

**UNDER GRADUATE DIPLOMA IN PHYSICAL EDUCATION
(D.P.Ed.)**

**Syllabus, Rules and Regulations of two years Under Graduate
Diploma in Physical Education Programme, Andhra University**

Applicable to the students admitted from 2015-16 academic year onwards



**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES
COLLEGE OF ARTS & COMMERCE
ANDHRA UNIVERSITY
VISA KHAPATNAM – 530 003**

**CURRICULUM FRAME WORK
DIPLOMA IN PHYSICAL EDUCATION (D.P.Ed.)
TWO-YEAR PROGRAMME**



Common Core Syllabus

Approved by
Andhra Pradesh State Council of Higher Education

As per the guidelines of the
NATIONAL COUNCIL FOR TEACHER EDUCATION

2015-2016

ANDHRA UNIVERSITY

REGULATIONS, SCHEME AND SYLLABUS FOR DIPLOMA IN PHYSICAL EDUCATION (D.P.Ed.) TWO YEAR PROGRAMME (Credit System)

Preamble: Diploma in Physical Education (D.P.Ed.) two year (Credit System) is a professional programme meant for preparing physical education teachers for school education.

D.P.Ed. Programme is designed to integrate the study of childhood, social context of Physical Education, subject knowledge, pedagogical knowledge, aim of Physical Education and communication skills. The programme comprises of compulsory theory as well as practical courses and compulsory school internship.

1. Intake, Eligibility and admission procedure: Intake, Eligibility and admission procedure should be as per the NCTE Norms / State Government.

2. Duration:

The D.P.Ed. programme shall be of duration of two academic years. However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date admission to the programme.

There shall be at least 200 working days exclusive of period of admission, but inclusive of (as per The Gazette of India page no.124) examinations with at least 36 working hours in a week (five or six days a week).

3. Medium of Instruction

Medium of instruction is English. Students are allowed to write the examination in both English and Telugu.

4. The Credit System :

All Programmes shall run on Credit System (CS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

5. Course:

The term course usually referred to, as 'papers' is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise lectures/tutorials/laboratory work/ field work / outreach activities / project work / vocational training / viva / seminars / term papers / assignments / presentation/ self-study etc, or a combination of some of these.

6. Courses of Programme:

The D.P.Ed. Programme consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the D.P.Ed. Programme.

Theory : Core Course

Practicum :

Compulsory Course in Track & Field, Racket Sports, Indigenous Sports, Team Sports & Activities

Teaching and Coaching Practice

7. Academic Years:

An academic year is consisting of 34-40 weeks of academic work equivalent to 200 actual teaching days. The Academic Year may be scheduled from May / June to March / April. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

8. Working days:

There shall be at least 200 working days per year exclusive of admission, and examination process etc.

9. Credits:

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half / two hours of practical work / field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing a D.P.Ed. Programme is 90 credits and for each year 40 credits.

Provision of Bonus Credits Maximum 12 Credits in each Academic Year

Sr. No.	Special Credits for Extra Co-curricular Activities	Credit
1	Sports Achievement at State level Competition (Medal Winner)	1
	Sports Achievement National level Competition (Medal Winner)	2
	Sports participation International level Competition	4
2	Inter University Participation (any One Game)	2
3	Inter Collegiate Participation (Minimum Two Games)	1
4	Blood donation / Cleanliness drive / Community services	2
5	Mountaineering - Basic Camp, Advance Camp / Adventure Activities	2
6	Organisation / Officiating – State / National level in any Two Games	2
7	News Reporting / Article Writing / book writing / progress report writing	1

Students can earn maximum 12 Bonus credits in each academic year by his/her participation in the above mentioned activities duly certified by the Head of the institution / Department. This Bonus credit will be used only to compensate loss of credits in academic activities / attendance.

10. Examinations:

- i. There shall be examinations at the end of each academic year, for first year in the month of March/April for second academic year March/April. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in March/April.
- ii. A candidate should get enrolled / registered for the first year examination. If enrolment/registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next year. Such candidates shall redo the year in the subsequent term of that year as a regular student, however, a student of first year shall be admitted in the second year, If he/she has successfully kept the term in first year.

11. Condonation:

Student must have 75% of attendance in each course for appearing the examination. Students who have 74% to 65% of attendance shall apply for condonation in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendance shall apply for condonation in prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 50% of attendance are not eligible to appear for the examination.

12. Pattern of Question Papers:

The question paper shall have eight questions (long and short answers), covering all the units. Candidate has to write Five questions out of Eight questions. All questions carry equal marks i.e. 14 Marks.

13. Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a Continuous Internal Assessment (CIA) by the concerned course teacher as well as by end year examination and will be consolidated at the end of course. The components for continuous internal assessment are:

One Test	15 Marks
Seminar / Quiz	5 Marks
Assignments	5 Marks
Attendance	5 Marks
Total	30 Marks

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous

evaluation component, the end year examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end year examination is 30:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-year practical examination.

14. Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e. 12 marks out of 30 marks and 28 marks out of 70 marks respectively for theory courses. The minimum passing for both CIA & external examination shall be 50%, i.e. 15 marks out of 30 marks and 35 marks out of 70 marks for the practical courses.

15. Grading:

Once the marks of the CIA (Continuous Internal Assessment) and YEA (Year End Assessment) for each of the courses are available, both (CIA and YEA) will be added. The marks thus obtained for each of the courses will then be graded as per details provided in D.P.Ed. 17 from the first year onwards the average performance within any year from the first year is indicated by Annual Grade Point Average (AGPA) while continuous performance (including the performance of the previous year also) starting from the first year indicated by Cumulative Grade Point Average (CGPA).

16. Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the Diploma of Physical Education in the First class / Second class / Pass class or First class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end Year (External) examinations.

17. Award of the Diploma:

A candidate shall be eligible for the award of the Diploma, only if he/she has earned the minimum required credit of the programme prescribed above.

18. Revaluation, Betterment and Reappearance

As per the University Rules

19. Letter Grades and Grade Points:

- i. Two methods-relative grading or absolute grading- have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use anyone of the above methods or as per the University norms
- ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-year external and internal examinations as per following table:

Percentage	Grade Point	Letter Grade	Description	Classification of final result
85 & above	8.5-10.0	0	Outstanding	First class with Distinction
70-84.99	7.0-8.49	A ⁺	Excellent	
60-69.99	6.0-6.99	A	Very Good	First Class
55-59.99	5.5-5.99	B ⁺	Good	Higher Second class
50-54.99	5.0-5.49	B	Above Average	Second Class
40-49.99	4.0-4.99	C	Average	Pass Class
Below 40	0.0	F.	Fail /Dropped	Dropped
	0	AB	Absent	

20. Grade Point Calculation

Calculation of **Annual Grade Point Average (AGPA)** and **Credit Grade Point (CGP)** and declaration of class for D. P. Ed. Programme.

The credit grade points are to be calculated as per the University norms / by the following basis:

$$\text{AGPA} = \frac{\text{Sum of grade points of all courses of the particular year}}{\text{Total credit of the year}}$$

Example - I

Marks obtained by Student in course T101 = 65/100

Percentage of marks = 65 %

Grade from the conversion table is = A

Grade Point = 6.0 + 5 (0.99/9.99)

= 6.0 + 5x0.1

= 6.0+ 0.5

=6.5 .

