SYLLABUS OF COURSES TO BE OFFERED
Core Courses, Elective Courses & Ability Enhancement Courses

Disclaimer: The CBCS syllabus is uploaded as given by the Faculty concerned to the Academic Council. The same has been approved as it is by the Academic Council on 13.7.2015 and Executive Council on 14.7.2015. Any query may kindly be addressed to the concerned Faculty.

Undergraduate Programme Secretariat
Preamble

The University Grants Commission (UGC) has initiated several measures to bring equity, efficiency and excellence in the Higher Education System of country. The important measures taken to enhance academic standards and quality in higher education include innovation and improvements in curriculum, teaching-learning process, examination and evaluation systems, besides governance and other matters.

The UGC has formulated various regulations and guidelines from time to time to improve the higher education system and maintain minimum standards and quality across the Higher Educational Institutions (HEIs) in India. The academic reforms recommended by the UGC in the recent past have led to overall improvement in the higher education system. However, due to lot of diversity in the system of higher education, there are multiple approaches followed by universities towards examination, evaluation and grading system. While the HEIs must have the flexibility and freedom in designing the examination and evaluation methods that best fits the curriculum, syllabi and teaching-learning methods, there is a need to devise a sensible system for awarding the grades based on the performance of students. Presently the performance of the students is reported using the conventional system of marks secured in the examinations or grades or both. The conversion from marks to letter grades and the letter grades used vary widely across the HEIs in the country. This creates difficulty for the academia and the employers to understand and infer the performance of the students graduating from different universities and colleges based on grades.

The grading system is considered to be better than the conventional marks system and hence it has been followed in the top institutions in India and abroad. So it is desirable to introduce uniform grading system. This will facilitate student mobility across institutions within and across countries and also enable potential employers to assess the performance of students. To bring in the desired uniformity, in grading system and method for computing the cumulative grade point average (CGPA) based on the performance of students in the examinations, the UGC has formulated these guidelines.
CHOICE BASED CREDIT SYSTEM (CBCS):

The CBCS provides an opportunity for the students to choose courses from the prescribed courses comprising core, elective/minor or skill based courses. The courses can be evaluated following the grading system, which is considered to be better than the conventional marks system. Therefore, it is necessary to introduce uniform grading system in the entire higher education in India. This will benefit the students to move across institutions within India to begin with and across countries. The uniform grading system will also enable potential employers in assessing the performance of the candidates. In order to bring uniformity in evaluation system and computation of the Cumulative Grade Point Average (CGPA) based on student’s performance in examinations, the UGC has formulated the guidelines to be followed.

Outline of Choice Based Credit System:

1. **Core Course:** A course, which should compulsorily be studied by a candidate as a core requirement is termed as a Core course.

2. **Elective Course:** Generally a course which can be chosen from a pool of courses and which may be very specific or specialized or advanced or supportive to the discipline/subject of study or which provides an extended scope or which enables an exposure to some other discipline/subject/domain or nurtures the candidate’s proficiency/skill is called an Elective Course.

   2.1 **Discipline Specific Elective (DSE) Course:** Elective courses may be offered by the main discipline/subject of study is referred to as Discipline Specific Elective. The University/Institute may also offer discipline related Elective courses of interdisciplinary nature (to be offered by main discipline/subject of study).

   2.2 **Dissertation/Project:** An elective course designed to acquire special/advanced knowledge, such as supplement study/support study to a project work, and a candidate studies such a course on his own with an advisory support by a teacher/faculty member is called dissertation/project.

   2.3 **Generic Elective (GE) Course:** An elective course chosen generally from an unrelated discipline/subject, with an intention to seek exposure is called a Generic Elective.

   P.S.: A core course offered in a discipline/subject may be treated as an elective by other discipline/subject and vice versa and such electives may also be referred to as Generic Elective.

3. **Ability Enhancement Courses (AEC)/Competency Improvement Courses/Skill Development Courses/Foundation Course:** The Ability Enhancement (AE) Courses may be of two kinds: AE Compulsory Course (AECC) and AE Elective Course (AEEC). “AECC” courses are the courses based upon the content that leads to Knowledge enhancement. They ((i) Environmental Science, (ii) English/MIL Communication) are mandatory for all disciplines. AEEC courses are value-based and/or skill-based and are aimed at providing hands-on-training, competencies, skills, etc.

   3.1 **AE Compulsory Course (AECC):** Environmental Science, English Communication/MIL Communication.

   3.2 **AE Elective Course (AEEC):** These courses may be chosen from a pool of courses designed to provide value-based and/or skill-based instruction.

Project work/Dissertation is considered as a special course involving application of knowledge in solving/analyzing/exploring a real life situation/difficult problem. A Project/Dissertation work would be of 6 credits. A Project/Dissertation work may be given in lieu of a discipline specific elective paper.
### Details of Courses Under Undergraduate Programme (B.Sc.)

<table>
<thead>
<tr>
<th>Course</th>
<th>*Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Theory+ Practical</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>-------------</td>
</tr>
<tr>
<td><strong>I. Core Course</strong></td>
<td>12X4=48</td>
</tr>
<tr>
<td>(12 Papers)</td>
<td></td>
</tr>
<tr>
<td>04 Courses from each of the</td>
<td></td>
</tr>
<tr>
<td>03 disciplines of choice</td>
<td></td>
</tr>
<tr>
<td><strong>Core Course Practical / Tutorial</strong></td>
<td>12X2=24</td>
</tr>
<tr>
<td>(12 Practical/ Tutorials*)</td>
<td></td>
</tr>
<tr>
<td>04 Courses from each of the</td>
<td></td>
</tr>
<tr>
<td>03 Disciplines of choice</td>
<td></td>
</tr>
<tr>
<td><strong>II. Elective Course</strong></td>
<td>6X4=24</td>
</tr>
<tr>
<td>(6 Papers)</td>
<td></td>
</tr>
<tr>
<td>Two papers from each discipline of choice</td>
<td></td>
</tr>
<tr>
<td>including paper of interdisciplinary nature.</td>
<td></td>
</tr>
<tr>
<td><strong>Elective Course Practical / Tutorials</strong></td>
<td>6 X 2=12</td>
</tr>
<tr>
<td>(6 Practical / Tutorials*)</td>
<td></td>
</tr>
<tr>
<td>Two Papers from each discipline of choice</td>
<td></td>
</tr>
<tr>
<td>including paper of interdisciplinary nature</td>
<td></td>
</tr>
<tr>
<td>- <strong>Optional Dissertation or project work in place of one Discipline elective paper (6 credits) in 6th Semester</strong></td>
<td></td>
</tr>
<tr>
<td><strong>III. Ability Enhancement Courses</strong></td>
<td></td>
</tr>
<tr>
<td>1. Ability Enhancement Compulsory</td>
<td>2 X 2=4</td>
</tr>
<tr>
<td>(2 Papers of 2 credits each)</td>
<td></td>
</tr>
<tr>
<td>Environmental Science</td>
<td></td>
</tr>
<tr>
<td>English/MIL Communication</td>
<td></td>
</tr>
<tr>
<td>2. Ability Enhancement Elective</td>
<td>4 X 2=8</td>
</tr>
<tr>
<td>(Skill Based)</td>
<td></td>
</tr>
<tr>
<td>(4 Papers of 2 credits each)</td>
<td></td>
</tr>
<tr>
<td><strong>Total credit= 120</strong></td>
<td><strong>Total credit= 120</strong></td>
</tr>
</tbody>
</table>

Institute should evolve a system/policy about ECA/ General Interest/Hobby/Sports/NCC/NSS/related courses on its own.

*wherever there is practical there will be no tutorials and vice versa
# Choice Based Credit System, B.Sc. (PEHE&S)

<table>
<thead>
<tr>
<th>Code No.</th>
<th>Papers</th>
<th>Credit</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>DSC-1</td>
<td>Foundation of Physical Education</td>
<td>05 (4+1)</td>
<td>06 (4+2)</td>
</tr>
<tr>
<td>DSC-2</td>
<td>Anatomy &amp; Physiology</td>
<td>05 (4+1)</td>
<td>06 (4+2)</td>
</tr>
<tr>
<td>DSCP-1</td>
<td>Body Conditioning (Module-1) General</td>
<td>01 (0+1)</td>
<td>02 (0+2)</td>
</tr>
<tr>
<td>DSE-1</td>
<td>Game of Specialization-1(Major) : Module-1 (Opt any one):-</td>
<td>05 (4+1)</td>
<td>06 (4+2)</td>
</tr>
<tr>
<td>DSE-7</td>
<td>Track &amp; Field (Compulsory)</td>
<td>02 (1+1)</td>
<td>03 (1+2)</td>
</tr>
<tr>
<td>AEC-1/2</td>
<td>Ability Enhancement Course (English communication /Environmental Science.)</td>
<td>02 (2+0)</td>
<td>02 (2+0)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Code No.</th>
<th>Papers</th>
<th>Credit</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>DSC-3</td>
<td>Health Education, First Aid &amp; Rehabilitation</td>
<td>05 (4+1)</td>
<td>06 (4+2)</td>
</tr>
<tr>
<td>DSC-4</td>
<td>Sports Sociology</td>
<td>05 (4+1)</td>
<td>06 (4+2)</td>
</tr>
<tr>
<td>DSCP-2</td>
<td>Body Conditioning (Module-2) Sports Specific</td>
<td>01 (0+1)</td>
<td>02 (0+2)</td>
</tr>
<tr>
<td>DSE-2</td>
<td>Game of Specialization-1(Major) : Module-2 (Game to be the same as in DSE-1):-</td>
<td>05 (4+1)</td>
<td>06 (4+2)</td>
</tr>
<tr>
<td>DSCP-4</td>
<td>Gymnastics (Compulsory)</td>
<td>02 (1+1)</td>
<td>03 (1+2)</td>
</tr>
<tr>
<td>AEC-2/1</td>
<td>Environmental/English Communication</td>
<td>02 (2+0)</td>
<td>02 (2+0)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Code No.</th>
<th>Papers</th>
<th>Credit</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>DSC-5</td>
<td>Physiology of Exercise</td>
<td>05 (4+1)</td>
<td>06 (4+2)</td>
</tr>
<tr>
<td>DSC-6</td>
<td>Sports and Exercise Psychology</td>
<td>05 (4+1)</td>
<td>06 (4+2)</td>
</tr>
<tr>
<td>DSCP-3</td>
<td>Body Conditioning (Module-3) Aerobic Activity-1</td>
<td>01 (0+1)</td>
<td>02 (0+2)</td>
</tr>
<tr>
<td>SEC-1/2</td>
<td>Hindi/English</td>
<td>02 (2+0)</td>
<td>02 (2+0)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Code No.</th>
<th>Papers</th>
<th>Credit</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>DSE-9</td>
<td>Yoga (Compulsory)</td>
<td>02 (1+1)</td>
<td>03 (1+2)</td>
</tr>
<tr>
<td>SEC-2/1</td>
<td>Organization and Administration</td>
<td>02 (1+1)</td>
<td>06 (4+2)</td>
</tr>
</tbody>
</table>

