organization and Conduct of Tournaments and Athletic Meets.

RECOMMENDED BOOKS

1. P.M. Loseph, Organization of Physical Education.
2. Suraj Singh, Administration of Physical Education
3. D.G.Wakherker, Manual of Physical Education.

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

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

(a) For Paper Setter

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

(b) For Candidates

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

Course Contents

UNIT-I

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

UNIT-II

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

UNIT-III

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

UNIT-IV

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

REFERENCE BOOKS

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

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

Time: 3 hours
Max. Marks: 30

Note:-

(a) For Paper Setter

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

(b) For Candidates

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

UNIT-I

Historical Background of Yoga
Definition of Yoga and its Objectives
Importance of Yoga in the Modern Society
Yogic diet, Suitable place for Yoga

UNIT-II

Meaning & Importance of Astang Yoga
Pranayam, its types and techniques, Benefits of Pranayam, Shitali, Sheetkari, Kumbak, Kapal Bhatti
Types of Yoga_ Hath Yog, Karam Yog, Bhakti Yog, Raj Yog and Mantra Yog

UNIT-III

Effect of Yogic Exercises: Digestive System, Respiratory System and Circulatory System.
Internal Purification/Satkarms -Jal Neti and its benefits & technique, Sutar Neti and its technique and benefits and Vaster Dhoti and its technique & benefit.
Asanas: Types of Asnas, their benefits (How Asana are useful) prevention of diseases through Asana.

UNIT-IV

Mudra & Bandha:- Jalander Bandh, Mula Bandh and Uddyuan Bandh, their Benefits and technique
Gyan Mudra, Prana Mudra, their techniques and benefits
Famous Yogis: Maharishi Patanjali, Grokh Nath, Swami Daya Nand, and Arvind Ghosh
Famous Institutions: Gurukul Kangri Haridwar, Viveka Nand Yog Institutions, Bihar Yog Bharti Munger.

Reference Book:

YOGA PHILOSOPHY – **S.N. Dasgupta**
BHARAT KA MAHAN YOGI:- **Vishwnath Mukherjee**
TEXT BOOK OF YOGA- **Yogeshwar**
ANATOMY & PHYSIOLOGY – **J.P. Brothers**
ANATOMY & Physiology for Nurses
PATANJALI YOGA PRADEEP- **Geeta Press Gorakhpur**

YOGA (Practical)

Max. Marks: 20

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

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

Time: 3 hours

Max. Marks: 30

Note:-

(a) For Paper Setter

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

(b) For Candidates

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

UNIT-I

Meaning, definition, functions and importance of biomechanics in Physical Education and Sports.

Fundamental Mechanical Concept of: Force, Pressure, Mass, Weight, Volume and Density.

Forces acting on a system: properties of a force: Types of forces: Reaction Force, Friction Force, Centripetal and Centrifugal Force and their application in Sports.

UNIT-II

Linear Movement

Linear speed and velocity

Linear acceleration

Relationship of force, mass and linear acceleration

Linear momentum

Linear impulse

Newton laws of motion and their application in sports

Rotatory Movement:

A Angular speed and velocity

B Angular acceleration

UNIT-III

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

A Spin and its types,

B Effects of spin on speed of the ball on the surface.

C Effects of spin on speed and direction of the ball in flight

D The Magnus effect its application in Sports

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

a. Skin Friction

b Profile Drag

c Effects of Streamline on Drag

d Terminal Velocity (Freefall)

UNIT-IV

A Definition description and application of levers in Physical Education and Sports

B Advantages of levers

C Classes of levers

Balance and Equilibrium

- a. Stable, unstable and neutral equilibrium
- b Balance in static position
- c Factors effecting stability

Reference Books:

1. Gowitzke, BA and Milner M. 1998, Scientific Basis of human movement (3rd Edition)
2. Hay. J (1978) The Bio-Mechanics of Sports Techniques 2nd Edition
Englewood Cliffs: Prentice Hall
3. Kreighbaum & Bartheles, Biomechnis, Ny: Macmillan 1985.
4. Mood S.D. Beyond Biomechanics-New York – Taylor (1996)
5. Hall, S.J. Basic Biomechanics, London, Mosy 1991
6. Hay, J & Reid (1982) The Anatomical and Mechanical Basis of Human Motion.