The Course Credits = 04

Credits Grade Point (CGP) = 6.5 x 04 = 26

The Annual grade point average (AGPA) will be calculated as a weighted average of all the grade point of the year courses. That is Annual grade point average (AGPA) = (sum of grade points of all eight courses of the year) / total credit of the year as per example given below:

FIRST YEAR

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
T-101	4	65	A	6.5	26
T-102	4	60	A	6	24
T-103	4	62	A	6.2	24.8
T-104	4	57	B+	5.7	22.8
T-105	4	55	B+	5.5	22
T-106	4	72	A+	7.2	28.8
T-107	4	66	A	6.6	26.4
T-108	4	72	A+	7.2	28.8
PC-201	4	76	A+	7.6	30.4
PC-201	4	76	A+	7.6	30.4
PC-202	4	64	A	6.4	25.6
PC-203	4	59	B+	5.9	23.6
PC-204	4	80	A+	8	32
PC-205	4	49	C	4.9	19.6
PC-206	4	64	A	6.4	25.6
PC-207	4	55	B+	5.5	22
TP-208	4	72	A+	7.2	28.8
	64				411.2

Examples: Conversion of marks into grade points

$$\text{T-101 } 65 = 60 + 5 = 6.0 + 5 \times (0.99 / 9.99) = 6.0 + 5 \times 0.1 = 6.0 + 0.5 = 6.5$$

$$\text{T-102 } 60 = 6.0$$

$$\text{T-103 } 62 = 60 + 2 = 6.0 + 2 \times (0.99 / 9.99) = 6.0 + 2 \times 0.1 = 6.0 + 0.2 = 6.2$$

$$\text{T-104 } 57 = 55 + 2 = 5.5 + 2 \times (0.49 / 4.99) = 5.5 + 2 \times 0.1 = 5.5 + 0.2 = 5.7$$

$$\text{T-105 } 55 = 5.5$$

$$\text{T-106 } 72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$$

$$\text{T-107 } 66 = 60 + 6 = 6.0 + 6 \times (0.99 / 9.99) = 6.0 + 6 \times 0.1 = 6.0 + 0.6 = 6.6$$

$$\text{T-108 } 72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$$

ANNUAL GRADE POINT AVERAGE (AGPA) = Total Credit Grade Points/ Total Credit Points = 411.2/64= 6.425

$$\text{AGPA} = 6.425$$

At the end of First Year

$$\text{Total AGPA} = 6.425$$

$$\text{Cumulative Grade Point Average (CGPA)} = 6.425/1 = 6.425$$

2ND YEAR D.P.EdAGPA 2ND Year = 6.9125

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
T-301	4	64	A	6.4	25.6
T-302	4	64	A	6.4	25.6
T-303	4	59	B+	5.9	23.6
T-304	4	81	A+	8.1	32.4
T-305	4	49	C	4.9	19.6
T-306	4	64	A	6.4	25.6
T-307	4	68	A	6.8	27.2
T-308	4	75	A+	7.5	30
PC-401	4	83	A+	8.3	33.2
PC-401	4	76	A+	7.6	30.4
PC-402	4	59	B+	5.9	23.6
PC-403	4	81	A+	8.1	32.4
PC-404	4	49	C	4.9	19.6
PC-405	4	78	A+	7.8	31.2
PC-406	4	81	A+	8.1	32.4
PC-407	4	75	A+	7.5	30
TP-408	4				442.4
	64				

At the end of 2ND Year

Total AGPA for Two Years = 13.3375

Cumulative Grade Point Average (CGPA) = $13.3375/2 = 6.66875$

CGPA = 6.66875, Grade = A, Class = First Class

Note:

- (1) AGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.
- (2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current Year.
- (3) The cumulative grade point average will be calculated as the average of the AGPA of the two years continuously, as shown above.
- (4) For the award of the class, CGPA shall be calculated on the basis of:
 - (a) Marks of each Academic Year End Assessment and
 - (b) Marks of each Academic Year Continuous Internal Assessment for each course.The final Class for D.P.Ed. shall be awarded on the basis of last CGPA (grade) from the two years examinations.

21. Grievance Redressal Committee:

The college/department shall form a Grievance Redressal Committee for each course in each college/department with the course teacher/Principal/Director and the HOD of the faculty as the members. This Committee shall solve all grievances of the students.

22. Revision of Syllabi will be done as per the Norms of NCTE / University

FIRST YEAR

Part-A : Theoretical Course						
Course Code	Title of the Papers	Total Lectures per week	Credit	Internal Marks	External Marks	Total Marks
Core Course						
T-101	History and Principles of Physical Education	4	4	30	70	100
T-102	Foundations of Physical Education	4	4	30	70	100
T-103	Basic Anatomy and Physiology	4	4	30	70	100
T-104	Recreation and value education	4	4	30	70	100
T-105	Yoga Education	4	4	30	70	100
T-106	Health Education and Environmental Studies	4	4	30	70	100
T-107	Methods of Physical Education	4	4	30	70	100
T-108	Adapted Physical Education and Corrective Exercises	4	4	30	70	100
Part-B : Practical Course						
PC-201	Track and Field– Running events *Swimming/*Gymnastics (*Any one)	6	4	30	70	100
PC-202	Badminton, Cricket, Football, Kabaddi, Throwball	6	4	30	70	100
PC-203	Minor Games	6	4	30	70	100
PC-204	Calisthenics, Dumb-bell, Flag Hoisting, , Hoops, Lezium,, March-Past, Umbrella, Wands	6	4	30	70	100
PC-205	Track and Field –Jumping Events *Swimming/*Gymnastics (*Any one)	6	4	30	70	100
PC-206	Ball Badminton, Handball, Hockey, Kho-Kho ,Softball	6	4	30	70	100
PC-207	Aerobics, Chess, Kolatam, Mallkhambh, Shooting, Yoga	6	4	30	70	100
TP-208	Teaching Practice, General Lesson Plans in Activities for first year. Out of 10 lessons 4 Internal & 1 External and 5 lessons at Schools.	6	4	30	70	100
Total		80	64	480	1120	1600

Note: Total Number of hours required to earn 8 credits for each Theory Course are 136-160 hours per year whereas 204-240 hours for each Practicum Course.

SECOND YEAR

Part-A : Theoretical Course						
Course Code	Title of the Papers	Total Lectures per week	Credit	Internal Marks	External Marks	Total Marks
Core Course						
T-301	Sports Training	4	4	30	70	100
T-302	Child Psychology and Sociology	4	4	30	70	100
T-303	Information Technology in Physical Education	4	4	30	70	100
T-304	Officiating and coaching	4	4	30	70	100
T-305	Sports injuries and Rehabilitation	4	4	30	70	100
T-306	Organisation and Administration of Physical Education	4	4	30	70	100
T-307	Test and Measurement in Physical Education	4	4	30	70	100
T-308	Nutrition and Naturopathy	4	4	30	70	100
Part-B : Practical Course						
PC-401	Track and Field – Throwing Events *Swimming/*Gymnastics (*Any one)	6	4	30	70	100
PC-402	Basketball, Table –Tennis, Tennikoit , Tennis, Volleyball	6	4	30	70	100
PC-403	Boxing/ Fencing/ Judo/ Karate/ Taekwondo, Bharathiyam Combatives, Dands & Baithaks, National Songs, Surya Namaskaram.	6	4	30	70	100
PC-404	Athletics Specialization	6	4	30	70	100
PC-405	Game of Specialization: Badminton, Ball Badminton, Basketball , Cricket, Football Handball, Hockey , Kabaddi, Kho- Kho, Softball, Tennis, Table Tennis, Volleyball (Any one of these)	6	4	30	70	100
PC-406	Teaching Practice in Sports Specialization: coaching lesson Plan in Track and Field / Swimming /Gymnastics (Any one of these)	6	4	30	70	100
TP-407	Particular lesson plans in any one game from I &II years. 5 lessons (4 Internal & 1 External)	6	4	30	70	100
TP-408	Teaching practice in Game of specialization: Coaching lessons: Badminton, Ball Badminton, Basketball , Cricket, Football Handball, Hockey , Kabaddi, Kho- Kho, Softball, Tennis, Table Tennis, Volleyball (Any one of these)	6	4	30	70	100
Total		80	64	480	1120	1600
Two years Grand Total:		160	128	960	2240	3200

Note: Total Number of hours required to earn 8 credits for each Theory Course are 136-160 hours per year whereas 204-240 hours for each Practicum Course.