**Total**

<table>
<thead>
<tr>
<th></th>
<th>Sem-I</th>
<th></th>
<th>Sem-II</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>20</td>
<td>25</td>
<td>20</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Code No.</th>
<th>Papers</th>
<th>Credit</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>DSC-7</td>
<td>Test Measurement &amp; Evaluation in Phy. Edu.</td>
<td>05 (4+1)</td>
<td>06 (4+2)</td>
</tr>
<tr>
<td>DSC-8</td>
<td>Method of Teaching in Physical Education</td>
<td>05 (4+1)</td>
<td>06 (4+2)</td>
</tr>
<tr>
<td>DSCP-4</td>
<td>Body Conditioning (Module-1) Aerobic Activity-2</td>
<td>01 (0+1)</td>
<td>02 (0+2)</td>
</tr>
<tr>
<td>DSE-10</td>
<td>Opt any one from the following (Not more than 50 students in any option)*: -</td>
<td>05 (4+1)</td>
<td>03 (1+2)</td>
</tr>
<tr>
<td>SEC-2/1</td>
<td>Organization and Administration</td>
<td>02 (1+1)</td>
<td>06 (4+2)</td>
</tr>
<tr>
<td></td>
<td>English/Hindi</td>
<td>02 (2+0)</td>
<td>02 (2+0)</td>
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</table>

**Total**

<table>
<thead>
<tr>
<th></th>
<th>Sem-III</th>
<th></th>
<th>Sem-IV</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>20</td>
<td>25</td>
<td>20</td>
</tr>
<tr>
<td>Code No.</td>
<td>Papers</td>
<td>Credit</td>
<td>Hours</td>
</tr>
<tr>
<td>---------</td>
<td>--------</td>
<td>--------</td>
<td>-------</td>
</tr>
<tr>
<td>DSC-9</td>
<td>Kinesiology &amp; Biomechanics</td>
<td>05 (4+1)</td>
<td>06 (4+2)</td>
</tr>
<tr>
<td>DSC-10</td>
<td>Sports &amp; Exercise Nutrition</td>
<td>05 (4+1)</td>
<td>06 (4+2)</td>
</tr>
<tr>
<td>DSE-5</td>
<td>Game of Specialization-3(Minor-2) : Module-1 (Opt anyone other than Games selected for DSE-1 and DSE-3):-</td>
<td>05 (4+1)</td>
<td>07 (3+4)</td>
</tr>
<tr>
<td></td>
<td>(a) Athletics</td>
<td>(i) Hockey</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(b) Aquatics**</td>
<td>(j) Judo</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(c) Badminton</td>
<td>(k) Kabaddi</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(d) Basketball</td>
<td>(l) Kho-Kho</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(e) Cricket</td>
<td>(m) Table Tennis**</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(f) Football</td>
<td>(n) Volleyball</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(g) Gymnastic</td>
<td>(o) Wrestling**</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(h) Handball</td>
<td>(p) Yoga</td>
<td></td>
</tr>
<tr>
<td>DSCP-5</td>
<td>Mass Demonstration Activities(Module -1)</td>
<td>01 (0+1)</td>
<td>02 (0+2)</td>
</tr>
<tr>
<td>GEC-1</td>
<td>Opt any one from the following (Not more than 50 students in any option)* :-</td>
<td>02 (2+0)</td>
<td>03 (1+2)</td>
</tr>
<tr>
<td>SEC-3</td>
<td>Fitness &amp; Sports Skill Testing</td>
<td>02 (1+1)</td>
<td>03 (1+2)</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>20</strong></td>
<td><strong>26</strong></td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Code No.</th>
<th>Papers</th>
<th>Credit</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>DSC-11</td>
<td>Fundamentals of Sports Training</td>
<td>05 (4+1)</td>
<td>06 (4+2)</td>
</tr>
<tr>
<td>DSC-12</td>
<td>Sports and Exercise Management</td>
<td>05 (4+1)</td>
<td>07 (3+4)</td>
</tr>
<tr>
<td>DSCP-6</td>
<td>Mass Demonstration Activities (Module -2)</td>
<td>01 (0+1)</td>
<td>02 (0+2)</td>
</tr>
<tr>
<td>DSE-6</td>
<td>Computer Application in Physical Education or Project Report/Dissertation (Dissertation will be allowed only to students who opt for Research Methodology * Statistics paper in Semester-V)</td>
<td>05 (4+1)</td>
<td>06 (4+2)</td>
</tr>
<tr>
<td>GEC-2</td>
<td>Opt any one from the following (Not more than 50 students in any option)* :-</td>
<td>02 (2+0)</td>
<td>03 (1+2)</td>
</tr>
<tr>
<td></td>
<td>(a) Adapted Physical Education</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(b) Olympic Education</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(c) Adventure Sports &amp; Leadership Training</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SEC-4</td>
<td>Opt any one from the following (Not more than 50 students in any option)* :-</td>
<td>02 (1+1)</td>
<td>03 (1+2)</td>
</tr>
<tr>
<td></td>
<td>(a) Wellness Lifestyle</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(b) Exercise Prescription</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(c) Sports Industry &amp; Marketing</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>20</strong></td>
<td><strong>27</strong></td>
</tr>
</tbody>
</table>

* Allotment of option by previous semester/exam merit

** Facilities not available

**Abbreviations:-**

- **DSC** = Discipline Specific Core (12)
- **DSE** = Discipline Specific Elective (10)
- **DSCP** = Discipline Specific Core Practical (6)
- **SEC** = Skill Enhancement Course (4)
- **AEC** = Ability Enhancement Compulsory Course (2)
- **GEC** = Generic Elective Course (02)
CHOICE BASED CREDIT SYSTEM

DETAILS OF CREDITS OF VARIOUS COURSES IN UNDER-GRADUATE PROGRAMME
B.Sc. (Physical Education, Health Education & Sports)

<table>
<thead>
<tr>
<th>COURSES</th>
<th>THEORY</th>
<th>PRACTICAL</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Part-I: Core Courses</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DSC 1 to 12 : 12 Courses (5 Credit each)</td>
<td>12 X 4 = 48</td>
<td>12 X 1 = 12</td>
</tr>
<tr>
<td>DSCP – 1 to 6 : 06 Core Activity Practicals (One Credit each)</td>
<td>00</td>
<td>06 X 1 = 06</td>
</tr>
<tr>
<td><strong>Part-II: Elective Courses</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DSE 1 to 6 : 6 Courses (5 Credit each)</td>
<td>6 X 4 = 24</td>
<td>6 X 1 = 06</td>
</tr>
<tr>
<td>DSE 7 to 10 : 4 Courses (2 Credit each)</td>
<td>4 X 1 = 04</td>
<td>4 X 1 = 04</td>
</tr>
<tr>
<td><strong>Part-III: Generic Elective Courses</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>GEC 1 to 2: 2 Courses (2 Credit each)</td>
<td>2 X 2 = 04</td>
<td>00</td>
</tr>
<tr>
<td><strong>Part-IV: Ability Enhancement Courses</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(2 Papers of 2 Credit each)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ability Enhancement Compulsory (AEC)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Environmental Science</td>
<td></td>
<td></td>
</tr>
<tr>
<td>English/Hindi/MIL Communication (2 Credit each)</td>
<td>2 X 2 = 04</td>
<td>00</td>
</tr>
<tr>
<td><strong>Part-V: Skill Enhancement Courses</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(4 Papers of 2 Credit each)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SEC 1 to 4 : SEC 1 &amp; 2</td>
<td>2 X 2 = 04</td>
<td>00</td>
</tr>
<tr>
<td>SEC 3 &amp; 4</td>
<td>2 X 1 = 02</td>
<td>2 X 1 = 02</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>90</td>
<td>30</td>
</tr>
<tr>
<td><strong>GRAND TOTAL</strong></td>
<td>90 + 30 = 120</td>
<td></td>
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</table>
# B.SC. PROGRAMME IN

**PHYSICAL EDUCATION, HEALTH EDUCATION & SPORTS**

<table>
<thead>
<tr>
<th>Duration of Programme and Number of Courses</th>
<th>Number of Various Categories of Courses</th>
<th>Marking Scheme</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Theory Marks</td>
</tr>
<tr>
<td><strong>Six Semesters (I to VI)</strong></td>
<td>DSC 1 to 12</td>
<td>75</td>
</tr>
<tr>
<td></td>
<td>DSCP 1 to 06</td>
<td>-</td>
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<tr>
<td></td>
<td>DSE 1 to 06</td>
<td>75</td>
</tr>
<tr>
<td></td>
<td>DSE 7 to 10</td>
<td>40</td>
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<tr>
<td></td>
<td>AEC 1 &amp; 2</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>SEC 1 &amp; 2</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>SEC 3 &amp; 4</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>GEC 1 &amp; 2</td>
<td>40</td>
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<tr>
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<td><strong>Total</strong></td>
<td><strong>4000</strong></td>
</tr>
</tbody>
</table>
Semester I

Max. Marks =150            Time allowed: 3Hrs
Theory = 75 Marks + Internal Assessment = 25 Marks   Practical = 50 Marks

FOUNDATIONS OF PHYSICAL EDUCATION

UNIT-I
(i) Meaning, Definitions, and Objectives of Physical Education.
(ii) Foundations of Physical, Education:-
   (a) Biological foundation – Introduction, Growth and Development and Body types.
   (b) Psychological Foundation – Introduction, Learning process and theories.
   (c) Sociological Foundation – Introduction, Socialization process.

UNIT-II
(i) Concept and components of Philosophy (Metaphysics, Epistemology, Axiology, Logic, Ethics and Aesthetics.)
(ii) Introduction of philosophies – naturalism, pragmatism, realism, idealism, existentialism, progressivism, essentialism and humanism.

UNIT-III
(i) Concept and role of fitness movement.
(ii) Concept and role of wellness movement.

UNIT-IV
Modern and Ancient Historical perspectives: USA, UK, Greece, Rome and India. Olympic movement.

UNIT-V
(i) Professional preparation in Physical education.
(ii) Sports Career Avenues, National Sports awards and Honors.

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.

ESSENTIAL READING:
Book-3:- Gupta, Rakesh (2013), Health and Physical Education, Pinnacle India Education Publisher, New Delhi.

SUGGESTED READINGS:

Practicals:-
• Preparation of report of National Sports awards of the last year (a scrap file).
• Pictorial Description of Olympic Games its sites.
• Preparation of NCTE approved Institution for D.P.Ed., B.P.Ed. & M.P.Ed.
• Assessment of two subjects of Body types by Heath & Carter method.
Semester I

ANATOMY & PHYSIOLOGY

Max. Marks = 150  Time allowed: 3Hrs
Theory = 75 Marks + Internal Assessment = 25 Marks  Practical = 50 Marks

Unit-I
Definition of anatomy & physiology, Cell-microscopic structure of cells, functions of its organelle, Tissueclassification & functions, Organ, Systems of the body, 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, Anatomic 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:

- Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons,
<table>
<thead>
<tr>
<th>S. No.</th>
<th>Component</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Cardiovascular Endurance</td>
<td>Running, Aerobic Exercises and Recreational Activities</td>
</tr>
<tr>
<td>2</td>
<td>Flexibility</td>
<td>Stretching exercises and Yoga asanas</td>
</tr>
<tr>
<td>3</td>
<td>Coordinative abilities</td>
<td>Minor games and Group activities</td>
</tr>
</tbody>
</table>

Note: The conditioning programme can be modified according to the requirement of the students.
GAME OF SPECIALIZATION (Minor or Major): MODULE-1 – ATHLETICS

Unit-I
Introduction to athletics
Historical developmental of athletics- Introduction, Ancient Olympics and Modern Olympics games
Constitution and functions of AFI (Athletics Federation of India) DSOA (Delhi State Olympic Association) AIU (Association of Indian Universities) DSAA (Delhi State Athletics Association)
Introduction to 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
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
Indian athletics and international athletics competitions, Selected National and International personalities of athletics First aid and rehabilitation of athletics injuries

Unit-III
Brief background, arena making techniques, training and important motor components of the following events:
Sprints races (100m, 200m, 400m)
Shot put, Discuss throw and Javelin throw
Long Jump, Triple Jump and Pole vault

Unit-IV
Tactics and strategies of the concern events
Safety measures, precautions and prevention of injuries
Officiating, 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 various selected 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
Technical training and practice of following events:-
1. Sprints Starting techniques, finishing techniques
2. Shot put, Discus throw and Javelin throw
3. Long Jump, Triple Jump and Pole vault
4. Record file
SUGGESTED READINGS

GAME OF SPECIALIZATION (Minor or Major): MODULE-1 – BADMINTON

UNIT-I
Origin, historical perspectives and modern trends & development of Badminton, Orientation of the fundamental skills, Construction and maintenance of badminton court- rules of the game.
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
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 of Badminton
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
GAME OF SPECIALIZATION (Minor or Major): MODULE-1 – BASKETBALL

UNIT-I
Historical development of basketball at international and national level, Modern trends and developments in basketball
Selection of a team and conduct of a camp

UNIT-II
Latest Rules, and their Interpretations, Basic skills and techniques, Measurement of basketball court
Evaluation of players performance during matches

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
GAME OF SPECIALIZATION (Minor or Major): MODULE-1 – 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.
Selection of a team and conduct of a cam, 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
Latest rules and their interpretations.
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
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
Semester I

Max. Marks = 150
Theory = 75 Marks + Internal Assessment = 25 Marks  Practical = 50 Marks

GAME OF SPECIALIZATION (Minor or Major): MODULE-1  – FOOTBALL

UNIT-I
Historical development of football at international and national level, Modern trends and developments in football. 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
Latest rules and their interpretations, organization of FIFA & AIFF Evaluation of player’s performance during matches, Video analysis of skills and techniques, Assessment of prospective opponents

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

GAME OF SPECIALIZATION (Minor or Major): MODULE-1-GYMNASTICS

UNIT-I
Origin and development of gymnastics in India and Asia, Structure and function of FIG, GFI, AGU, AIU
Rhythmic gymnastic

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
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
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

USA.
Firefly Books, USA.
GAME OF SPECIALIZATION (Minor or Major): MODULE-1 – HANDBALL

UNIT-I
Historical development of handball at international and national level, Modern trends and developments in handball Advance rules and regulation and their interpretations Playfield technology - planning, construction and maintenance of handball court

UNIT-II
Introduction to rules and regulations, interpretations of rules, layout of handball field and player’s kit and equipment. Principles and objectives of coaching, techniques of coaching pep talks, pre match, during and post match, individual and group, coaching schedule

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, whist 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
- Page, J. (2000). Ball Games. Lerner Sports Publisher, USA.
GAME OF SPECIALIZATION (Minor or Major): MODULE-1 – HOCKEY

UNIT-I
Historical development of hockey at international and national level, Modern trends and developments in hockey. Playfield technology - planning, construction and maintenance of a hockey field

UNIT-II
Introduction to rules and regulations, interpretations of the rules, layout of hockey field and player’s equipment. Principles and objectives of coaching, techniques of coaching pep talk, pre match during and post match, individual and group, coaching schedule

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 tackling
4. Push
5. Scoop
6. Goal keeping – diving skills, receiving and clearing the ball

SUGGESTED READINGS
GAME OF SPECIALIZATION (Minor or Major): MODULE-1 – 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
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
Required motor abilities, Technical preparation and grading system, Competition area, equipments etc., Physical, physiological and psychological preparation
Qualifications, qualities and responsibilities of a coach, Qualifications and responsibilities/functions of technical officials, judges, technical officials

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
GAME OF SPECIALIZATION (Minor or Major): MODULE-1 - KABADDI

UNIT-I
Historical development of Kabaddi at Asian and national level, Modern trends and developments in Kabaddi
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
Latest rules and their Interpretations
Evaluation of players performance during matches, Video analysis of skills and techniques, Assessment
of prospective opponents

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-fundamentals skills of kabaddi.

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
4. Basic Skills, offensive and defensive skills

SUGGESTED READINGS
Semester I

Max. Marks =150                             Time allowed: 3Hrs
Theory = 75 Marks + Internal Assessment = 25 Marks   Practical = 50 Marks

GAME OF SPECIALIZATION (Minor or Major): MODULE-1 – 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
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
Latest Rules, and their Interpretations
Evaluation of player’s performance during matches , Video analysis of skills and techniques , Assessment of prospective opponents

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 fitnessSpeed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility
3. Ground measurement & preparation of Kho-kho court

SUGGESTED READINGS
GAME OF SPECIALIZATION (Minor or Major): MODULE-1 – 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
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
Latest rules, and their interpretations
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
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 from 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
- Scates AE (1993). Winning Volley Ball. WC Brown. USA.
GAME OF SPECIALIZATION (Minor or Major): MODULE-1 – YOGA

UNIT-I
Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields
Yoga asana completion at:- State, National, International, SGFI, AIU etc.

UNIT-II
Philosophical aspects of yoga-Pre-vedic, Vedic period; Buddhism, upnishada period, Jainism & tantra
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
Meaning, techniques, precautions & effects of the following:-
Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardh-matsyendrasana, buhjangasana, tadasana, vrikshasana, matsyasana, gomukhasana, ushtrasana, shavasana, makarasana, vrishchikasana, dhanurasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirhasana
Pranayama : anulom-vilom, bhastraika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi
Shatkarma : neti, dhauti, nauli, basti, kunjal, kapal bhati, shankh prakshalana
Bandhas : jalandhar, uddyana, mool bandha

UNIT-IV
Disease wise treatment through yoga therapy- Asthma, 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
- Swami Swatma Ram: Patanjali Yoga Sutra
- Text Book Hath Yoga Pradipika
- Text Book Patanjali Yoga Sutra
Semester I

Max. Marks =100                                Time allowed: 3Hrs
Theory = 40 Marks + Internal Assessment = 10 Marks   Practical = 50 Marks

TRACK & FIELD (Compulsory)

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 batton, various types of botton exchange (visual and non-visual), techniques of the in-coming runner and synchronising of the speed of in-coming runner to out going runner.
Various techniques of stages of triple jump to be taught to novies and their explanation
Relays:
Style of batton exchange (Visual and non-visual)
Fixing Up runners for different relay races

Unit-IV
Triple Jump:
Approach run, take off and landing for hop, step and jump, flying phase, landing and follow up action.
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 etc.