SCHEME OF EXAMINATION
FIRST YEAR

Paper	Subject	Internal	External	Total Marks
	<u>THEORY (800)</u>			
T-101	History and Principles of Physical Education	30	70	100
T-102	Foundations of Physical Education	30	70	100
T-103	Basic Anatomy and Physiology	30	70	100
T-104	Recreation & value education	30	70	100
T-105	Yoga Education	30	70	100
T-106	Health Education and Environmental Studies	30	70	100
T-107	Methods of Physical Education	30	70	100
T-108	Adapted Physical Education and Corrective Exercises	30	70	100
	<u>PRACTICAL (800)</u>			
PC-201	Track and Field– Running events *Swimming/*Gymnastics (*Any one)	30	70	100
PC-202	Badminton, Cricket, Football, Kabaddi, Throwball	30	70	100
PC-203	Minor Games	30	70	100
PC-204	Calisthenics, Dumb-bell, Flag Hoisting, Hoops, Lezium,, March-Past, Umbrella, Wands.	30	70	100
PC-205	Track and Field –Jumping Events *Swimming/*Gymnastics (*Any one)	30	70	100
PC-206	Ball Badminton, Handball, Hockey, , Kho-Kho, Softball	30	70	100
PC-207	Aerobics, Chess, Kolatam, Mallkhambh, Shooting, Yoga	30	70	100
TP-208	Teaching Practice, General Lesson Plans in I year. Out of 10 lessons 4 Internal & 1 External and 5 lessons at Schools.	30	70	100
	Total	480	1120	1600

SECOND YEAR

Paper	Subject	Internal	External	Total Marks
	<u>THEORY (800)</u>			
T-301	Sports Training	30	70	100
T-302	Child Psychology and Sociology	30	70	100
T-303	Information Technology in Physical Education	30	70	100
T-304	Officiating and coaching	30	70	100
T-305	Sports Injuries and Rehabilitation	30	70	100
T-306	Organisation and Administration of Physical	30	70	100
T-307	Test and Measurement in Physical Education	30	70	100
T-308	Nutrition and Naturopathy	30	70	100
	<u>PRACTICAL (800)</u>			
PC-401	Track and Field – Throwing Events *Swimming/*Gymnastics (*Any one)	30	70	100
PC-402	Basketball, Table –Tennis, Tennikoit, Tennis, Volleyball	30	70	100
PC-403	Boxing/ Fencing/ Judo/ Karate/ Taekwondo, Bharathiyam Combatives, Dands & Baithaks, National Songs, Surya Namaskaram.	30	70	100
PC-404	Athletics Specialization	30	70	100
PC-405	Game of Specialization: Badminton, Ball Badminton, Basketball , Cricket, Football Handball, Hockey , Kabaddi, Kho-Kho, Softball, Tennis, Table Tennis, Volleyball (Any one of these)	30	70	100
PC-406	Teaching Practice in Sports Specialization: coaching lesson Plan in Track and Field / Swimming /Gymnastics (Any one of these)	30	70	100
TP-407	Particular lesson plans in any one game from I &IIyear. 5 lessons (4 Internal & 1 External)	30	70	100
TP-408	Teaching practice in Game of specialization: Coaching lessons: Badminton, Ball Badminton, Basketball , Cricket, Football Handball, Hockey , Kabaddi, Kho- Kho, Softball, Tennis, Table Tennis, Volleyball (Any one of these)	30	70	100
	Total	480	1120	1600

D.P.Ed. Syllabus

1st Year - Theory Course

T-101 : HISTORY AND PRINCIPLES OF PHYSICAL EDUCATION

- Unit- 1** Meaning and Definition of Education and Physical Education, Aim and Objectives of Physical Education, Role of Physical Education in General Education.
- Unit-2** Historical Development of physical education in India: Pre and post Independent India in world (Greece, Germany)
- Unit-3** Policies, Schemes, Awards: Bharata Ratna, Padmasri, Padmabhushan, Padmavibhushan, Arjuna, Dronacharya, Rajiv Khel Ratna, Ekalavya, Jhansi Laxmibai, Abhimanya,, Trophies/ Cups in Physical Education and Sports at State/National level.
- Unit-4** Institutes bodies for Physical Education and Sports in India (YMCA, LNUPE, SAI, NSNIS, IOA, AIU, SGFI, CABPE, PYKKA, RGKA, SAAP, Physical Education & Sports Universities,))

- References:**
- 1) Nixon, E.E. & Cozen, F.W. *An Introduction to Physical Education*, Philadelphia.W.B. Saunders Co. 1969.
 - 2) Obertuffer; *Delbert Physical Education*. New York, Harper & Brothers Publisher, 1970.
 - 3) Sharman, J.R. *Introduction to Physical Education*, New York, A.S. Barnes & Co. 1964.
 - 4) William J.F. *The Principles of Physical Education*, Philadelphia, W.B. Saunders Co 1964.
 - 5) Deshpande, S.H. *Physical Education in Ancient India*. Amravati, Degree College of Physical Education 2014
 - 6) M.L.Kamalesh, *Principle and History of Physical Education & Sports*, Friends publications, Delhi.

T-102 : FOUNDATIONS OF PHYSICAL EDUCATION

- Unit- 1** Physical Education in relation to Humanities (Pedagogy, Psychology, Sociology, Statistics)
- Unit-2** Physical Education in relation to Science Disciplines: Anatomy, Physiology, Anthropometry, Kinesiology, Biomechanics, Nutrition.
- Unit-3** Heredity Traits, Unsynchronized development, Growth and Development at various levels - pre-adolescence, adolescence, adulthood, Differences in boys and girls, Classification of body types : Kretchmer's and Sheldon classification.
- Unit-4** Learning - meaning and definition, Theories of Learning - Trial and Error Theory, Conditioned Response Theory, Insightful Learning, Laws of Learning: Law of Readiness, Law of Use and Disuse, Law of Effect, Law of Recency, Law of Frequency, Types of Learning - Primary, associate, concomitant, Transfer of Learning, Learning Curve

References:

- 1) Harold M. Barrow, Man and Movement: *Principles of Physical Education*. 2nd edition, London, Kempton pub. 1977.
- 2) Ramesh Chandra Pradhan, *Foundation of Physical Education* New Delhi sports pub. 2011
- 3) Retune B. Frost, *Physical Education Foundation Practices Principles*, London, Addison- Worley. Pub. Cont. 1975.
- 4) Sharma S.N., *Philosophical and Sociological Foundation of Education*, New Delhi, Kanishka pub. Distributors, 1995.
- 5) D.G. Wakharkar, *Physical Education and Sports In India*, Amravati Shree H.V.P.M. Pub., 1988.
- 6) Bucher Charles A. *Foundation of Physical Education*, St. Louis: The C.V. Mosby Co., 1972.

T-103 : BASIC ANATOMY AND PHYSIOLOGY

- Unit- 1** Meaning, Definition and importance of Anatomy and Physiology
Cell : Definition and importance, structure and functions of cell.
- Unit-2** Skeletal System: Bones, in Axial and Appendicular skeleton , structure , functions and types of bones – types of joints – structural and functional classification, movements around joints, effects of exercise on skeletal system.
Muscular System: Structural and functional classification of muscles, characteristics of muscles, fatigue and performance, palpated muscles around shoulder, elbow, hip and knee joint, Effects of Exercise on muscular system.
- Unit-3** Digestive system: Structure of digestive system, process of digestion, effects of exercise on digestive system.
Respiratory system: Structure of human respiratory system, mechanism of respiration, oxygen debt and second wind, effects of exercise on respiratory system.
Circulatory System: Composition and functions of blood, structure and functions of human heart, effects of exercise on circulatory system.
- Unit-4** Excretory system: Structure and functions of skin and kidneys, effects of exercise on Excretory system.
Nervous system: Structure and functions of human brain and spinal cord.
- References:**
- 1) Karpovich. Peter V. *Physiology of Muscular Activity* London. W.B. Saunders Co. 1059.
 - 2) Morehouse, L.E. & Miller, J. *Physiology of Exercise* St. Louis The C.V. Mosby Co. 1967.
 - 3) Lamb, G.S. *Essentials of Exercise Physiology*. Delhi, Surjeet Publication, 1982.

T-104 : RECREATION & VALUE EDUCATION

- Unit-1** Meaning and Importance of Recreation in physical education, Principles of recreation in physical education, qualities and qualifications of recreation leader, worthy use of leisure time activities and their educational values
- Unit-2** Organisation of recreational activities, individual and home agencies, government agencies, voluntary agencies, private agencies and commercial agencies: qualities of the recreation leader.
Meaning and importance of picnic, Benefits of picnic, organisation of picnic, Essential constituents of good picnic.
- Unit-3** Inculcation of Human Values, Ethical values, Spiritual values through Sports.
- Unit-4** Social values, ethical values of officials and coaches on sports ground, ethical behaviour in sports and sportsman spirit, ethical judgment.

References:

- 1) Bucher Charles A, *Foundation of Physical Education* St. Louis: The C.V. Mosby Co., 1072.
- 2) Johnson, R.C. *Measurements in Physical Education & Athletic*, New York, Mac. Milan & Co. 1980.
- 3) Nixon, E.E. & Cozen, F.W. *An Introduction to Physical Education*, Philadelphia. W.B. Saunders Co. 1969.
- 4) Obertuffer; *Delbert Physical Education*, New York, Harper & Brothers Publisher, 1970.
- 5) Sharman, J.R. *Introduction to Physical Education*, New York, A.S. Barnes & Co. 1964.
- 6) William, J.F. *The Principles of Physical Education*, Philadelphia, W.B. Saunders Co. 1964.
- 7) Jackson Roger, *Sports Administration Manual*, Canada, Roger Jackson & Associate Ltd., 2005.
- 8) Butler, G.D., *Introduction to community recreation*
- 9) Jacks L.P. : *Education through recreation*
- 10) Nash J.B. : *Philosophy of Recreation*
- 11) Fitzgerald : *Community organisation for recreation*
- 12) Gangwar B.E: *Organisation, administration & Methods of physical education*, A.Ppublishers, Jalandhar, 2005

T-105 : YOGA EDUCATION

- Unit- 1** Meaning, Definition, Importance of Yoga. Streams of Yoga: Karma Yoga, Raja Yoga, Jnana Yoga, Bakti Yoga, Hatha yoga and their values; Development of Yoga in India
- Unit-2** Effects of yogasanas on various systems of the body: Muscular system, respiratory system, digestive system, circulatory system; Types and importance of asanas with special reference to physical education and sports. Suryanamaskara of 12 stages
- Unit-3** Meaning and importance of Ashtanga Yoga - Yama, Niyama, Asana, Pranayama, Pratyahar, Dharna, Dhyana, Samadhi
- Unit-4** Shatkriyas, Bandhas: Jalandhar Bandha, Moolabandha, Udyana Bandha.
Mudras: Yoga mudra, Chinmayamudra, Aswani mudra, Brahma mudra

- References:**
- 1) Duggal, Satyapad: *Teaching Yoga* (the Yoga Institute, Santacruz, Bombay, 1985)
 - 2) Swami Satyananda : *Yoga Education for Children Saraswati* (Bihar School of Yoga, Munger, 1990)
 - 3) Gawande, E.N.: *Value oriented Education* (Sarup & sons, New Delhi - 110002)
 - 4) Nagendra, H.R. and Nagarathna R: *New Perspectives in Stress Management* (V.K.Yogas, Bangalore, 1988)
 - 5) Udupa, K.N.: *Stress and its Management by Yoga* (Motilal Banarsidass, Delhi)
 - 6) Ghorote, M.L.: *Applied Yoga*, Lonavala.
 - 7) BKS Iyengar, *Light on Yoga*
 - 8) Swami Ramdev – *Pranayama, Suryanamaskar*

T -106 : HEALTH EDUCATION & ENVIRONMENTAL STUDIES

- Unit- 1** Meaning, Definition, Dimensions and Importance of Health; Principles of Health Education. Factors influencing health – Heridity, Environment and Health Habits. Coordinated school health programme – Health services, Health instruction, Health records and Health supervision
- Unit-2** Common Health Problems in India, Communicable and Non-Communicable Diseases, Hygiene – Personal, Environmental, Occupational Health, Cleanliness and awareness through educational activities.
- Unit-3** Environmental Studies - Meaning, natural and men made Hazards. Environmental pollution – Meaning, Definition, prevention and control of Air, Water, Soil and Sound Pollution.
- Unit-4** Natural Calamities – Cyclone, Tsunami, Earthquake – Their prevention and safety measures. WHO, UNICEF, UNESCO and other agencies

References:

- 1) Moss and *et. al.* “**Health Education**” (National Education Association of U.T.A.)
- 2) Nemir A. “**The School Health Education**” (Harber and Brothers, New York).
- 3) Frank H. Walter H., Turners School Health Education, the C.Y. Mosby Company, Saint Louis-1976
- 4) Agrawal, K.C. **Environmental Biology** (Bikaner: Nidhi publishers Ltd.) 2001.
- 5) Miller T.G. Jr., **Environmental Science** (Wordsworth publishing Co.)
- 6) Odum,E.P. **Fundamental of Ecology** (U.S.A.: W.B. Saunders Co.) 1971.
- 7) Townsend C. **Essentials of Ecology** (Black well science)

T -107 : METHODS OF PHYSICAL EDUCATION

- Unit- 1** Meaning, Definition, Importance and Factors Influencing on Methods of teaching
- Unit-2** Principles of Presentation Technique and Class Management in physical education:
Commands, Class Formation, Teaching aids : Audio visuals
- Unit-3** Methods of classification of students: Mccloy method, YMCA method.
Method of teaching: Command Method, Lecture Method, Demonstration Method, Discussion Method, Part Method, Whole Method, Part-Whole Methods, Whole part whole method and their application in minor, major, rhythmic calisthenics and Gymnastics
- Unit-4** Lesson Plan – Concept of lesson plan, Principles, importance of lesson plan. Preparation of Lesson Plan in Physical Education – Steps in lesson plan.
- References:**
- 1) Bossing, N.L. Progressive, *Methods & Teaching Secondary Schools*.
 - 2) Knap, C. & Hagma. E.P. *Teaching Methods for Physical Education*, New York: McGraw Hill Book Co. Inc 1958.
 - 3) Kozman H.C. Cassidy R. & Jackson C. *Methods in Physical Education* London: W.B. Saunders Co. 1960.
 - 4) Tirunarayanan, C. & Hariharan, S. *Methods in Physical Education* Karaikudi: South India Press, 1969.
 - 5) Dhanunjoy shaw – Seema kaushik – *Lesson planning, Teaching methods & class management in Physical Education*, KSK, Delhi
 - 6) Kamalesh, *Methods in Physical Education*
 - 7) J.P.Thomas, *Physical Education Lesson*.

T -108 : ADAPTED PHYSICAL EDUCATION & CORRECTIVE EXERCISES

- Unit- 1** Adapted Physical Education- Meaning, Definition, Objectives and Importance
- Unit-2** Concept and Significance of Good Posture: Postural Deformities, Lordosis, Kyphosis, Kypholordosis, Scoliosis, Knockknees, Bow legs, flat foot and their Remedies, Corrective Exercises for Postural illnesses and deformities
- Unit-3** Classification of various disabilities (Different abled) – physically challenged, mentally challenged, visually challenged, hearing impaired, Principles of adapted Physical Education programme
- Unit-4** Co-curricular activities for the disabled - Indoor/ Outdoor programmes, rhythmic and dance activities, aquatic activities, fitness testing of disabled child

References:

- 1) Author David Jean Pyfer, *Adapted Physical Education and Recreation* V. 5th ed. S.T Louis Mostly College pub. 1985.
- 2) Pomerocy Janet, *Recreation for the Physically Handicapped* N. York The Macmillan Comfogy 1964
- 3) Gandhi P. K. & S.R. Mohisini, *The Physically handicapped and the Government* Delhi Seema pub. 1982
- 4) Graham Uplon , *Physical and creative activities for the mentally Handicapped* New York. Cambridge University Press.
- 5) Bryant J. Craatty, *Adapted Physical Education for Handicapped Children and Youth*, London Lever Pub. Comfort 1980