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
• Mohan. VM Athletics for Beginners. Metropolitan Book. Delhi
AEC-1/2

Semester I

Max. Marks = 100
Theory = 40 Marks + Internal Assessment = 10 Marks  Practical = 50 Marks

ABILITY ENHANCEMENT COURSE
(English/MIL Communication/Environmental Science)

(Common with that in B.A. Programme)
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 diarrhea 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
Internationals 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, u/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

SPORTS SOCIOLOGY

Unit – I Introduction
1. Concept of social relations and sports as social institutions.
2. Current status of sports sociology in India and abroad.
3. Sociological perspectives and sports (Functionalism, conflict, interactionism)

Unit-II Culture and sports
1. Concept of culture and Characteristics of culture
2. Sports cultural values, norms and symbols.
3. Cultural capital and sports

Unit –III Socialization and sports
1. Concepts of socialization
2. Types of socialization
3. Agents of socialization (family and education system)

Unit –IV Gender and sports
1. Meaning of feminism and feminist theories
2. Women participation in sports
3. Gender discrimination in sports
4. Alternative sports programmes for women

Unit-V Stratification and sports
1. Meaning and concept of stratification and sports
2. Classes and sports
3. Mobility and sports

Practical (28 Hours)
1. Make a project on application of various sociological perspectives for studying the sports situations.
2. Prepare an analytical paper on interaction between Indian cultural elements and sports.
3. Prepare a project on sports socialization at early age.
4. Make an empirical comparison on the media coverage between male and female sports persons.

Essential Readings

Suggested Readings
- Shaw D and Other (2005). Sport & Exercise Psychology. Bios. U.K.
BODY CONDITIONING (Module-2) SPORTS SPECIFIC

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Component</th>
<th>Activities</th>
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<tbody>
<tr>
<td>1</td>
<td>Cardio vascular Endurance</td>
<td>Interval training</td>
</tr>
<tr>
<td>2</td>
<td>Speed and Agility</td>
<td>Sprints and Shuttle runs</td>
</tr>
<tr>
<td>3</td>
<td>Coordinative ability</td>
<td>Hand and eye reaction games, Specialization based games, Reaction ability and audio visual activities</td>
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</table>

Note: The conditioning programme can be modified according to the requirement of the students.
Semester II
Max. Marks = 150                  Time allowed: 3Hrs
Theory = 75 Marks + Internal Assessment = 25 Marks   Practical = 50 Marks

GAME OF SPECIALIZATION-1 (MAJOR) : MODULE-2 – 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 areanas of field events – long jump, triple jump, shot put and discus 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)
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
Tactics and strategies of the concern events, Athletics training for children and women, Psychological and social factors of athletics performance
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
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
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. Middle and long distance running
3. Javelin throw and Hammer throw
4. High Jump and Pole Vault
5. Relay races (4x100m, 4x400m)
6. Technical training and practice of following
7. Steeple Chase
8. Hurdle race (100m/h, 110m/h, 400m/h)
9. Practical of weight training exercises, fort lek circuit training
10. Controlling and measuring the heart rate resting HR, during and past experience HR
11. Record File
SUGGESTED READINGS

GAME OF SPECIALIZATION-1 (MAJOR) : MODULE-2– 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 Planning for the competition, Selection of men, material and management, Concluding the competition – submission of accounts, preparing report, Protocols and ceremonies

UNIT-IV
Introduction, importance of test, measurement and evaluation in badminton, Fitness tests, Skill tests Coaching a team, Organising a competition, Officiating in a competition, Conducting a workshop/seminar/clinic Professional aspects of badminton

UNIT-V
Means & methods, Teaching lessons, process of classroom teaching, Preparation of teaching lesson-plans : characteristics & principles, Stages of teaching, Use of teaching aids 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. 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
5. Planning for competitions
6. Organisation of a competition/seminar/workshop/clinic
7. Project on research in badminton
8. Coaching lessons

SUGGESTED READINGS
GAME OF SPECIALIZATION-1 (MAJOR) : MODULE-2– 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
Duties and responsibilities of officials, Mechanism of officiating and scoring

UNIT-IV
Principles of load and adaptation, Fatigue, recovery and super compensation, Overload and its management
Managing team during competitions

UNIT-V
Ankle sprain, jammed thumb, shoulder dislocation, wrist twist, rib injuries, Preventive and safety measures, Rehabilitation
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. Dribbling Drill
2. Speed work
3. Endurance Training
4. Match Practice
5. Technical Training in Basketball Skills and More Match Practice

SUGGESTED READINGS
GAME OF SPECIALIZATION -1(MAJOR) : MODULE-2 – 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
Duties and responsibilities of officials, Mechanism of officiating and scoring, Biomechanical analysis of skills

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
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
Ankle sprain, finger injuries, shoulder dislocation, knee displacement, rotator’s cuff , Preventive and safety measures, First-aid and Rehabilitation
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. 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
5. Advancement of different techniques
   (a) Video-analysis
   (b) Net Session
6. Organize intramurals in the institution
7. Organizing camping, scouting & giving commentary
8. Coaching lesson – 5 (five) internal lessons
SUGGESTED READINGS

GAME OF SPECIALIZATION-1 (MAJOR) : MODULE-2– 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
Diet and nutrition for a football player,

UNIT-IV
Describe major muscles used in the basic skills of games
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, interpersonal communication skills

UNIT-V
Ankle sprain, finger injuries, shoulder dislocation, knee displacement and head injuries, Preventive and safety measures, First-aid and Rehabilitation
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. 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
6. Applied tactics of defense – positioning by a defender, defensive attacker, interchanging of position
7. Attacking tactics- shooting and heading at goal, place changing, special method-attack with two center forward
8. Refining of skills
   Kicking
   Receiving
   Heading
   Dribbling
   Tackling
   Goal keeping
9. Taking advantage of offside rule - attack and defense
10. Match officiating
   • Referee
   • Linesmen
   • Table officials
Play field preparation guide/organizer
SUGGESTED READINGS

GAME OF SPECIALIZATION-1 (MAJOR) : MODULE-2 – 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)
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
Professional preparation in Gymnastics, Outline a proposal of starting gymnastics in school, college and club, Prepare a detailed orientation/clinic/workshop in gymnastics 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.

PRACTICAL
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)
5. 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
6. Pedagogic practice
7. Warm-up exercises and class organization-Teaching, training and coaching of basic and advance elements on all apparatus (men & women), Officiating
SUGGESTED READINGS

DSE-2

Semester II

Max. Marks = 150
Theory = 75 Marks + Internal Assessment = 25 Marks  Practical = 50 Marks

Time allowed: 3Hrs

GAME OF SPECIALIZATION -1 (MAJOR) : MODULE-2- 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, principles of training load

UNIT-III
Officiating- Methods and importance of officiating, duties and responsibilities of officials
Specific Duties and responsibilities of referee’s, scorekeeper & time keeper, score sheet

UNIT-IV
Tactical preparation- Attaching & defensive tactics, different types of group tactics & their principles, game strategies and system of play
Conduct of tournament, planning for organization of a competition, report writing, photography, and analysis commentary

UNIT-V
Psychological training- Importance and Methods of Psychological training, philosophical aspects of training and coaching
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. 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
12. Referee signals
13. Score sheet
14. Conduct of tournament
15. Evaluation of team and players
16. Team tactics (offensive- offensive system 3:3, 5:1, 4:2)
17. Defensive tactics (Defensive system 6:0, 1:5, 2:4, 3:3)
18. Man to man defense
19. Combine defense
20. Selection of players
21. Teaching lesson

SUGGESTED READINGS
GAME OF SPECIALIZATION-1 (MAJOR) : MODULE-2- 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
Duties and responsibilities of umpire, umpiring signals, score sheet

UNIT-IV
Tactical preparation- Attaching & defensive tactics, their kinds & principles, game strategies- system of play
Conduct of tournament, planning for organization of a competition, report writing, photography, and analysis commentary

UNIT-V
Psychological training- Methods and importance of Psychological training, philosophical aspects of training and coaching
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 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
5. Umpire’s Signals
6. Score sheet
7. Construction of a hockey field
8. Teaching of basic skills
9. Conduct of a hockey tournament
10. Evaluation of Team/Player

SUGGESTED READINGS
GAME OF SPECIALIZATION-1 (MAJOR) : MODULE-2 – 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
Planning for the competition, Selection of men, material and management, Concluding the competition – submission of accounts

UNIT-IV
Fitness tests, Skill tests, Knowledge tests, Assessment of performance for better efficiency or performance analysis
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
Coaching a team, Organising a competition, Officiating in a competition, Conducting a workshop/seminar/clinic
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. 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
5. Planning for competitions
6. Organisation of a competition/seminar/workshop/clinic
7. Project on research in judo/record of events
8. Coaching lessons

SUGGESTED READINGS
GAME OF SPECIALIZATION-1 (MAJOR) : MODULE-2 – 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
Duties and responsibilities of officials, Mechanism of officiating and scoring

UNIT-IV
Principles of load and adaptation, Fatigue, recovery and super – compensation, Overload and its management
Managing during competitions, Information and publicity concerning the competition, Office management – correspondence and maintenance of records

UNIT-V
Ankle sprain, foot injuries, shoulder dislocation, knee displacement, wrist displacement, Preventive and safety measures, First-aid & Rehabilitation
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. 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. Training means for development of different components of physical & motor fitness
   Speed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility
4. Game officiating

SUGGESTED READINGS

GAME OF SPECIALIZATION-1 (MAJOR) : MODULE-2 – 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, Offense 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
Duties and responsibilities of officials, Mechanism of officiating and scoring

UNIT-IV
Principles of load and adaptation, Fatigue, recovery and super compensation, Overload and its management
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
Ankle sprain, shoulder dislocation, knee displacement, Preventive and safety measures, Rehabilitation
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
4. General & specific warming-up
5. Training means for development of different components of physical & motor fitness
   - Speed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility
6. Game officiating

SUGGESTED READINGS

GAME OF SPECIALIZATION-1 (MAJOR) : MODULE-2– 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, Duties and responsibilities of officials, Mechanism of officiating and scoring

UNIT-IV
Teaching of volleyball skill - preparing a lesson plan, Specific training methods for different positions, 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
Ankle sprain, finger injuries, shoulder dislocation, knee displacement, Preventive and safety measures, Rehabilitation, 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, blocking, fighting
3. Game officiating
4. General & specific warming-up
5. Training means for development of different components of physical & motor fitness: Speed, Strength, Endurance, Flexibility, Coordination, Agility, Game officiating

SUGGESTED READINGS
- Scates AE (1993). Winning Volley Ball. WC Brown
GAME OF SPECIALIZATION-I (MAJOR) : MODULE-2 – 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
Structure and organisation of yoga competition, Preparation, execution and closing of the competition, Protocols and ceremonies

UNIT-IV
Corporate yoga, Yoga for healthy lifestyle, yoga & sports, education value of yoga, relevance of yoga in 21st century
Different techniques of meditation and their practice prekha, vipashyana and different chakras

UNIT-V
Yoga – teaching methodology, Teaching practice, techniques and modules, Preparing teaching lessons in yoga
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. 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
5. Planning for a Yoga competition
6. Organisation of a Yoga competition
7. Project on researches in Yoga
8. Officiating in Yoga competitions
9. Coaching lessons

SUGGESTED READINGS
Semester II  
Max. Marks = 100                  Time allowed: 3Hrs  
Theory = 40 Marks + Internal Assessment = 10 Marks   Practical = 50 Marks

GYMNASTICS (Compulsory)

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

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Floor exercise</strong></td>
<td><strong>Floor exercise</strong></td>
</tr>
<tr>
<td>Forward roll</td>
<td>Forward roll</td>
</tr>
<tr>
<td>Backward roll</td>
<td>Backward roll,</td>
</tr>
<tr>
<td>Handstand</td>
<td>Handstand</td>
</tr>
<tr>
<td>Cartwheel</td>
<td>Cartwheel</td>
</tr>
<tr>
<td>Hand stand to forward roll</td>
<td>Leg Split</td>
</tr>
</tbody>
</table>

Unit-II  
Parallel Bars
Under Arms swing Upper Arms Support Position Turn)  
Perfect swing  
Shoulder stand to roll forward  
Front or backward swing to the side (dismount)

Balancing Beam
Turning movement on the beam (90° Turn, 180° Turn & 360°)

Cat jump, Tuck Jump, Stretch Jump, Pike Jump
Different kinds of scales (forward, backward and sideward)
Mount (1/4 turn to cross sitting)
Dismount (Jump form the end of the beam with leg straddle in the air) and landing on ground with legs together

Table Vault
Squat Vault/ stoop vault  
Squat vault

Unit-III  
Roman Rings
Perfect swings  
Back Uprise  
Inlocation with bent body  
Shoulder stand  
Straddle Dismount

Uneven Parallel Bars
different kinds of grips  
back turn over (Mount)  
Fraddle Dismount  
straddle circle forward and backward  
Back hip circle forward and backward  
Hip circle forward

Unit-IV  
Horizontal Bar
Perfect swing on horizontal bar  
Back Turn over to Mount  
Back Hip circle  
Hip Circle Forward  
Fraddle dismount

Pommel Horse
Shifting of Grips  
Swing  
Scissor (forward)  
Single Leg Circle  
Single leg circle from uneven support to dismount sideways.

Unit-V  
Men & Women- Important competitions at National, International levels, Fundamental skills:-
- Evaluation of 20 points in Artistic.
- Duties and Functions of Gymnastics.
- Regulation, Duties and –Right of Gymnastic.
- Type of Gymnastics
- Types of Competition.

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.
Practical (28 Hours)

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

SUGGESTED READINGS

Semester II
Max. Marks =100
Theory = 40 Marks + Internal Assessment = 10 Marks  Practical = 50 Marks

ENVIRONMENTAL/ENGLISH/MIL COMMUNICATION

(To be provided by University of Delhi)
PHYSIOLOGY OF EXERCISE

UNIT 1: Fundamentals And Neuromuscular Function

CHAPTER 1: The Focus Of Exercise Physiology: Definition, Concept & it Significance in the field of Physical Education & Sports, Acute Physiological Response, Chronic Physiological Adaptation.


UNIT 2: Energy & Hormonal Regulation


CHAPTER 4: Hormonal Regulation in Exercise & Training: The Endocrine Glands and their hormones, Acute Response and Chronic Adaptation.

UNIT 3: Cardiorespiratory System And Training Adaptation

CHAPTER 5: Cardiovascular Function During Exercise and Training: Structure & Function of the Heart, Cardiovascular Response to Exercise and Chronic Adaptation.

Chapter 6: Respiratory Function During Exercise and Training: Respiratory Parameters, Second Wind, Acute Response and Chronic Adaptation.

UNIT 4: Body Composition

Chapter 7: Understanding Body Composition, Obesity and its causes.

Chapter 8: Weight Management, Various methods of Assessing Body Composition, BMI, WHR.

UNIT 5: Environmental Aspects Of Sports Performance

Chapter 9: Exercise in the Heat & Cold: Physiological changes associated with exercising in the heat and cold.

Chapter 10: Exercise in the High Altitude: Physiological Response to exercising in the High Altitude

PRACTICAL:

1. To assess the Resting Heart Rate and Blood Pressure of the subject.
2. To administer the Harvard Step test.
3. To measure vital capacity using Spirometer.
4. To assess the Body Mass Index of a given subject.
5. To assess the Waist Hip Ratio of a given subject.
6. Various methods of Assessing Body Composition
7. To assess BMR.

REFERENCES:

SPORTS AND EXERCISE PSYCHOLOGY

Unit-I: Introduction to Psychology and its Biological Basis
1.1 Introduction to General Psychology
1.2 Structure of Neuron and its function.
1.3 Role of Sensation and perception.
1.4 Principle of Perception.
1.5 Role of Perception in Physical Education

Unit-II: Introduction to Sports Psychology & Development
2.1 Fundamentals of Growth and Development (Infancy, Childhood, Adolescence, Adulthood)
2.2 Definition, Scope and Importance of Sports Psychology
2.3 Goals of Sports Psychology
2.4 Ethical Principle for practicing.

Unit-III: Learning and Personality Concepts
3.1 Learning - Concept and Principles of Learning, Learning Curve
3.2 Types of Learning, Transfer of Training in Sports
3.3 Personality - Meaning of Personality, Factors Affecting Personality
3.4 Theories of Personality (Trade, Type, Humanistic Big Five)
3.5 Development of Personality; Relationship of Personality with Sports Performance

Unit-IV: Motivation & Emotions
4.1 Emotion, Anxiety and Stress Management in Sports
4.2 Motivation: Concepts of Motivation, Types of Motivation, Role of Motivation in Sports
4.3 Concepts of Incentive, Achievement

Unit-V: Sports Psychology Related Concept
1.1 Concepts of Positive Thinking and Positive Attitude
1.2 Self Esteem, Self concept
1.3 Concept of Sporty Psychology Intervention (Long Term & Short Term Preparation, Psycho regulated techniques, imaginary

PRACTICAL: 25 Marks
1. Demonstrate the technique of Progressive Muscle Relaxation using a partner.
2. Select a sportsperson from your college teams, analyse her/his personality, and correlate with performance.
3. Apply the technique of positive thinking and motivation to improve her/his performance. Write a report on the outcome.
4. Assessment of motivation, personality anxiety, self concept, self esteem (Any two)

SEMESTER CREDITS FOR THE PAPER = 6 CREDITS
- The entire course Part A, B & C will be conducted through teaching students 7 periods per week; 4 theory periods, 2 practical periods and 1 tutorial.
- Each period will be of 55 minutes.
- 1 Credit per theory period per semester – 4 theory periods per week x 13 weeks = 4 credits
- 1 Tutorial per week per semester – 1 period x 13 weeks = 1 credits
- 2 Laboratory hours per week per semester – 2 period of practical x 13 weeks = 1 credits
SUGGESTED READINGS

THEORY
1. Covey, S. (1989) 7 Habits of Highly Effective People, Covey Publications, USA

PRACTICAL
GAME OF SPECIALIZATION (Minor-1): MODULE-1

Note: The students are required to select another Game of Specialization as their minor game other than their major Game selected under DSE-1. The details of course contents for Module-1 are same as described under DSE-1 common for Major or Minor Games.
Semester III

Max. Marks = 100
Theory = 40 Marks + Internal Assessment = 10 Marks Practical = 50 Marks

Time allowed: 3Hrs

YOGA (Compulsory)

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, dharma, 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.

UNIT- V
Importance of vegetarianism in yogic diet. Bandhas, mudras and their physiological effects.