2nd Year - Theory Course**T-301 : SPORTS TRAINING**

- Unit-1** Meaning, Definition, Importance, Characteristics and Principles of Sports Training. Brief introduction on Detraining and Retraining.
- Unit-2** Training Load and Adaptation Process; Overload - Causes, Symptoms and Preventive Measures, recovery and its benefits.
- Unit-3** Definition and Types of Flexibility, Strength, Endurance, Speed and Coordinative Abilities
- Unit-4** Training methods : Continuous training, Interval training, Repetition training, fartlek training, resistance training, circuit training, plyometric training.
- Methods of developing Fitness Components - Flexibility, Strength, Endurance, Speed and Coordinative Abilities, Talent Identification and nurturing of talent

- References:**
- 1) Harre, Dietrich, *Principles of Sports Training* (Berlin: Speculated, 1982).
 - 2) Dick W. Frank. *Sports Training Principles* (London: Lepus Books, 1980).
 - 3) Jensen, R. Clayne, and Fisher A.G. *Scientific Basis of Athletic Conditioning* (Philadelphia: 1979).
 - 4) Matvyew, L.P. *Fundamental of Sports Training* (Moscow: Progress Publishers, 1981).
 - 5) Cratty, J. Brayant *Perceptual and Motor Development in Infants and Children* (N.J.: Englewood Cliffs, Prentice Hall, Inc. 1979).
 - 6) Singh, H. *Sports Training, General Theory and Methods* (Patiala: NSNIS, 1984).
 - 7) Uppal, A.K., *Sports Training* (New Delhi: Friends Publication, 1999).
 - 8) Bompa, *Series of strength training*
 - 9) K.R.S.Reddy & Srinivasan – *Science of Sports Training*, Swastik publications, New Delhi.

T-302 : CHILD PSYCHOLOGY AND SOCIOLOGY

- Unit- 1** Meaning, Definition and Nature of Psychology, Child Psychology, Educational Psychology and Sports Psychology
Importance of Sports Psychology. Motivation – Definition, Importance and types of motivation.
- Unit-2** Stages of Growth and Development of Children - Physical, mental, social and communication skill development, psycho-motor learning at different stages.
Play-Theories of play.
- Unit-3** Meaning, Definition and Importance of Sociology and Sports Sociology; Culture and Sports, Socialization and Sports, Gender and Sports
- Unit-4** Social Mobility – Sports Professionalization – Role of social factors on sports performance

References:

- 1) Blair. Jones and Simpson, *Educational Psychology*, McMillan Co., New York, 1962.
- 2) Cratty. B. J., *Psychology and Physical activity*. Eaglewood Cliffs. Prentice Hall, 1968.
- 3) Crow and Crow, *Educational Psychology*. Eurasia Publishing House, N. Delhi, 1979.
- 4) Kamlesh, M.L. *Psychology in Physical Education and Sport*. Metropolitan Book Co., N. Delhi.1998.
- 5) Mathur. S.S., *Educational Psychology*. Vinod Pustak Mandir, Agra, 1962.
- 6) Skinner, Charles. E., *Education Psychology*. Prentice Hall of India, N. Delhi, 1984.
- 7) Loy, John W., Kenyon, Gerald S. & McPherson, Barry D. *Sports Culture and Society* (Philadelphia: Lea & Febiger, 1981).
- 8) Ball, Donald W. and Loy John W. *Sport and Social Order; Contribution to the sociology of sport*, (London: Addison Wesley Publishing Co., Inc., 1975).
- 9) Loy John. W. McPherson, Barry D., and Kenyon Gerald, *Sport and Social System* (London: Addison Wesley Publishing Company Inc., 1978).
- 10) Edward Larry. *Sociology of Sport* (Illinois: The Dorsey Press, 1973).
- 11) Cratty, Brayant, J. Social *Dimensions of physical Activity* New Jersey: Englewood Cliffs, Prentice Hall Inc., 1967.
- 12) Benjamain Dumiville – *Child Psychology*, Lokesh thani, Sports publications
- 13) Dharam viz – *Sports and society readings in sociology of sports*.

T-303 : INFORMATION TECHNOLOGY IN PHYSICAL EDUCATION

- Unit-1** Introduction to Computer System: definition, Characteristics, Principles, Parts of Computer and their functions, Generations, Input and Output Devices, Operating Systems, Memory (RAM, ROM)
- Unit-2** WINDOWS: Meaning and Features of Windows, , Start and Shutdown Computer, Creating Folders and Short cut Icons. Saving, Copying and Deleting Files,. Use of Note Pad and Paint Brush.
- Unit-3** MS OFFICE: MS Word, MS Excel and MS Power point and introduction to Internet
- Unit-4** Computer Applications in Physical Education: principles of development of self instruction materials special reference to school children, principles of designing e-learning modules

References:

- 1) Chauhan Sunil, Saxena Akash, Gupta Kartika, *Foundation of Computer*, (Firewall Media, 2006)
- 2) *Computer Fundamentals*. Pradeep K. Sinha & Priti Sinha, 4th edition, BPB Publication
- 3) *Computers in Your Future*, Marilyn Meyer & Roberta Baber, 2nd edition, Prentice Hall India
- 4) *Computers Today*. Suresh K. Basandra, Galgotia publication, upgraded edition-2008
- 5) Irtegov, D. *Operating System Fundamentals*. Firewall Media. 2004.
- 6) Milke, M Absolute *Beginner's Guide to Computer Basics*, Pearson Education Asia 2007.
- 7) *NIIT Basics of Networking* Prentice - Hall of India Pvt. Ltd, 2004

T-304 : OFFICIATING AND COACHING

- Unit-1** Officiating, Meaning, importance and principles of officiating. Qualities and qualifications of good official, Duties of Officials. (Hockey, Football, Handball, Volleyball, Basketball, Tabletennis, Kabaddi, Kho-Kho, Throwball, Tennis, Badminton, Ball Badminton, Cricket, Softball and Tennikoit), System of officiating in games.
- Unit-2** Rules of various games, Layout of courts and fields of games.
Track and field – layout of track and field, rules of track and field events – Runs, Jumps, Throws
Systems of officiating in track and field events.
- Unit-3** Coaching definition, principles and physiology of coaching, qualities and qualification and responsibilities of a good coach.
- Unit-4** Coaching camps, Skill, Technique, Tactics and strategies, System of playing games, selection of team, Brief description of teaching, coaching and training

References:

- 1) Cratty, B.J., *Psychology and Physical activity*. Eaglewood Cliffs. Prentice Hall, 1968.
- 2) Crow and Crow, *Educational Psychology*. Eurasia Publishing House, N. Delhi, 1979.
- 3) Kamlesh, M.L. *Psychology in Physical Education and Sport*. Metropolitan Book Co., N. Delhi.1998.
- 4) Skinner, Charles. E., *Education Psychology*. Prentice Hall of India, N. Delhi, 1984.
- 5) Loy, John W., Kenyon, gerald S. & McPherson, Barry D. *Sports Culture and Society*, Philadelphia: Lea & Febiger, 1981.
- 6) Ball, Donald W. and Loy John W. *Sport and Social Order; Contribution to the sociology of sport*, London: Addison Wesley Publishing Co., Inc., 1975.
- 7) Loy John. W. McPherson, Barry D., and Kenyon Gerald, *Sport and Social System*, London: Addison Wesley Publishing Company Inc., 1978.
- 8) Edward Larry. *Sociology of Sport*, Illinois: The Dorsey Press, 1973.
- 9) Cratty, Brayant J. *Social Dimensions of Physical Activity*, New Jersey: Englewood Cliffs, Prentice Hall Inc., 1967.

T- 305 : SPORTS INJURIES AND REHABILITATION

- Unit- 1** Meaning and Causes of Sports Injuries. Principles of prevention of sports injuries
- Unit-2** Common Sports Injuries, symptoms and their treatment, Ligament sprain – Muscle sprain – Tennis elbow- Golfer’s elbow, lower back strain – Dislocation – Fractures, Runners knee – Shin pain – Blisters – contusion, Abrasion, Laceration, Haematoma, contusion.
- Unit-3** Definition of First-Aid, DRABC formula (Danger, Response, Airways, Breathing & Circulation), Artificial respiration techniques – Mouth to mouth, mouth to nose respiration, CPR(Cardio Pulmonary Resuscitation), First Aid for Haemorrhage, Fracture, Sprain and Strain, Drowning, Heat Stroke and Heat Exhaustion; Concept of PRICE(Prevention, Rest, Ice, Compression and Elevation)
- Unit-4** Rehabilitation - Meaning, Objectives and importance of Rehabilitation; Rehabilitation Modalities - Cold, Heat, Water, Radiation.

References:

- 1) Ann. Lowlin. *Women’s Fitness Program Development* Human, Kinetics. 2002.
- 2) Bengt O. Eriksson *et. al, Sports Medicine*, Guinness Publication, 1990.
- 3) Christine M. Drews, *Physiology of Sports and Exercise*, Human Kinetics, USA, 1999.
- 4) David R. Mottram, *Drugs in Sports* (4th Ed) Routledge Taylor and Francis Group, 2005.
- 5) Erikson, B.O. *et al, Sports Medicine*, Guinness Pub. Great Britain, 1990.
- 6) Jain, Rachna, *Sports Medicine*, KSK, New Delhi, 2002.
- 7) Jeyaprakash, C. S., *Sports Medicine*, J.P. Brothers Pub., New Delhi, 2003.
- 8) Khanna, G.L., *Exercise Physiology & Sports Medicine*, Lucky Enterprises, Delhi, 1990.
- 9) Mathew O.K. & Fox E.L, *Physiological Basis of Physical Education and Athletics*, W.B. Saunders Co: Philadelphia, 1971.
- 10) Pandey, P.K., *Outline of Sports Medicine*, J.P. Brothers Pub., New Delhi, 1987.
- 11) Pandey, P.K., *Sports Medicine*, Khel Sahitya Kendra, New Delhi, 1998.

T- 306 : ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION

- Unit- 1** Meaning, importance and principles of administration and organization; Factors influencing on good administration; Types of good Administration; Qualifications and qualities of good administration. Organisational setup at different levels: Schools, Colleges, Universities, Mandal, District, State & National
- Unit-2** Facilities and standards of Physical Education: Play fields, (Different play areas) Gymnasium, Swimming pool. Purchase & Care of sports equipments, Maintenance of Stock, Maintenance of records and Registers, Cash register, Tapal register, Stock Issue register, Attendance Register, Physical Fitness records, Health records and achievement records. Process of Verification, Write-off and Condemnation of Stock
- Unit-3** Tournaments: Meaning of tournament and types of tournaments – Knock-out (Elimination), League (Round Robin), Knock-out cum league, League cum knock-out, Double league, Double knockout, Challenge. Method of drawing Fixtures: Seeding, Special Seeding. Rotation Method, Stair case method. Intramural and Extramural and their importance, Sports Day/ Play Day
- Unit-4** Time tables – Meaning and maintenance of Time table, factors influencing time table. Types of Physical Education periods. Budget : Meaning and importance of Budget, Budget income, expenditure and rules regarding expenditure, Preparation and Administration of Budget.

References:

- 1) Broyles, Frank J. & Rober. Hay D. *Administration of sports, Athletic Programme*: A Managerial Approach, New York, Prentice hall Inc. 1979.
- 2) Bucher. Charles A. *Administration of Physical Education and Athletic Programme* St. Louis. The C.V. Mosby Co. 1983.
- 3) Singh, Sujan, *Organization of Physical Education* Ropar Jeet Publication, 1973.
- 4) Thomas J.P. *Organization & Administration of Physical Education* Madras, Gyanodayal Press, 1967.
- 5) Voltmer, Edward F. and Esslinger, Arther A. *The organization and Administration of Physical Education*: New York: Prentice Hall Inc. 1979.

T-

307 : TEST AND MEASUREMENT IN PHYSICAL EDUCATION

- Unit- 1** Meaning and definition of Test, Measurement and evaluation, Importance of Test, Measurement and Evaluation in the field of physical education and sports.
- Unit-2** Criteria of good test: Classification of tests, Test Administration(Pre, During and Post)
- Unit-3** Tests for different variables Speed – 50metre dash, Maximum speed -30metres dash with flying start, cardio vascular endurance – Cooper’s 12 minutes run - walk test, Muscular endurance – Bent knee sit-ups – Explosive power – Standing Broad jump
- Unit-4** Anthropometric Measurements: Height, Weight, Arm length, Leg length. BMI and its classification.

References:

- 1) ACSM’s *Health / Fitness Facility Standards and Guidelines*, New York: Human Kinetics, 1992.
- 2) Barrow, Harold M. and McGhee, Rosemary, *A Practical Approach to Management in Physical Education*” Philadelphia: Lea and Fibiger 1979.
- 3) Clarke, H. Harrison.: *Application of Measurement to Health and Physical Education*, New Jersey: Prentice Hall Inc. 1976.
- 4) Safrit, Margaret J: *Introduction to Measurement in Physical Education and Exercise Science*, St. Louis: Mosby, 1995.

T – 308 : NUTRITION AND NATUROPATHY

- Unit- 1** Sports Nutrition, Concept of Nutrition, Types of Nutrients, Balanced Diet
- Unit-2** Obesity - Causes and Prevention; Weight Management through Life style Modification. Malnutrition
- Unit-3** Naturopathy - Meaning, Definition and Principles of Naturopathy; Methods of Nature Cure, Fasting, Mud Therapy and Hydrotherapy
- Unit-4** Application of Naturopathy, technique for various diseases like cold, cough, fever, constipation, diarrhea

References:

- 1) Brown, JE. (2005). *Nutrition*, Now Thomson, Wordsworth.
- 2) Corbin, C.B., G.J. Welk, W.R. Corbin, K.A. Welk (2006) *Concepts of Physical Fitness: Active Lifestyle for Wellness*. McGraw Hill, New York, USA.
- 3) Graham, G. (2001), *Teaching Children Physical Education: Becoming a Master Teacher*. Human Kinetics, Champaign, Illinois, USA. Hoeger,
- 4) Hoeger (2007) *Fitness and Wellness*, 7th Ed. Thomson Wadsworth, Boston, USA.
- 5) Kamlesh, M. L. & Singh, M. K. (2006) *Physical Education* (Naveen Publications).
- 6) Kansal, O.K. (2008) *Text book of Applied Measurement, Evaluation & Sports Selection. Sports & Spiritual Science* Publications, New Delhi.
- 7) Lumpkin, A. (2007) *Introduction to Physical Education, Exercise Science and Sports Studies*, McGraw Hill, New York, U.S.A.

First Year -Practicum : PC-201***Track & Field***

Layout of Track

Technique and Rules of Sprints, Middle distance, Long distance, Relays, Hurdles

Swimming/ Gymnastics (Any one)-

Gymnastics: Floor exercises (Boys & Girls) Horizontal bar – (Boys), Balancing Beam (Girls)

Swimming: Skills & rules of swimming – Free style (50Mts & 100Mts) for (Boys and Girls)

Practicum : PC-202***Football, Kabaddi, Badminton & Cricket***

Skills, rules & Lead-up Games

Practicum : PC-203

Minor Games: Intelligence games, Tag games, Relay Games & Ball Games

Practicum : PC-204

Flag Hoisting, Marching, Lezium, Dumb-bell, Flower sticks, Kolatam, Wands & Hoops

Practicum : PC-205***Track & Field -***

Marking of field events and rules of Jumps

Technique and Rules of Long Jump, High Jump, Triple Jump, Polevault

Swimming/ Gymnastics (Any one)

Gymnastics: Vaulting horse (Boys & Girls) Pyramids – (Boys & Girls)

Swimming: Skills & rules of swimming – Breast Stroke (50Mts & 100Mts) (Boys) and Breast Stroke (50 Mts & 100Mts) (Girls.)