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, kunjal, kapal bhati, shankh prakshalana
2. Practice of Pranayam : anulom-vilom, bhastrika, naddi shodhan, sheetali, sheetkari, bhramari, ujjayi
3. Practice of Bandhas : jalandhar, uddyana, mool bandha

SUGGESTED READINGS
- Pande P. K. and Pramanik Tarak Nath
BODY CONDITIONING (MODULE-3) AEROBIC ACTIVITY-1

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Component</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Cardiovascular endurance</td>
<td>Long distance running</td>
</tr>
<tr>
<td>2</td>
<td>Strength</td>
<td>Weight training with own body weight and with dumbbells</td>
</tr>
<tr>
<td>3</td>
<td>Flexibility/ Agility</td>
<td>Stretching with partner/Without partner and other related exercises</td>
</tr>
</tbody>
</table>

Note: The conditioning programme can be modified according to the requirement of the students.
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.
TEST, MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION

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
5. Measurement of sports skills included in theory course.

SUGGESTED READINGS
- Barrow & McGee’s Practical Measurement and Assessment.
METHODS OF TEACHING IN PHYSICAL EDUCATION

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 from 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
BODY CONDITIONING (Module-1) AEROBIC ACTIVITIES-2

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Component</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Strength</td>
<td>Medicine ball exercises, Gymnasium</td>
</tr>
<tr>
<td>2</td>
<td>Flexibility/ Agility</td>
<td>Ballistic exercises, PNF Method, Slow stretch and hold method</td>
</tr>
<tr>
<td>3</td>
<td>Speed (related to specific games)</td>
<td>Sprints, Pace running, recreational games</td>
</tr>
</tbody>
</table>

Note: The conditioning programme can be modified according to the requirement of the students
OPTIONAL PAPER – (a) 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.

Practicals:-
- To measure body height & weight.
- To measure skeletal diameters i.e. biaurical diameter, bicristal diameter, humerus bicondylor, wrist diameter, femur bicondylor, ankle diameter
- To measure trunk circumferences namely chest circumferences-minimal, normal & maximal in males abdominal circumference at naval in both males & females
- To measure limb circumference upper arm, forearm, thigh and calf
- To demonstrate the general method of measurement of skinfolds along with the specification of skinfold calipers.
- To measure important limb skinfolds namely biceps and triceps skinfolds
- To measure important trunk skinfolds namely sub-scapular, mid-axillaries, chest and suprailliac skin fold
- To predict body fat from skin fold measurements
- To calculate body composition i.e. lean body mass and body fat percentages from skinfolds from the given values of skinfolds
- To draw distance curves of height and weight from the given values

Suggested Readings:
OPTIONAL PAPER – (b) SPORT JOURNALISM

UNIT-I INTRODUCTION

1.1 Meaning, scope and changing trends of journalism in sports
1.2 Role of journalism in sports promotion & vice versa
1.3 Historical development & role of print and electronic media in sports promotion
1.4 Media, ethics and responsibilities of journalist & editor (social, legal and professional)

UNIT-II WRITING SKILLS FOR MEDIA

2.1 Language – vocabulary, spellings, figure of speech, dialect, grammar, punctuation
2.2 Sports terminators and its use
2.3 Fundamentals of a sports story/news
2.4 News – types, curtain raiser, advance follow – up, news – analysis, box news
2.4 Design & make – ups: headings, front reading, layout & page making late stories, editorial tools, marks & skills

UNIT-III ORGANIZATIONAL AND PRESENTATION SKILLS FOR MEDIA

3.1 Organizational set-up of a newspaper-printing, process sequences of operations in the printing of a newspaper/journal.
3.2 Introduction of various sports organization and agencies- Olympic Games, Asian games, Commonwealth games, awards and trophies.
3.3 Write-ups: feature, follow-ups, advance story, curtain raiser, flash back, articles, filters, editorials, boxes, radio and T.V. commentary anchoring, interviews, group discussions, talk shows, and reviews in sports
3.4 Development and maintenance of sports/personal library
3.5 Statistics, records and computers in sports

UNIT-IV EXTENDED RELEVANT DIMENSIONS

4.1 Theory and principles of advertising in sports
4.2 Public relations in sports, press release, conferences
4.3 Public Relation Media – advertising, press release, conferences, exhibitions, fairs, street drama, public speaking, radio, televisions, newspapers, films, posters, pictures, and graphics
4.4 Sports photo feature and writing captions of photos
4.5 Introduction to photo journalism in reference to sports

UNIT-V RESEARCH TRENDS AND FUTURE DIRECTIONS IN SPORTS JOURNALISM

5.1 Process of newspaper publishing and management
5.2 Olympics and sports journalism
5.3 Research tools for developing a sports story
5.4 Introduction to various types of information technology
5.6 Satellite communication: use of satellite in radio and T.V. communication for sports information

Practicals:

- Writing reports of sports events
- Writing features on sports
- Designs and make-up of sports page
- Editing sports report
- Collecting information about current affairs on sports

Suggested Readings:

OPTIONAL PAPER – (c) BALANCED EDUCATION

Unit 1
**Balance Education:** Introduction, Meaning, definition, Significance, Aims & Objectives; Components- Health; Wealth; Physical Fitness, Wellness; Longevity Success; Happiness approach. Components of BE as Body, Mind, Intellect, Heart, Social, Spiritual, Environment and Genetics etc.

Unit 2
**Health:** Introduction, Meaning, Definition of Positive & Negative Health; Relation to Fitness, Illness, Wellness Continuum, Personality; Components of Health-Physical, Emotional, Mental, Spiritual, Social, Environmental, Genetic, Interdependence of health on sound body, mind, heart, soul, environment, genetics; wholistic nature of health with examples of all components role on each component concept of divisions for convenience of understanding. Goal setting, Decision making for healthy behaviours; Analysing information, Awareness to current status, Measurement & management of Health.

Unit 3
**Wealth:** Introduction, Meaning, Generation by work for all, Relation to MDG-2015; Right to Work, Equality, Occupational Skills; Vocational decision making, Goal Setting, Application of knowledge and enriching knowledge for progress harmony and development.

Unit 4
**Physical Fitness &Wellness:** Introduction, relation to health, Definition, health related physical fitness and its components, skill related physical fitness and its components exercises to improve and maintain physical fitness with physical fitness technology and principles of development of physical fitness. **Wellness:** Introduction, meaning, definition, components, development of wellness prevention of illness, Measurement & management of Wellness.

Unit 5
**Longevity, Success & Happiness:** Introduction, Meaning, Definition, age, expected healthy years age; lifestyles and their impact on longevity. Measurement and management by change in behaviours. **Success:** Introduction, Meaning, Definition, relation to best efforts and results, understanding the satisfactory level of success; goal setting, critical thinking and decision making with respect to success and performance. **Happiness:** Introduction, Meaning, Definition, Concepts, relation to success; dependence on success, wealth, health etc. Acquiring happiness irrespective to possessions of health, wealth, fitness, role of genes & environment.

PRACTICALS

2. Demonstration of Meditation techniques.
3. Demonstration of the importance of man made and natural environment.
4. Demonstrations of healthy environmental choices with the help of meditation, exercise and nutritional habits.
5. Demonstrate management of wellness.

BOOKS RECOMMENDED

Semester IV

Max. Marks =100                  Time allowed: 3Hrs
Theory = 40 Marks + Internal Assessment = 10 Marks   Practical = 50 Marks

ORGANIZATION AND ADMINISTRATION

Unit-I
1.1   Introduction, Meaning, Definition, Scope and importance of Organization and Administration.
1.2   Introduction, Meaning, Definition and importance of Intra-mural and Extra-mural.

Unit-II
2.1  Types of Organization and Administration; function of organization and administration.
2.2.   Principles of Organization and Administration.

Unit-III
3.1  Leadership in Physical Education and Sports: Meaning, Definition, Scope and importance; qualities and qualification of Physical Education Teachers.
3.2    Reports and records; Meaning, Definition and essence of writing different reports. Records maintaining of Physical Education and Sports for future reference.

Unit-IV
4.1  Tournaments/Competitions and types.
4.2  Fixture, types of fixture and seeding.

Unit-V
5.1  Time table : Meaning, concept, importance and principles of construction of time-table.
5.2  Factors effecting in construction of Time-table.

Practical:
1.  Conduct & officiating in competitions
2.  Mark a circle, D- area, Square, Rectangle, Triangle in regards to the respective game.
3.  A perpendicular bisector
4.  Using of whistle: for various situations in game/sport
5.  Making of respective play field court/ground.
6.  Write a report base on visit to any sports facility.

Note:   Evaluation will be done on the basis of practical examination of the activities taught.

References:

ENGLISH/HINDI

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.
KINESIOLOGY & BIOMECHANICS

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 (Lumborth oracic 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 inertias, 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 Bat/Racket (Suspension method)
4. Evaluation of a Dynomogram to draw a velocity time curve, distance time curve.

SUGGESTED READINGS
SPORTS & EXERCISE NUTRITION

Unit-I
Introduction to basic concepts in nutrition-Nutrients of physiological significance, their sources & functions, requirements in normal health conditions.

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 Concept of energy balance in maintaining weight.

Unit-III
Basic food groups, Concept of balanced diet, General and specific dietary guidelines in planning meals for children, adolescents, adult men and women, elderly, Nutritional considerations for sports/exercising person (endurance and strength sports/exercise training) 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.

Unit-V
Eating disorders in Sports Persons, Female athletic triad and Sports anemia. Nutrients as ergogenic aids for sports and exercise.

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 at least 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. Diet planning for adult man and women.
5. Planning Pre-event meal and liquid meal.
6. Planning Post-event meal, high energy meal.