Practicum : PC-206***Hockey, Handball, Kho-Kho, Ball Badminton***

Skills, rules & Lead-up Games

Practicum : PC-207

Shooting/ Aerobics/ Calisthenics/ Yoga/ Mallkhambh/ Chess

Teaching Practice TP-208

Teaching Practice : Coaching lesson plans in any one of the first year games - 5 lessons of 40 Minutes duration each (4 internal & 1 External)

General Lesson plan : 5 Lessons of 40 min duration each (4 Internal & 1 External)

2nd Year -Practicum : PC-401***Track & Field -***

Marking Throw sectors and rules of Throws

Technique and Rules of Shotput, Discus, Javelin, Hammer,

Swimming/ Gymnastics (Any one)

Gymnastics: Pommel horse (Boys) Gymnastic Positions, Combination of Rhythmic Activities - Rope, Ribbon (Girls)

Swimming: Skills & rules of swimming – Butter Fly (50Mts) (Boys and girls)

Practicum : PC-402

Tennikoit, Basketball, Tabletennis, Volleyball

Practicum : PC-403

Boxing/Fencing/Judo/Karate/Martial Arts/Tae-Kwon-do/ Bharathiyam / Astanga Yoga /Surya Namaskaram / Combatives/ National Songs / Dands & Baithaks

Practicum : PC-404

Specialisation in Athletics: Candidates have to exhibit proficiency and officiating ability in any one of the events in Athletics of I & II years. Record and Viva - Voce.

Practicum : PC-405

Game of Specialization: candidate has to show proficiency in any one of the games from I & II years. Record and Viva - Voce.

Practicum : PC-406

Coaching lesson in sports specialization. Coaching lesson plan in any one of the track & Fields events / Swimming/Gymnastics. (5 Lessons of 45 Minutes duration each. 4 Internals & 1 External)

Teaching Practice-TP-407

Particular Lesson plan : 5 Lessons(in class room/out door) of 45 minutes of duration each in any one of the activity from PC-306 & 307 (4 internal and 1 External) and any 5 lessons in PC-306 & 307

Teaching Practice: TP 408

Teaching Practice in game of Specialization: Coaching lessons in any one of the game from I & II years (5 Lessons of 45 Minutes duration each. 4 Internals & 1 External)

Table-1 : Year wise distribution of hours per week

<i>Year</i>	<i>Theory</i>	<i>Practical</i>	<i>Teaching Practice</i>	<i>Total</i>
<i>Total</i>	<i>64</i>	<i>78</i>	<i>18</i>	<i>160</i>
<i>Minimum of 36 teaching hours per week is required in five or six days in a week</i>				

Table-1 : Number of credits per year

<i>Year</i>	<i>Theory</i>	<i>Practical</i>	<i>Teaching Practice</i>	<i>Total</i>
<i>Total</i>	<i>64</i>	<i>78</i>	<i>12</i>	<i>128</i>
<i>Minimum of 36 teaching hours per week is required in five or six days in a week</i>				

**MODEL QUESTION PAPER
FIRST YEAR D.P.ED. EXAMINATION
PHYHSICAL EDUCATION**

T-101 - HISTORY AND PRINCIPLES OF PHYSICAL EDUCATION

Time : 3 Hours

Max. Marks : 70

**Answer any five of the following
each question carries 14 marks**

1. Define Physical Education and write the aims and objectives of Physical Education
2. Explain the development of Physical Education in Pre and Post independent India
3. Discuss the various sports policies schemes and awards in India
4. Describe the composition and functions of Sports Authority of India and SGFI
5. How and when did the Netaji Subhas National Institute of Sports (NSNIS) originate? highlight the function and courses offered by the institution
6. Write the role of Physical Education in General Education
7. Answer any two of the following:
 - a) IOA b) LNUPE c) YMCA
8. Answer any two of the following:
 - a) Bharat Ratna and Rajiv Khel Ratna
 - b) Janshi Lakshmi Bai and Abhimanya
 - c) Meaning of Physical Education

**MODEL QUESTION PAPER
FIRST YEAR D.P.ED. EXAMINATION
PHYHSICAL EDUCATION**

T-102 - FOUNDATIONS OF PHYSICAL EDUCATION

Time : 3 Hours

Max. Marks : 70

**Answer any five of the following
each question carries 14 marks**

1. Write definition of physical education? Explain about aims and objectives of physical education?
2. Explain the theories of Play?
3. What is Supervision? Explain qualities of supervisor
4. Explain leadership in physical education? Write qualities and qualifications of a leader?
5. Describe about character building and personality development through physical education?
6. Indian culture-physical education, and explain their influence on behavior pattern?
7. Answer any two of the following:
 - a) Physical culture
 - b) Emotional development
 - c) Body types
8. Answer any two of the following:
 - a) Use, disuse and over use
 - b) Fatigue and stress
 - c) Competition & cooperation

**MODEL QUESTION PAPER
FIRST YEAR D.P.ED. EXAMINATION
PHYHSICAL EDUCATION**

T-103 - BASIC ANATOMY AND PHYSIOLOGY

Time : 3 Hours

Max. Marks : 70

**Answer any five of the following
each question carries 14 marks**

1. What is the role of science in physical education? Explain about cell?
2. Explain about Human skeleton system with diagram
3. Explain about effect of daily exercise on Muscular System?
4. Write about circulatory system?
5. Draw a neat diagram of excretory system and explain?
6. Write about skin with diagram?
7. Answer any two of the following:
 - a) Functions of the Cell
 - b) differences between male and Female Skelton system
 - c) Oxygen debt
8. Answer any two of the following:
 - a) Posture
 - b) Causes for deformities
 - c) Functions of Blood

**MODEL QUESTION PAPER
FIRST YEAR D.P.ED. EXAMINATION
PHYHSICAL EDUCATION**

T-104 - RECREATION AND VALUE EDUCATION

Time : 3 Hours

Max. Marks : 70

**Answer any five of the following
each question carries 14 marks**

1. Define recreation and explained aims and objectives?
2. Explain about private recreational agencies?
3. What is Picnic? Role of Physical Education Teacher in conduct a successful picnic?
4. What is camping? write about camping?
5. What is leadership? Write about qualities of good leader?
6. Define leisure? Need and importance of leisure in present days?
7. Answer any two of the following:
a) Music b) Dance c) Gardening
8. Answer any two of the following:
a) Singing b) Indoor games c) Village recreates

**MODEL QUESTION PAPER
FIRST YEAR D.P.ED. EXAMINATION
PHYHSICAL EDUCATION**

T-105 - YOGA EDUCATION

Time : 3 Hours

Max. Marks : 70

**Answer any five of the following
each question carries 14 marks**

1. Differences between Yoga and Physical exercises?
2. Write about Historical background of Yoga and rules for Yoga practice ?
3. Explain in brief about Astanga Yoga?
4. Write about any six standing Asanas?
5. Write about “Mudras”?
6. Write about “Kriyas and Bandas”?
7. Answer any two of the following:
 - a) Yamamu b) Nouli c) Seethali
8. Answer any two of the following:
 - a) Meditation b) Pranayama c) Astheyam

**MODEL QUESTION PAPER
FIRST YEAR D.P.ED. EXAMINATION
PHYHSICAL EDUCATION**

T-106 - HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Time : 3 Hours

Max. Marks : 70

**Answer any five of the following
each question carries 14 marks**

1. What is health education? Explain principles and importance of health education?
2. Write about any three common health problems in India?
3. What is the meaning of hygiene? Explain importance of personal hygiene?
4. Write the causes and effects of polluted Air?
5. Explain types of viral hepatitis and how do you prevent and control these disease?
6. What are the best prevent and safety measures in minimizing the risk to life and property when naturally calamities like cyclone, tsunami, earth cake, occurs?
7. Answer any two of the following:
 - a) Health records
 - b) Soil & Sound pollution
 - c) UNICEF
8. Answer any two of the following:
 - a) Communicable & Non Communicable deceases
 - b) WHO
 - c) UNESCO

**MODEL QUESTION PAPER
FIRST YEAR D.P.ED. EXAMINATION
PHYHSICAL EDUCATION**

T-107 - METHODS OF PHYSICAL EDUCATION

Time : 3 Hours

Max. Marks : 70

**Answer any five of the following
each question carries 14 marks**

1. Explain about methods of teaching in Physical Education?
2. Briefly explain about steps in effective teaching?
3. What is lesson plan? Explain about types and steps of lesson plans?
4. What is class management? Factors influencing class management?
5. Define tournament? Explain types of tournaments with example?
6. Characteristics of a good Test?
7. Answer any two of the following:
a) Teaching Aids b) Presentation Technique c) Principles of Teaching
8. Answer any two of the following:
a) Classification b) Seeding c) Components of Physical fitness

**MODEL QUESTION PAPER
FIRST YEAR D.P.ED. EXAMINATION
PHYHSICAL EDUCATION**

T-108 - ADAPTED PHYSICAL EDUCATION AND CORRECTIVE EXERCISES

Time : 3 Hours

Max. Marks : 70

**Answer any five of the following
each question carries 14 marks**

1. Write the meaning, definition and objectives of Adapted Physical Education.
2. Write about the concept and significance of good posture.
3. Describe the various disabilities and write the principles of Adapted Physical Education programme.
4. Write in detail co curricular activities for the disabled.
5. Write the importance Adapted Physical Education programme.
6. Give corrective exercises for postural illnesses and deformities.
7. Answer any two of the following
 - a) Lordosis & Kyphosis
 - b) Nock knees & Bowlegs
 - c) Rhythmic & Dance activities
8. Answer any two of the following
 - a) Kypholordosis & Scoliosis
 - b) Visually challenged & Hearing impaired
 - c) Indoor & Out door programmes

**MODEL QUESTION PAPER
SECOND YEAR D.P.ED. EXAMINATION
PHYHSICAL EDUCATION**

T-201 - SPORTS TRAINING

Time : 3 Hours

Max. Marks : 70

**Answer any five of the following
each question carries 14 marks**

1. What is the aim and objectives of sports training?
2. Explain the characteristics of sports training?
3. What is training method and explain various sports training methods?
4. What is endurance? Explain objectives of endurance?
5. What are the physical fitness components?
6. Write meaning, definition and Principles of Sports Training.
7. Answer any two of the following
 - a) Interval training b) Plyometric training
 - c) Talent identification & Nurturing of talent
8. Answer any two of the following
 - a) Circuit training b) Fartlek training c) Training load

**MODEL QUESTION PAPER
SECOND YEAR D.P.ED. EXAMINATION
PHYHSICAL EDUCATION**

T-202 - CHILD PSYCHOLOGY AND SOCIOLOGY

Time : 3 Hours

Max. Marks : 70

**Answer any five of the following
each question carries 14 marks**

1. Define Learning? Explain about kinds of learning?
2. Explain about learning Curves?
3. Explain about Psychological factors affecting sports performance?
4. What is Motivation? Need and importance of Motivation in sports?
5. Write about role of Physical Activities in the development of Personality?
6. Write briefly about theories of Play?
7. Definition, characteristics and qualities of a leader?
8. Write two of the following:
 - a) Motor Development
 - b) Social Development
 - c) Super Ego

**MODEL QUESTION PAPER
SECOND YEAR D.P.ED. EXAMINATION
PHYHSICAL EDUCATION**

T-203 - INFORMATION TECHNOLOGY IN PHYSICAL EDUCATION

Time : 3 Hours

Max. Marks : 70

**Answer any five of the following
each question carries 14 marks**

1. Define computer and give characteristics of informative system?
2. Give a brief note on parts and their functions of computers?
3. Write, need and scope of information technology in the field of physical education?
4. Explain the principles of designing e-learning modules
5. What is MS Office and explain MS Word and MS Excel
6. Write the meaning and features of winds?
7. Answer two of the following:
 - a) Memory System b) Creating folders and short cut icons c) MS Power point
8. Answer two of the following:
 - a) Principals of information Technology b) Generations in computers
 - c) Principles of development of instruction material

**MODEL QUESTION PAPER
SECOND YEAR D.P.ED. EXAMINATION
PHYHSICAL EDUCATION**

T-204 - OFFICIATING AND COACHING

Time : 3 Hours

Max. Marks : 70

**Answer any five of the following
each question carries 14 marks**

1. What is officiating and explain the principals of officiating?
2. Explain the qualifications of a good Referee/Umpire
3. What suggestions can you give for improving the standard of Referee/
4. Draw a neat diagram of Badminton Court with all necessary markings?
5. Draw a neat diagram of football field with all necessary markings?
6. Draw a neat diagram of standard track with 4X100 M official positions?
7. Answer any two of the following:
 - a) Outs in Cricket
 - b) Rules of Start and Finish in sports
 - c) Common mistakes in Hurdling
8. Answer any two of the following:
 - a) Rules for long Jump
 - b) Rules for throwing events
 - c) Kabaddi score sheet

**MODEL QUESTION PAPER
SECOND YEAR D.P.ED. EXAMINATION
PHYHSICAL EDUCATION**

T-205 - SPORTS INJURIES AND REHABILITATION

Time : 3 Hours

Max. Marks : 70

**Answer any five of the following
each question carries 14 marks**

1. Write the meaning and causes of Sports Injuries.
2. Explain different types of common sports injuries, symptoms and their treatment.
3. What are the basic steps to reduce the risk of sports injuries? Describe
4. What is fracture and dislocation? Explain the types of fractures and its handling.
5. What is first aid? Write the concept of PRICE
6. Write the meaning and objectives and importance of rehabilitation
7. Answer any two of the following:
 - a) Tennis elbow & Abrasion
 - b) First aid for heat stroke & heat exhaustion
 - c) Sprain & Strain
8. Answer any two of the following:
 - a) Skin injuries
 - b) Splints
 - c) Types of first aid

**MODEL QUESTION PAPER
SECOND YEAR D.P.ED. EXAMINATION
PHYHSICAL EDUCATION**

T-206 - ORGANISATION AND ADMINISTRATION OF PHYSICAL EDUCATION

Time : 3 Hours

Max. Marks : 70

**Answer any five of the following
each question carries 14 marks**

1. Define organization and Administration and explain its aims and objectives?
2. Write the rules for use of games find?
3. What is Intramurals? Explain in brief?
4. How do you plan for a successful standard sports meet?
5. Write briefly about Registers for Physical Education?
6. What is the need and importance of time table in Physical Education?
7. Answer any two of the following:
 - a) Supervision
 - b) Budget
 - c) Play day
8. Answer any two of the following:
 - a) Swimming pool
 - b) Track and Field
 - c) Facilities and standards for Play Fields.

**MODEL QUESTION PAPER
SECOND YEAR D.P.ED. EXAMINATION
PHYHSICAL EDUCATION**

T-207 - TEST AND MEASUREMENT IN PHYSICAL EDUCATION

Time : 3 Hours

Max. Marks : 70

**Answer any five of the following
each question carries 14 marks**

1. Explain the meaning of Test, Measurement & Evaluation in Physical Education
2. Describe the criteria of good test
3. Discuss about classification of test with examples
4. Discuss about methods of scoring test with examples
5. Describe AAHAPER youth fitness test and its importance in physical education
6. Describe barrow motor ability test and its importance
7. Answer any two of the following:
 - a) Pre and Post Test
 - b) JCR Test
 - c) Russell Lange Volleyball Test
8. Answer any two of the following:
 - a) Administration of Test
 - b) Harward Step Test
 - c) John Basketball Test

**MODEL QUESTION PAPER
SECOND YEAR D.P.ED. EXAMINATION
PHYHSICAL EDUCATION**

T-208 - NUTRITION AND NATUROPATHY

Time : 3 Hours

Max. Marks : 70

**Answer any five of the following
each question carries 14 marks**

1. What is Nutrition? Explain balanced diet and factor influencing diet?
2. What are that six categories of Nutrition? Describe briefly
3. Define naturopathy? Write the principles of naturopathy.
4. Give the applications of naturopathy for various diseases
5. What is obesity causes and prevention
6. What is Malnutrition? Write weight management through life style modification.
7. Answer any two of the following
 - a) Carbohydrate & Vitamins
 - b) Water loading
 - c) Pre & Post competition meal
8. Answer any two of the following
 - a) Hydrotherapy
 - b) Function of proteins
 - c) Obesity