Essential Reading :-

SUGGESTED READINGS
GAME OF SPECIALIZATION-3(MINOR-2): MODULE-1

Note: The course contents of Game of Specialization Module-1 have already been described in course number DSE-1. The students are requested to select second minor game other than that selected as DSE-1 & DSE-3.
MASS DEMONSTRATIONS ACTIVITIES (Module-1)

I – Exercise of Display (Freehand.)
II – Exercise with dumbbells.
III – Exercise with wands.

With Apparatus:

(a) LIGHT APPRATUS SKILL

<table>
<thead>
<tr>
<th>APPARATUS</th>
<th>EXERCISES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Dumbbells drill</td>
<td>1. Standing Exercise</td>
</tr>
<tr>
<td>2. Wand Drill</td>
<td>2. Jumping Exercise</td>
</tr>
<tr>
<td>3. Indian Club or Jodi</td>
<td>3. Moving Exercise</td>
</tr>
<tr>
<td>4. Any other skills</td>
<td></td>
</tr>
</tbody>
</table>

Note: In this activity student should practice the orders and counting of different apparatus.

(b) LEZIM

1. Four counts, eight counts and double jump.

Without apparatus:

(a) Free hand exercises, Pyramids, formations, etc.

Suggested Readings:

OPTIONAL PAPER- (a) SPORTS FOR ALL

UNIT-I
INTRODUCTION: Meaning and definition of Sports, Play, Games, Recreation, Pleasure, Happiness, Comforts; Personality: aims, goals, objectives, Test, Measurement, Evaluation. Motivation towards Sports; Introduction to Sports for fitness, fun, competitions, Health, rehabilitation. (10 Lectures)

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 Sports participation. (10 Lectures)

UNIT-III
SPORTS FOR FUN: Meaning & Definition of fun, Games Festival; Organization and guidelines for Games Festival; Games Festival Facility; Sports Clubs. SPORTS FOR COMPITITIONS: Meaning & Definition of Competition; Sports Selections; Sports participation and sports competitions. (10 Lectures)

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. (9 Lectures)

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. (9 Lectures)

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 at least 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.
4. Measurement of Flexibility: Sit & Reach Test, Hip Bend & Toe Touch.
5. Measurement of Strength: Leg Raise Test, Sit-up ability Test, Grip Strength.
8. Demonstration of differences of body types in different Sports.
9. Diagnosis of Ill Health Components: B.P., Obesity, Blood Haemoglobin

SUGGESTED READINGS
OPTIONAL PAPER- (b) WHOLISTIC PERSONALITY DEVELOPMENT

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 as represented by the car and its four wheels.

(8 Hours)

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.

(8 Hours)

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.

(9 Hours)

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.

(8 Hours)

UNIT-V

(9 Hours)

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 at least 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 (28 Hours)
3. Personality development prescription to type A, type B and type C mental personality people.
5. Personality measurement from fitness and from wellness variables.

Essential Readings :-

SUGGESTED READINGS
OPTIONAL PAPER- (c) RESEARCH METHODOLOGY & STATISTICS

UNIT-I
Definition and meaning of Research,
Nature of Research
Types of Research (Analytical Research, Descriptive research, Experimental research, Qualitative Research)
Basic Research and Applied research

UNIT-II
Identifying or Locating of the Problem, Criteria in selecting a Research Problem, Delimitation of a problem
Limitation of a Problem, Hypothesis and it’s formulation.

UNIT-III
Reasons for surveying related literature
Literature Sources including electronic data bases.

UNIT-IV
Definition and meaning of Statistics, Need of Statistics, Importance of statistics in Physical Education and sports
Types of Data, Population and Sample, Types of Sampling Techniques
Measures of Central Tendency (Mean, Median and Mode), Numerical problems to be solved from raw data.
Measures of Variability (Range and Standard Deviation), Numerical problems to be solved from raw data.
Correlation (Product moment correlation) and T-test (Independent T-test).Numerical problems to be solved from raw data.

UNIT-V
Preparation of the Research proposal (Synopsis)
Organization of the thesis report: Title page, Certificate page, Dedication page, Resume of the candidate, Table of Contents, List of tables, List of Illustration, Chapters of Thesis (Introduction, Review of Related Literature, Methodology or Procedure, Analysis of the Data and the Results of the Study, Summary, Conclusion and Recommendation), Appendices, Bibliography.

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

FITNESS & SPORTS SKILL TESTING

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

Unit-II
Selection of machines for various parameters of health, Fitness centre, 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.

Practicals:
Tests of the motor components:
- Cardiovascular endurance
- Muscular strength
- Muscular endurance
- Flexibility
- Body composition
- Agility balance
- Co-ordination
- Speed, Power
- Reaction time

Suggested Reading:
FUNDAMENTALS OF SPORTS TRAINING

Unit-I
Importance, definition, Aim and objectives, Characteristics & Principles of Sports training
TRAINING 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 etc.) & Determining Factors affecting strength performance, Methods of strength training
ENDURANCE: Definition and significance of endurance, forms of endurance, Determining 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;
Technique tactics and strategical planning

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 exercise target Heart rate

SUGGESTED READINGS
- Philipp A Joan and Wilkerson Jerry D (Joan A. Philipp & Jerry D. Wilkerson.
SPORTS AND EXERCISE MANAGEMENT

Unit-I
i) Meaning, concept and definition of sports management, Historical perspective of sports management in India
ii) Nature and scope of sports management, Aims and objectives of sports management, skills of sports management.

Unit - II
i) Guiding principles of sports management, Leaderships, Identification of resources
ii) Process or function of Sports Management (Planning, Organizing, Personnel / Staffing, Direction, Controlling, Coordination)

Unit –III
i) Definition and meaning of planning, Need and importance of planning, Principle of planning, Steps involved in planning process. Organization and conduct of competition at various levels (State level competition, Inter college competition, National level Competition)
ii) Techniques of supervision in sports management, Methods of supervision / Role of a coach/manager.

Unit – IV
i) Job specification of sports manager in professional and state regulated sports bodies, managers, physical educational professional, career avenues and professional preparation.
ii) Purchase: List of Consumable and Non- Consumable sports goods and equipment in the Department of physical education, Procedure to purchase sports goods and equipment in the department of physical education, stock entry, storing and distribution.

Unit- V
i) Tournaments/Competitions, Types of Tournaments, Fixture, Seeding.
ii) Structure and functions of S.A.I., University Sports Council and A.I.U.

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
- Sandhu, K. Sports Dynamics: Psychology, Sociology and Management

Practical
- Prepare a draft for management of an intramural sports event.
- Prepare a draft for management of sports event (state, national and international level).
- Prepare a budget for setting up a gym/ fitness centre.
- Draft a proposal for procurement of equipments for a school/ institute.
MASS DEMONSTRATIONS ACTIVITIES (Module-2)

I – Exercise of Display with Lazium.
II – Exercise of Display with hoops.
III – Exercise of Display with pyramid formation.

With Apparatus:

(c) LIGHT APPRATUS SKILL

<table>
<thead>
<tr>
<th>APPARATUS</th>
<th>EXERCISES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Pole Drill</td>
<td>5. Standing Exercise</td>
</tr>
<tr>
<td>2. Hoop Drill</td>
<td>2. Jumping Exercise</td>
</tr>
<tr>
<td>3. Flag Drill</td>
<td>3. Moving Exercise</td>
</tr>
<tr>
<td>4. Any other skills</td>
<td>5. Combination of these exercises</td>
</tr>
</tbody>
</table>

Note: In this activity student should practice the orders and counting of different apparatus.

(d) LEZIM

2. Agepav, Pavitra, Morchal, HulHul palat and combination of these exercises.

Without apparatus:

(b) Free hand exercises, Pyramids, formations, etc.

Suggested Readings:

Semester VI

Max. Marks =150                  Time allowed: 3Hrs
Theory = 75 Marks + Internal Assessment = 25 Marks   Practical = 50 Marks

COMPUTER APPLICATION IN PHYSICAL EDUCATION OR PROJECT REPORT/DISSERTATION

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
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
• Committee on Engaging Computer Science in Health Care (2009). Computational Technology for

Dissertation / Project Report
The candidate is required to select a topic of his/her choice for the Dissertation and project. The Steps for
Dissertation/Project Report that should be followed are given below:
1.   Analyzing the problem or topic.
2.   Conducting extensive research.
3.   Summarizing findings from the research investigation.
4.   Recommending additional research on the topic.
5.   Drawing conclusions and making recommendations.
6.   Documenting the results of the research.
7.   Defending conclusions and recommendations.

The original and copies of the thesis MUST include the following items IN THE ORDER LISTED:
1.   Title Page.
2.   Acknowledgment
3.   Abstract
4.   Table of Contents.
5.   Introduction
6.   Review of Related Literature
7.   Procedure and methodology
8.   Results and findings
9.   Discussions, summary and conclusions
OPTIONAL PAPER – (a) ADAPTED PHYSICAL EDUCATION

UNIT-I  INTRODUCTION TO ADAPTED PHYSICAL EDUCATION

1.1 Meaning and definitions
1.2 Aims and objectives
1.3 Need and importance
1.4 Role of physical education in adapted physical education
1.5 Brief historical review of adapted physical education

UNIT-II  CLASSIFICATION OF DISABILITY

2.1 Changing concept of disability handicaps, retardation, physically and mentally challenged
2.2 Physical disability
  2.2.1 Characteristics
  2.2.2 Category
  2.2.3 Functional limitation
  2.2.4 General causes
2.3 Mental retardation and learning disability
  2.3.1 Characteristics
  2.3.2 Category
  2.3.3 Functional limitation
  2.3.4 General causes
2.4 Hearing and speech impairment
  2.4.1 Characteristics
  2.4.2 Category
  2.4.3 Functional limitation
  2.4.4 General causes
2.5 Visual impairment
  2.5.1 Characteristics
  2.5.2 Category
  2.5.3 Functional limitation
  2.5.4 General causes
2.6 Other disabled conditions
  2.6.1 Behavioural problems associated with disable;
  - Adjustment problem
  - Emotional problem
  - Personality problem
  2.6.2 Social problems
  - Social stigma
  - Discrimination
  - Social rejection

UNIT-III  ADAPTED PHYSICAL EDUCATION PROGRAMMES

3.1 Guiding principles for adapted physical education programme (AAHPER Principle)
3.2 Physical education programme for disabled of :
  3.2.1 Elementary school
  3.2.2 Middle school
  3.2.3 High school
3.3 Special adapted programme for various types and categories of physical disability
  3.3.1 Regular physical activity
  3.3.2 Informal games and special activity
  3.3.3 Informal and formal competitions
3.4 Special adapted programme for hearing and speech impairment, visual impairment, mental
  retardation and learning impairment
  3.4.1 Regular physical activity
  3.4.2 Informal games and special activity
  3.4.3 Informal and formal competitions
UNIT-IV  ACTIVITIES FOR DISABLED

4.1 Co-curricular activities for disabled
   4.1.1 Outdoor programmes for disabled
   4.1.2 Adventure based outdoor programme
   4.1.3 Creative development and hobby & culture development programme

4.2 Aquatic activity programme for disabled
   4.2.1 Importance of activity for disabled
   4.2.2 Nature of aquatic activity programme based on types of various disability
   4.2.3 Rehabilitative role and importance of aquatic activity

UNIT-V  REHABILITATION AND GOVERNMENTAL WELFARE PROGRAMMES

5.1 Rehabilitation
   5.1.1 Aims and objectives of rehabilitation
   5.1.2 Meaning of functional and occupational rehabilitation
   5.1.3 Importance of adapted programme in rehabilitation
      ▪ Functional rehabilitation
      ▪ Psychological rehabilitation – adjustmental, environmental and personality development

5.2 Governmental Welfare Programme
   5.2.1 Provisions of special rights and privilege for disabled through legislations
   5.2.2 Social welfare programmes for disabled
   5.2.3 Mass public education/awareness programme
      ▪ Education approach
      ▪ Service approach
   5.2.4 Legislative approach

Practicals:–

- To prepare Individual Education Programme of different challenged population.
- To measure and Assess the degree of Help/Need
- To facilitate special skill acquisitions
- To prepare programme for: Visual impairment and Deafness
- To prepare programme for: Spinal cord disability and Amputation
- Development Areas: Physical Fitness & Motor Development

REFERENCES

- Arthur G. Miller & James, “Teaching Physical Activities to Impaired Youth” John Wilag & Sons Inc. Canada.
- Arthur S. Daniels & Euilya, “Adapted Physical Education” Harpet & Row Publisher, New York.
- Auxter, Byler, Howtting, “Adapted Physical Education and Reactions” Morbey – St. Louis Mirrauri.

Suggested Readings:

- Arthur G. Miller & James, “Teaching Physical Activities to Impaired Youth” John Wilag & Sons Inc. Canada.
- Arthur S. Daniels & Euilya, “Adapted Physical Education” Harpet & Row Publisher, New York.
- Auxter, Byler, Howtting, “Adapted Physical Education and Reactions” Morbey –St. Louis Mirrauri.
OPTIONAL PAPER – (b) OLYMPICS EDUCATION

UNIT-I  THE OLYMPIC MOVEMENT
1.1 The ancient Olympic games  
1.2 The Olympic movement  
1.3 Aims and symbols of the Olympic movement  
1.4 The International Olympic Committee (IOC)

UNIT-II  STRUCTURE OF THE OLYMPIC MOVEMENT
2.1 The National Olympic Committee (NOC)  
2.2 The International Sports Federations (IFs)  
2.3 The National Sports Federations (NFs)  
2.4 Volunteerism

UNIT-III  THE OLYMPIC GAMES
3.1 Organization  
3.2 The international bid process for selecting sites for the games  
3.3 Participation in Olympic games  
3.4 Women and sports

UNIT-IV  IOC PROGRAMMES
4.1 Olympic academy  
4.2 Olympic solidarity  
4.3 Olympic museum  
4.4 Paralympic games

UNIT-V  IOC INTERESTS
5.1 Sports for all  
5.2 Culture, olympism, winning, participation and universality of the games  
5.3 Drug abuse and doping  
5.4 Arbitration and dispute resolution

Practicals:-
Project and presentation on any two of the following:

- Women and sports
- Para- Olympics
- Historical background of Ancient and modern Olympics
- Sports Drugs

References:

- Cliw, Gifford, Summer Olympic” 2004
- Toropove, Brandon., The Olympic for Beginners, 2008.

Suggested Readings:

- Cliw, Gifford, Summer Olympic” 2004
- Oxlade, chris., Olympic, 1999
OPTIONAL PAPER – (c) ADVENTURE SPORTS & LEADERSHIP TRAINING

UNIT-I UNDERSTANDING ADVENTURE SPORTS

1.1 Meaning, aim and objectives of adventure sports
1.2 Adventure sports as a value concept
1.3 Range of adventure sports
1.4 Types of activities

UNIT-II ORGANIZATION

2.1 Plans and facilities
2.2 Material requirement
2.3 Organization of adventure sports as leadership, recreational and competition activities
2.4 Insurance, travels, safety and health

UNIT-III LEADERSHIP

3.1 Meaning and responsibilities
3.2 Identification and use of resources
3.3 Problem solving as a process decision making and leadership
3.4 Group norms-Team building, Sharing & Caring, Personality development

UNIT-IV EVALUATION

4.1 Why and what to evaluate
4.2 Programmes, facilities, volunteers and organizations

UNIT-V PRACTICAL

5.1 Developing departmental paper
5.2 Rock climbing, cycling, nature exploration, rescue operations- Tents pitching, knots and ladders etc., Campfire/Recreational programs

REFERENCES


PRACTICAL

- Developing departmental paper
- Rock climbing, cycling, nature exploration, rescue operations- Tents pitching, knots and ladders etc., Campfire/Recreational programs

Suggested Readings:

- Sport Leadership Course created by the Olympic Solidarity Program of the International Olympic Committee to assist sport administrators, 1999.
OPTIONAL PAPER – (a) WELLNESS LIFESTYLE

UNIT I
1.1 Introduction of physical fitness and wellness
1.2 Components of physical fitness

UNIT II
2.1 Meaning and Components of wellness
2.2 Measurement and evaluation of physical fitness

UNIT III
3.1 Fitness and wellness counseling – role of fitness counselor in motivating the people
3.2 Physical activity and wellness - role of physical activity for the promotion of wellness

UNIT IV
4.1 Substance abuse and their hazards
4.2 Role of prevention of substance abuse in wellness and physical fitness

UNIT V
5.1 Meditation, anger management and sports management
5.2 Role of recreation, meditation and stress management in the promotion of health and wellness.

Note:

Each unit will involved a teaching process of 8 to 12 hrs.
Examiners will set eight questions taking atleast one from each unit.
Students will be required to attempt any five questions.

References:
- Corbin, C.B. & Others, Concepts of Fitness And Wellness, Boston, McGraw Hill, 2006
- Hoeger, W.K. And S.A, Principles And Labs For Physical Fitness And Wellness, Australia: Thomson, 2006
- Lang, Annette , Morning Strength Workouts, U.S. Human kinetic, 2007
Semester VI
Max. Marks =100
Theory = 40 Marks + Internal Assessment = 10 Marks  Practical = 50 Marks

OPTIONAL PAPER – (b) EXERCISE PRESCRIPTION

Unit I
Meaning and definition of Exercise and physical activity, differences between exercise and physical activity, Types of Exercises, Exercise, lifestyle and physical fitness, exercise and health, health benefits of exercise and exercise recommendations for health

Unit II
Basis for exercise prescription for general population, background of exercise prescription in regard to interest, attitude, habits and physical capability, exercise for sportsperson, their fitness, wellness and competition.

Unit III
Health benefits of exercise, Exercise as pro active care, prevention of heart diseases, osteoporosis, diabetes, hypertension, obesity etc

Unit IV
Necessity of Exercise Prescription for sedentary population and sportsperson, self responsibilities and behaviour change stages for exercise regularity

Unit V
Steps for exercise prescription, Stress test, and physical fitness test, understanding the acronyms FITT (Frequency, intensity, time), type (mode of exercise) and GO SIR (Progression-Gradual increase, overload, specificity, individualization, recovery and regularity)

Practicals:-
- Assessment of Health status of an individual
- Assessment of health risks due to inactivity
- Assessment of physical activity readiness of a person
- Measurement of behaviour change stage for regular exercise
OPTIONAL PAPER – (c) SPORTS INDUSTRY & MARKETING

Unit 1

Unit 2
Environment and Structure of the Sports Industry; Overview of the Strategic Sports Marketing Process ownership Structure, Major and Minor Pro League Sports; Amateur Sports; Unorganized Sports

Unit 3
Social Impact of Sports, Sports and Culture: Commercialization of Youth, High School, and College Sports: Legal and Ethical Issues; Competition and Aggressiveness as Dominant Social Values.

Unit 4

Unit 5
Pricing Concepts and Sales strategies in Sports Marketing
Careers in Sports Marketing/Management

PRACTICAL

- Identify an issue or a trend in the sports industry:
  - Players in professional or college sports
  - Ownership
- Sponsorship proposal
- Developing a budget plan for an event
- Athlete branding

Suggested Readings: