

**Scheme of Examination for B.Sc (Physical Education, Health Education and Sports).-
Six Semester Course.**

Ist. Semester:		Marks	Int. Assessment	Total
Paper-I	English (Compulsory)	60	15	75
Paper- II	Hindi (Compulsory)	60	15	75
Paper- I II	Foundation of Phy. Education and Sports	80	20	100
Paper-IV	Anatomy and Physiology	60	15	75
Paper- V	Theory of games and sports-I (Athletics and Gymnastics)	60	15	75
Paper-VI	Theory of games of sports-II (Volleyball Game and Yoga)	60	15	75

Total Marks: 475

IInd. Semester:		Marks	Int. Assessment	Total
Paper-I	English (Compulsory)	60	15	75
Paper-II	Hindi (Compulsory)	60	15	75
Paper-IV	Foundation of Phy. Education and Sports	80	20	100
Paper-IV	Anatomy and Physiology (Theory) (Practical)	60	15	75
Paper-V	Theory of games and sports-I (Track & Field and Gymnastics) Practical (Track & Field, Gymnastic)	60	15	75
Paper-VI	Theory of games of sports-II (Volleyball Game and Yoga) Practical (Volleyball and Game and Yoga)	60	15	75

Total Marks: 625

Grant Total: 1100

B.Sc (Physical Education, Health Education and Sports) (Six semester course)

SEMESTER-I
Paper-I
English (Compulsory)

Theory- 60 Marks
Int. Assessment: 15
Time: Three hours

Note: The paper will set the question paper as per the syllabus and according the standard of the course.

A Book of English for Polytechnics

By Mrs. Anju (M.A..M.Phil)
Lect. Govt. Polytechnic, Ambala City
(Ishan Publiscation),
2765./2, Patel Road, Ambala City.
Ph. 0171-244997

Following six chapters from the above book.

(15 Marks)

1. Adventure in Space
2. An Engineering Wizard
3. The Diamond Necklace
4. Gold lives in the Punch
5. The man who found penicillin
6. Guru Nanak Dev

(One general question with internal choice)

2. Comprehension – from the text book.

(15 Marks)

3. Grammer

(15 Marks)

- a) Voice
- b) Nattation
- c) Tenses
- d) Prepositions
- e) Punctuation

4. Translation from English to Hindi

(08 Marks)

5. Paragraph on Topic/ themes related to games and sports. **(07 Marks)**

SYLLABUS

B.Sc. (Physical Education, Health Education and Sports) - I

Paper – II Hindi (Compulsory)

Time 3 hours

Theory 60

Int. Assessment 15

Note: The paper setter will set the question paper as per syllabus and according the standard of the course.

SEMESTER – I

1. 'पृथ्वीराज की आँखें' एकांकी 25 अंक
(डॉ० रामकुमार वर्मा)

प्रस्तुत एकांकी में से दो गद्यांश दिए जाएँगे, जिनमें से एक की सप्रसंग व्याख्या लिखनी होगी। इसके लिए 15 अंक निर्धारित हैं।

इसी एकांकी में से चरित्र-चित्रण, उद्देश्य, तात्विक समीक्षा आदि पर पूछे गए दो प्रश्नों में से एक का उत्तर देना होगा जो 10 अंक का होगा।

2. वाक्यांश के लिए एक शब्द 10 अंक
;दिए गए वाक्यों/वाक्यांशों में से किन्हीं दस के लिए एक-एक शब्द लिखना होगा।
प्रत्येक के लिए एक अंक निर्धारित है।
3. पर्यायवाची शब्द 05 अंक
4. वाक्य - शोधन 05 अंक
(पर्यायवाची शब्द एवं वाक्य- शोधन के प्रश्न बहुविकल्पी होंगे। दिए गए चार-चार विकल्पों में से सही विकल्प का चयन कर परीक्षार्थी को अपनी उत्तर पुस्तिका में लिखना होगा। प्रत्येक भाग के लिए एक अंक निर्धारित है)
5. निबंध लेखन 15 अंक
(राजनीतिक, सामाजिक, सांस्कृतिक, सम-सामयिक आदि विषयों पर दिए गए पांच निबंधों में से एक का उत्तर देना होगा।)

B.Sc. (Physical Education, Health Education and Sports)
(Semester-I)
Paper – III Foundation of Physical Education and Sports

Time: Three hours

Marks: 80
Int. Assessment : 20

Note: The question paper will consist of five Unit I,II,III,IV,& V, UnitI,II,III,&IV will have two questions from their respective units of the syllabus and will carry 15 marks each. Unit 'Vth' will consists of 10 short answer type questions which will cover the entire syllabus and will carry 2 marks each.

Candidates are required to attempt one question each from Unit I,II,III,& IV and Unit 'Vth.' is compulsory for all.

Unit – 1

Meaning, Importance of Physical Education
Need of Physical Education
Scope of Physical Education and Sports
Relation of Physical Education to General Education and Recreation.

Unit - II

Aim and Objectives of Physical Education and Sports
Physical, Mental, Social, Emotional Developments,
Neuro Muscular Co-ordination,
Development of Good Citizenship,
Worthy Use of Leisure time.

Unit – III

A Brief Historical Review of Physical Education and Sports Activities of Indian Heritage, History of Asian and Modern Olympic Games, History of Phy.Edu. of Greece.

UNIT – IV

National Programme of Physical Education and Sports
National Institutes of Physical Education & Sports
Sports Talent Search Scholarship

References

1. Khan, E.A, History of Phy.Edu;Patna Scientific Corporation (1964).
2. Kamlesh, M.L.Physical Education Facts and Foundation; Faridabad P.S publication(pvt) Ltd.(1988).
3. Kamlesh, M.L.Principles& History of Phy.Edu., Prakash Bros., Patiala,1991.
4. Hoffman,G.J.&Harris J.C Introduction to Knesiology studying Phy.Activity,2000.
5. Revenas, R.S.(1978) Foundations of Physical Education.
6. Barrow, R.M.(1983) Man and Movement.
7. Bucher, G.A(1922)Foundation of Phy.Edu.and Sports.

(Semester-I)
Paper – IV Anatomy & Physiology

Time: Three hours

Marks: 60
Int. Assessment : 15

Note: The question paper will consist of five Units I,II,III,IV,& V, UnitI,II,III,&IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit 'Vth' will consists of 10 short answer type questions which will cover the entire syllabus and will carry 2 marks each.

Candidates are required to attempt one question each from Unit I,II,III,& IV and Unit 'Vth.' is compulsory for all.

Unit – 1

Concept of Anatomy & Physiology and their implications.
Description of Cell, tissue, Structure and functions of the Cell
Properties of living Cell.

Unit - II

Structure and Functions of Skelton System

Bones- composition, Classification and Function of Bones

Features of Different Bones of the Body i.e. Scapula, Radius, Ulna, Humorous, Hip Bone, Femur, Tibia, Ribs and Bones of the Skull.

Joints – Definition and Classification of Joints, Structure of a Synovial Joints.

Unit – III

Planes & Axis of Movements and Terminology of Movement around the Joints.

Respiratory System .

Structure of Lungs.

Mechanism of Respiration.

Second wind and Oxygen Debt.

Unit - IV

i) Cardiovascular System :

Structure of Heart and Major Blood Vessels in different Part of the Body.

Process of blood circulation in the body.

ii) Excretory System :

Structure of Kidney and Urinary Tract. Various Channels of Excretion such as Kidney, Skin and Rectum.

Reference Books.

1. Pearee Evelyn, C

Anatomy and Physiology for Nurses, London,
Faber and Faber Ltd.,1962

2. Pavat.J Anatomy for Students and Teachers of Physical Education, London, Edward Arnold and Co., 1959.
3. Willion. J.F Anatomy and Physiology, London, W.B.Saunders.
4. Senson Wright Applied Physiology
5. Best and Taylor The Living Body, New Delhi, Asia Club House,1960.
6. Smount, C.F.V.and McDonald, R.J.S Physiotherapy, Occupational, Therapy and Gymnastics, Edward Arnold Pvt.Ltd., 1969.
7. Kiober Grey Anatomy and Physiology.
8. Stackpoles Anatomy and Physiology (6th ed.).

B.Sc. (Physical Education, Health Education and Sports)
(Semester-I)
Paper – V Theory of Games & Sports -I
(Athletics and Gymnastics)

Time: Three hours

Marks: 60
Int. Assessment : 15

Note: The question paper will consist of five Units I,II,III,IV,& V, UnitI,II,III,&IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit 'Vth' will consists of 10 short answer type questions which will cover the entire syllabus and will carry 2 marks each.

Candidates are required to attempt one question each from Unit I,II,III,& IV and Unit 'Vth.' is compulsory for all.

Unit - I

Sprints:-

- a) Correct Running Style Emphasis on Proper Body Position
- b) Crouch Start – Fixing of Starting Blocks, Getting off the Block
- c) Practice of Starts with Blocks using Proper Command
- d) Curve Running
- e) Walking

Unit - II

High Jump:-

- a) Approach run
- b) Take Off
- c) Flying Phase (Stadel Technique & Fosbury Flop)

Note : Fosbury Flop is only Taught if Proper Facility available.

Unit - III

History of Gymnastics in India, Asia and World

The measurements and the layout of various apparatuses of Gymnastics

Unit - IV

For Boys

1. Floor Exercises

- a) Forward Roll
- b) Backward Roll
- c) Handstand Roll Forward

For Girls

1. Floor Exercises

- a) Roll Forward
- b) Roll Backward
- c) Handstand Roll Forward

- d) Cart Wheel
- e) Roll Backward to Handstand
- f) Front Split
- g) Scale Balance

2. Parallel Bar

- a) Upper Arm Sport
- b) Back Uprise From Upper Arm
- c) Perfect Swing on Parallel Bar
- d) Sitting Position Straddle
- e) Shoulder Stand
- f) Front Wall Dismount

3. Horizontal Bar

- a) Perfect Swing on Horizontal Bar
- b) Single Leg upstart (with swing)
- c) Single leg Circle Forward
- d) Single Leg Circle Backward
- e) Under Swing Dismount

- d) Cart Wheel
- e) Cat Leap Jump
- f) Handstand Forward

2. Balancing Beam

- a) Jump to Squat Stand
- b) Knee Scale with support
- c) Walking on the Beam
- d) Standing Scale front ways
- e) Cat Leap

REFERENCES:

1. Chauhan, B.S., Khel Jagat Mein Athletics, Jalandhar: A.P.Pub., 1999.
2. Fox, E.L., Physiological Basis of Physical Education and Athletics, Brown Pub., 1989.
3. Gothi, Ekta, Teaching and Coaching Athletics, ND: Sports Pub. 1997.
4. Anand, Om Parkash., Yoga Dawara Kaya Kalp, Kanpur, Sewasth Sahitya Perkashan, 2001.
5. Code of Points Trampoline Gymnastics, Federation Int. De Gymnasics, 2005.
6. Federation International Gymnastics, Federtion Int. De Gymnasics, 2006.
7. Jain, R., Play and Learn Gymnastics, Khel Sahitaya Kendra, 2005.
8. Pearson, D., Play The Game Gymnastics, Britain : Ward Lock, 1991.

(Semester-I)

Theory of Games & Sports - II

Paper-VI (Volleyball Games and Yoga)

Time: Three hours

Marks: 60

Int. Assessment : 15

Note: The question paper will consist of five Units I,II,III,IV,& V, Unit I,II,III,& IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit 'Vth' will consists of 10 short answer type questions which will cover the entire syllabus and will carry 2 marks each.

Candidates are required to attempt one question each from Unit I,II,III,& IV and Unit 'Vth.' is compulsory for all.

SEMESTER – I

Unit - I

1. History of Volleyball in India & Asia
2. Court – Dimensions, Officials of Volleyball
3. Warming up – General & Specific

Unit - II

1. **Techniques :-**
 - a) Service – Under Arm, Side Arm, Overhead & Floating
 - b) Pass – The Volley, The dig
 - c) Player's Stance – Receiving the ball and Passing the Teamates

Unit - III

1. Meaning Definition of Yoga, Types of Yoga
2. Pranayama & Its techniques
3. **Asanas** – Meaning and Types of Asanas

Unit - IV

4. Importance of Yoga in Daily Life
5. Techniques & benefits of following Asanas :-
 - a) Padmasana
 - b) Vajrasana
 - c) Halasana
 - d) Vakrasana
 - e) Sarvangasana
 - f) Vipritkarani
 - g) Bhujangasana
 - h) Surya Namaskar

REFERENCES

1. Anand, Om Prakash. Yog Dawra Kay Kalo, Kanpur, Sewasth Sahitya Perkashan,2001.
2. Sarin, N.Yoga Dawara Ragoon Ka Upchhar, Khel ahitya Kendra,2003.
3. Sri., Swami Rama, Breathing, Rishikesh, Sadhana Mandir Trust,2001.
4. Swami, Ram.,Yoga & Married life, Rishikesh Sadhana Mandir Trust,2000.

5. Swami, Veda Bharti., Yoga Polity, Economy and family, Rishikesh Sadhana Mandir Trust,2000.
6. American Program, Coaching Youth Volly Ball, Campaign, H.K.,1996
7. FIVB, Backcourt Spiking in Modern Volly Ball, Chennai: FIVB,1996.
8. Sagggar,S.K., Cosco Skill Stactics-Volley Ball, Delhi: Sports Publication,1994.
9. Scates,A.E.,Winning Volley Ball, WC Brown, 1993.

SEMESTER-II

B.Sc (Physical Education, Health Education and Sports) (Six semester course)

Paper-I
English (Compulsory)

Time: Three hours

Theory Marks: 60

Int. Assessment : 15

Note : The paper will set the question paper as per the syllabus and according the standard of the course.

A Book of English for Polytechnics

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(Ishan Publiscation),
2765./2, Patel Road, Ambala City.
Ph. 0171-244997

Following six chapters from the above book.

1. Uncle Podger Hangs a Picture
2. Subhash Chander Bose
3. A pair of Mustachias
4. Guru Gobind Singh
5. With Photographer
6. Sir Jagdish Chander Bose

One general question with internal choice	(15 Marks)
2. Comprehension	(10 Marks)
3. Letter Writing (Business)	(15 Marks)
4. Idioms and Phrases / Autonyms/ Snony	(10 Marks)
5. Translation from Hindi to English	(10 Marks)

Paper – II
Hindi (Compulsory)
B.Sc. (Physical Education, Health Education and Sports) - I

Time : Three hours

Theory Marks: 60

Int. Assessment : 15

Note: The paper setter will set the question paper as per syllabus and according to the standard of the course.

SEMESTER – II

- 1- कहानी : ;पद्म कफन ;प्रेमचंदद्वारा ;पद्म बूढ़ी काकी ;प्रेमचंदद्वारा 25 अंक
प्रस्तुत कहानियों में से दो गद्यांश दिए जाएँगे, जिनमें से एक की सप्रसंग व्याख्या लिखनी
होगी। इसके लिए 10 अंक निर्धारित हैं

इन्हीं कहानियों में से चरित्र चित्रण, उद्देश्य, तात्त्विक समीक्षा, कथ्य, समस्याओं आदि पर पूछे गए
दो समीक्षात्मक प्रश्नों में से एक का उत्तर देना होगा, जो 10 अंक का होगा।

2. खेल सम्बंधी पारिभाषिक शब्दावली 10 अंक
पूर्व पाठ्यक्रम में दिए गए 150 के लगभग शब्द निर्धारित हैं, जिनमें से 15 शब्द ;अंग्रेजी के
दिए जाएँगे। इनमें से किन्हीं दस के हिन्दी पर्याय लिखने होंगे। प्रत्येक के लिए एक अंक
निर्धारित है।

3. मुहावरे 5 अंक
4. लोकोक्तियाँ 5 अंक
5. विपरीतार्थक ;विलोमद्वारा शब्द 5 अंक
6. शब्द-शोधन 5 अंक

;विपरीतार्थक शब्द एवं शब्द-शोधन के प्रश्न बहुविकल्पी होंगे। प्रत्येक के लिए चार-चार विकल्प दिए
जायेंगे। सही विकल्प का चयन कर परीक्षार्थी को अपनी उत्तर-पुस्तिका में लिखना होगा।
प्रत्येक के लिए एक अंक निर्धारित है।

7. पत्र-लेखन ;शिकायती एवं सम्पादक के नामद्वारा 10 अंक
दिए गए दो पत्रों में से एक का उत्तर अपेक्षित होगा।

(Semester-II)

Paper – III Foundation of Physical Education and Sports

Time: Three hours

Theory Marks: 80

Int. Assessment : 20

Note: The question paper will consist of five Units I, II, III, IV, & V, Unit I, II, III, & IV will have two questions from their respective units of the syllabus and will carry 15 marks each. Unit 'Vth' will consist of 10 short answer type questions which will cover the entire syllabus and will carry 2 marks each.

Candidates are required to attempt one question each from Unit I, II, III, & IV and Unit 'Vth.' is compulsory for all.

Unit – 1

Scientific basis of Physical Education and Sports,

Contribution of Allied Sciences – Anatomy, Physiology, Kinesiology, Psychology, Sociology, Biomechanics & Anthropometry

Unit – II

N.C.C., N.S.S., N.S.U.,

Scouting & Guiding,

Youth Hostels,

Youth Festivals

Nehru Yuva Kendras

Unit – III

Coaching Schemes,

Rural Sports,

Women Sports

National Fitness Programme

National Awards & Honours to Outstanding Sportspersons and Coaches

Unit – IV

Olympic Movement and its Impact on Physical Education and Sports

The contribution of Olympic Movement towards International Understanding

REFERENCES

1. Khan, E.A, History of Phy.Edu; Patna Scientific Corporation (1964).
2. Kamlesh, M.L.Physical Education Facts and Foundations; Faridabad P.S.publication (pvt) Ltd. (1988).
3. Kamlesh, M.L.Principles & History of Phy.Edu., Prakash Bros., Patiala,1991.
4. Hoffman, G.J & Harris J.C Introduction to Knesiology studying Phy. Activity,2000.
5. Revenas, R.S (1978) Foundations of Physical Education.
6. Barrow, R.M.(1983) Man and Moment.
7. Bucher, G.A.(1992) Foundations of Phy.Edu. And Sports.

(Semester-II)

Paper – IV Anatomy & Physiology (Theory)

Time : Three hours

Theory Marks: 60

Int. Assessment : 15

Note: The question paper will consist of five Units I,II,III,IV,& V, UnitI,II,III,&IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit 'Vth' will consists of 10 short answer type questions which will cover the entire syllabus and will carry 2 marks each.

Candidates are required to attempt one question each from Unit I,II,III,& IV and Unit 'Vth.' is compulsory for all.

-

Unit – 1

Muscular System:-

Structural & Functional Classification of Muscles
Significance & Characteristics of Muscles
Relation of Muscle & Bone Coverage

Unit – II

Digestive System :-

Structure & Function of Various Parts.
Movement of Gastro Intestinal Tract.
Secretion and Functions of Digestive Juices.
Function of Liver and Absorption of Food.

Unit – III

Nervous System :-

- a) Structure of Brain and Spinal Cord
- b) Function of Important Parts of Nervous System (Spinal Cord, Cerebrum, Cerebellum, Medulla Oblongata)

Autonomic Nervous System
Central Nervous System

Unit – IV

Structure of Eye Organs for Vision.
Structure and Function of Skin.
Structure and Function of Ear

**B.Sc. (Physical Education, Health Education and Sports)
(Semester-II)**

**Paper – V Theory of Games & Sports -I
(Track & Field and Gymnastics)**

Time : Three hours

**Theory Marks: 60
Int. Assessment : 15**

Note: The question paper will consist of five Units I,II,III,IV,& V, UnitI,II,III,&IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit ‘Vth’ will consists of 10 short answer type questions which will cover the entire syllabus and will carry 2 marks each.

Candidates are required to attempt one question each from Unit I,II,III,& IV and Unit ‘Vth.’ is compulsory for all.

Unit - I

1. Middle Distance Running :-

- a) Correct Running Style emphasis on Proper Body Position and Foot Placement
- b) Practice of Standing Start

2. Long Jump

- a) Approach run
- b) Take off
- c) Flying Phase (Hang & running in the Air Styles)
- d) Landing

Unit - II

3 Shot Put

- a) Holding
- b) Placement of Shot
- c) Initial Stance
- d) Glide
- e) Delivery Stance
- f) Delivery action
- g) Reverse

Unit - III

- 1. General Development Exercises with & without Apparatus
- 2. Duties of Judges and Superior Judges on the various apparatuses
- 3. Rules related to the various apparatuses and exercises

Unit - IV

For Boys

1. Vaulting Table

- b) Cat Vault
- c) Straddle Vault

2. Pommel Horse

- a) Perfect support Position on Pommel Horse
- b) Half Single Leg Circle
- c) Single Leg Circle Outward (Front support)
- d) Single Leg Circle Inward (Front Support)

3. Roman Rings:-

- a) Perfect Swing on Roman Ring
- b) Inverted Hang
- c) L hang
- d) Indicate forward with Bend Body
- e) Indicate Forward with Straight Body

For Girls

1. Vaulting Table

- a) Cat Vault
- b) Straddle Vault

2. Uneven Bars

- a) Hang higher bar to Squat forward to rear support
- b) Swing
- c) One leg squat rise to scale
- d) Underswing Dismount

PRACTICAL

50 Marks

SEMESTER – II

Part – A Track & Field

: 25 Marks

- (a) Spirits
- (b) Distance running
- (c) Jumps (High jump, long jump & Pole vault)
- (d) Throws- short-put javlin discuss

Two events of the following will be assessed for examination.

Part – B Gymnastics

: 25 Marks

For Boys

1. Vaulting Table:-

- a) Cat Vault
- b) Straddle Vault

2. Pommel Horse:-

- a) Perfect support Position on Pommel Horse
- b) Half Single Leg Circle
- c) Single Leg Circle Outward (Front support)
- d) Single Leg Circle Inward (Front Support)

For Girls

1. Vaulting Table:-

- a) Cat Vault
- b) Straddle Vault

2. Uneven Bars:-

- a) Hang higher bar to Squat forward to rear support
- b) Swing
- c) One leg squat rise to scale

d) Under swing Dismount

3. Roman Rings :-

- a) Perfect Swing on Roman Ring
- b) Inverted Hang
- c) L hang
- d) Indicate forward with Bend Body
- e) Indicate Forward with Straight Body

REFERENCES

1. Chauhan, B.S., Khel Jagat Mein Athletics, Jalandhar: A.P.pub.,1999.
2. Fox, E.L.,Physiological Basis of Physical Education and Athletics,Brown Pub.,1989.
3. Gothi, Ekta, Teaching and Coaching Athletics, N.D: Sports Pub.1997.
4. Anand, Om Parkash., Yoga Dawara Kaya Kalp, Kanpur, Sewasth Sahitya Perkashan,2001.
5. Code of Points Trampoline Gymnastics, Federation Int. De Gymnasics,2005.
6. Federation International Gymnastics, Federation Int. De. Gymnasics,2006.
7. Jain, R,Play and Learn Gymnastics, Khel Sahitaya Kendra, 2005.
8. Pearson, D.Play The Game Gymnastics, Britain : Ward Lock,1991

(Semester-II)

Theory of Games & Sports - II
Paper-VI (Volleyball Games and Yoga)

Time : Three hours

Theory Marks: 60
Int. Assessment : 15

Note: The question paper will consist of five Units I,II,III,IV,& V, UnitI,II,III,&IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit 'Vth' will consists of 10 short answer type questions which will cover the entire syllabus and will carry 2 marks each.

Candidates are required to attempt one question each from Unit I,II,III,& IV and Unit 'Vth.' is compulsory for all.

Unit - I

1. Duties of officials before, during and after the competition.
2. Organization of Tournament at district, state, Intramural & Inter college level

Unit - II

1. **Techniques of Volleyball:-**
 - a) Footwork
 - b) Spiking – Straight arm, Round Arm,
 - c) Blocking – Individual & Group
 - d) Dives & Rolls
2. **Tactics:-**
 - a) Individual & Group Tactics
 - b) Tactics of Offence
 - c) Tactics of Defense

Unit - III

1. Shat Karma – Techniques & Importance
2. Asthang Yoga – Yama, Niyam, Asana, Pranayama, Pratihara, Dharana, Dhyan and Samadhi
3. Difference between Yogic & Non-yogic System of Exercise.

Unit - IV

1. Importance of Asanas
2. Techniques & Benefits of Following Asanas
 - a) Tadasana
 - b) Vrikshasana
 - c) Spiritkarani
 - d) Bakasana
 - e) Ardhmastenderasana
 - f) Matsyasana

- g) Janusirasana
3. Jal Neti / Sutra Neti, Kapalbhathi
4. One technique of Pranayama

PRACTICAL

50 Marks

SEMESTER – II

Part –A Volleyball Games : 25 Marks

1. General and Specific Warming up
2. Techniques
 - a) Service – Under Arm, Side Arm, Overhead & Floating
 - b) Pass – The Volley, The dig
 - c) Player’s Stance – Receiving the ball and Passing the Teamates

Part – B Yoga : 25 Marks

1. Techniques of following Asanas :-

- a) Padmasana
 - b) Vajrasana
 - c) Halasana
 - d) Vakrasana
 - e) Sarvangasana
 - f) Vipritkarani
 - g) Bhujangasana
 - h) Surya Namaskar
2. Jal Neti / Sutra Neti, Kapalbhathi
3. One technique of Pranayama

REFERENCES

1. Anand, Om Prakash. Yog Dawra Kay Kalo, Kanpur, Sewasth Sahitya Perkashan,2001.
- 2.Sarin, N.,Yoga Dawara Ragoon Ka Upchhar, Khel ahitya Kendra,2003.
- 3.Sri., Swami Rama, Breathing, Rishikesh,Sadhana Mandir Trust,2001.
4. Swami, Ram., Yoga & Married Like, Rishikehs Sadhana Mandir Trust,2000.
5. Swami, Veda Bharti., Yoga Polity, Economy and family, Rishikesh Sadhana Mandir Trust,2000.
- 6.American Program, Coaching Youth Volly Ball, Campaign, H.K.,1996.
7. FIVB, Backcourt Spiking in modern Volly Ball,Chennai:FIVB,1996.
8. Saggar, S.K., Cosco Skills Stactics- Volley Ball, Delhi: Sports Publication,1994.
9. Scates, A.E.Winning Volley Ball, WC Brown,1993.

**Scheme of Examination for B.Sc. (Physical Education, Health Education and Sports).
Six
Semester Course.**

IIIrd. Semester

	Theory Marks	Int. Assessment	Total Marks
Paper-Ist. English	60	15	75
Paper-IIInd. Health and Safety Education	60	15	75
Paper-IIIrd. Physiology of Exercise	60	15	75
Paper-IVth. Theory of Games (Athletics and Gymnastic)	60	15	75
Paper Vth. Theory of Games /Sports (Basketball)& Vocational Oriented Course (Physiotherapy)	60	15	75
Total Marks			375

IVth. Semester

Paper- I English	60	15	75
Paper-II First aid and Rehabilitation (Theory)	60	15	75
(Practical)			50
Paper-III Physiology of Exercise (Theory)	60	15	75
(Practical)			50
Paper-IVth. Theory of Games (Athletics and Gymnastics) (Theory)	60	15	75
(Practical) (Athletics and Gymnastic)		(25+25)	50
Paper-Vth. Theory of Games /Sports (Basketball)& Vocational Oriented Course (Physiotherapy) (Theory)	60	15	75
(Practical) a) Basketball b) Physiotherapy		(25+25)	50
Total Marks			575

Grant Total 375+ 575=950

SYLLABUS

B.Sc.(Physical Education , Health Education & Sports)

PAPER-I

(ENGLISH)

Semester-III

Time : Three hours

Theory Marks: 60

Int. Assessment : 15

Note: The paper setter will set the question as per the syllabus and according the standard of the course.

Books : English through Reading

1. Following three chapters from the above written book. (15 Marks)

I. Civilization and history

II. The Fun they had

III. Oil

(One general question with internal choice)

2. Comprehension – from above mentioned chapters of text book (10 Marks)

3. Grammer from above mentioned chapters of text book. (15 Marks)

a) Articles

b) Voice

c) Narration

d) Prepositions

e) Tenses

4. Translation from Hindi to English (10 Marks)

5. Essay writing related to games and sports (10 Marks)

SYLLABUS
B.Sc.(Physical Education, Health Education &Sports)
PAPER-II
(HEALTH AND SAFETY EDUCATION)
Semester-III

Time : Three hours

Theory Marks: 60
Int. Assessment : 15

Note: The question paper will consists of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each .Unit V will consists of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit v is compulsory for all.

UNIT-I

- Meaning of Health. Relationship of physical mental emotion & social health with each other
- Importance of health for individual, family, community and Nation
- Meaning of Health Education. Its needs, scope ,aim & objectives
- Principles of health education and Programme for health education

UNIT- II

- World health Organization and other voluntary Agencies
- Effort to reduce ill effect of environment on health
- Health Problems of college students, use of leisure time , recreation and traveling
- Meaning and importance of personal hygiene, care of skin, eyes, ears, nose, feet hands and hairs.

UNIT-III

- Meaning of importance of safety education
- Prevention of accidents.
- Needs of safety education in physical education & sports.
- Safe environment health careers available in India

UNIT-IV

- Principles of safety with respect of building & play fields.
- Equipments, dress etc. safety in water ,
- Safety during floods, hurricane. Thunder lighting, air raids ,
- Safety of roads , camps, picnics & tours

Books recommended for further study:

- Bauer, W.W (Editor) Today' Health Guide, American, Medical Association, Revised Edition 1968.
- Harg jossie Helen, School Health Programme New York, Holt Reinehart Nad Winston, Inc, 1965.
- Ariderson, CL school Health Practice., ed.4, saint laduies, the C.V. Maby Com., 1968
- Health Education by Moss and other (National Education on Association at UTA)
- Turner et al: school Health Education, Harper st. louis , The V.C Mosby Co. 1976.
- Hamir A : The school Education , Harper and Brother Newyork, 1965.
- Oberteutfar D: School Education Harper and Brother New York, Latest edition, 1972

B.Sc.(Physical Education , Health Education & Sports)

PAPER-III

(PHYSIOLOGY OF EXERCISE)

Semester-III

Time : Three hours

Theory Marks: 60

Int. Assessment : 15

Note: The question paper will consist of five Units I, II, III, IV & V, Unit I, II, III, & IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit 'V' will consist of 10 short answer type questions which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from Unit I, II, III, & IV and Unit 'V.' is compulsory for all.

UNIT-I

- **Meaning of Physiology of Exercise.**
- **Importance of Physiology of Exercise in the field of Physical Education & Sports.**
- **Nature of Physiology of Exercise.**

UNIT-II

- **Meaning and types of exercise.**
- **Effects of exercise on muscular system.**
- **Effects of exercise on respiratory system .**
- **Effects of exercise on cardio-vascular system**

UNIT -III

- **Muscles and types of muscles.**
- **Properties of voluntary muscles.**
- **Functions of voluntary muscles.**
- **Conditions affecting muscular contraction.**

UNIT-IV

- **Definition of Physical Fitness.**
- **Components of Physical Fitness.**
- **Benefits of Physical Fitness.**
- **Factors influencing Physical Fitness.**

Books recommended for further study:

- **Devies,H.A. Physiology of exercise for Physical Education and Athletes' London:Staples Press,1979**
- **Lal,D.C. 'Hand book of Exercise Physiology'New Delhi:Sports Publication:2006**
- **Tiwari,Sandhya 'exercise physiology' Physiology'New Delhi:Sports Publication:2009**
- **Singh,Ajmer et.al.'Essentials of Physical Education'New Delhi:Kalyani Publication:2003**
- **Srivastava et.al. 'Text book of Practical physiology' Kolcutta:Scientific book agency.1976**
- **Chatterjee,C.C. 'Human Physiology'New Delhi:Prentice Hall of India Pvt Ltd.,1973**
- **Macey,Robert I. 'Human Physiology'New Delhi:Prentice Hall of India Pvt Ltd.,1973**

B.Sc.(Physical Education, Health Education &Sports)

PAPER-IV THEORY OF GAMES (ATHLETICS AND GYMNASTICS) Semester-III

Time : Three hours

**Theory Marks: 60
Int. Assessment : 15**

Note: The question paper will consists of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each .Unit V will consists of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit v is compulsory for all.

Unit -1

- Marking of Standard Track
- Distribution of Staggers
- Marking of Acceleration and Exchange's Zone in relay races.
- Style of Baton Exchange (Visual and Non Visual) in relay races.
- Fixing up Runners for Different relay races
- General rules of the competition

Unit-II

- Marking and complete measurement of landing Pit and runway of triple jump
- General rule of the competition
- Teaching of different stages / phases of triple jump
 - a) Approach Run
 - b). Take off. For hop, Step, Jump and Landing of Hop& Step
 - c). Flying Phases
 - d). Landing
- Preparation of Score Sheet

Unit –III

- Definition of Gymnastics and kinds of Gymnastics
- Various safety measure used in Gymnastics.
- Measurement and Diagram of various apparatuses of Gymnastics

- General rules of the competition

Unit –IV

Techniques of exercises on Gymnastics Apparatuses

For Boys

Floor Exercises

1. Stand Scale front ways ,Side ways
2. Jump forward to roll Forward(Dive roll)
3. Round off
4. Head spring
5. Hand spring

Parallel Bar

- Front Upraise to hand Support with one leg (Right or Left)
 - “L” Support
 - Roll backward on Upper arms
 - Roll Forward on Upper arms
 - Swing to Hand stand

Horizontal Bar

- Single leg up- Start (with Straight Leg)
- Sole Circle Forward(leg Bent)
- Hip Circle Backward
- Front hip Circle
- Straddle Dismount

For Girls

Floor Exercises

1. Front Split
2. Side Scale
3. Hand Stand to Bridge
4. Roll backward to hand Stand
5. Back walk -Over
6. Hand Spring

Balancing Beam

1. Jump to squat stand
2. Scissor Lead Jump
3. “V” Balance
4. Roll Forward
5. Standing scale Sideways

Books recommended for further study:

ATHLETICS:

Varghese,Sandhu ‘Teaching and Coaching of Athletics’, Sports Publication,New Delhi,2006

Vidyasagar, ‘Training Systematics in throwing’ NIS Publication,Patiala,1979

Narang,P.’athletic Training’ p.Narang;Lakshay Publication New Delhi 2005

Syal,Meenu, ‘Teach yourself Sprinting’ Prena Publication,Delhi,2004

Balayan.D. ‘play and learn thowing’ Khel sahitya Kendra,New Delhi,2008

Arrora,Monika ‘Athletics –Coaching Manual’ Sports Publication,New Delhi,2005

-Sharma,O.P. ‘Athletics- Skill & Rules. Khel sahitya Kendra,New Delhi,2003

GYMNASTICS:

Cooper,Phyllis AND Trnka,Milan’ Teaching gymnastics skills to men and women’Surjeet
Publication,Delhi,1982

Bawa, Gurdial Singh ‘Fundamentals of men’s Gymnastics’Friends Publications(India) Delhi,1994

Brown ,James R. and Wardell David B. ‘Teaching and Coaching Gymnastics for men and WOMEN’ john
wiley and SONS,New
York,1980

Madak Pinto ‘Coaching Gymnastics’ Khel sahitya Kendra,New Delhi,2000.

Thani lokesh ‘Skills and Tactics-Gymnastics, Sports publication ,New Delhi,1995.

Nagi Kunal ‘Teach Yourself Men Gymnastics’ Sports publication ,New Delhi,2007

Nagi Kunal ‘Teach Yourself Women Gymnastics’ Sports publication ,New Delhi,2007

Thani Lokesh ‘Gymnastics’ Sports publication ,New Delhi,2000

B.Sc.(Physical Education , Health Education & Sports)

PAPER-V

[THEORY OF GAMES/SPORTS(BASKETBALL) & VOCATIONAL ORIENTED COURSE(PHYSIOTHERAPY)]

Semester-III

Time : Three hours

Theory Marks: 60

Int. Assessment : 15

Note: The question paper will consist of five Units I, II, III, IV, & V, Unit I, II, III, & IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit 'V' will consist of 10 short answer type questions which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from Unit I,II,III,& IV and Unit 'V.' is compulsory for all.

UNIT-I

- History of Basket Ball : a) In India (b) In Asia (c) In World
- Organisation of Basket Ball : Working Federation of Basket Ball at District Level State Level, National Level and International Level
- Warming Up: Meaning, Definition, Importance Of Warming up
- Principles of Warming Up, training load

UNIT- II

- Cooling Down : Its meaning and Importance
- Layout and Maintenance of Basket Ball Play field
- Equipment of Basketball and their specifications
- Sports awards and personalities of Basket Ball

UNIT III

- Meaning and definition, objectives and importance of Physiotherapy

- Guiding Principles of Physiotherapy
- Electro Therapy: Meaning, sources of direct current, effects of direct current
- Actinotherapy: Meaning of Infrared rays, Ultra-violet rays , their sources effects and techniques
- Hydrotherapy: Meaning of Hydrotherapy and Cryotherapy, techniques and benefits of wax bath, contrast bath and whirlpool bath

UNIT IV

- Massage Therapy: Meaning, Definition and history of massage
- Physiological Effects of general massage on circulatory and respiratory systems.
- Exercise therapy : Meaning of exercise therapy
- Fundamental Position: Lying position , sitting position, standing position, kneeling position and hanging position with uses and modifications

Books recommended for further study:

BASKETBALL:

Coleman and Ray, 'Basketball' An official E.B.B.A. Publication, West Yorkshire,1976.

Pruitt,Jim 'Play Better Basketball' Matchplay Books,Wiltshire,1982.

Jain,Renu 'Teach yourself basketball'Prena Publication,Delhi,2004

Sharma,O.P. 'Basketball –skill &rules' Khel Sahitya,New Delhi,2003.

Sharma,J.P. ' Skills& Techniques –Basketball ' Khel Sahitya,New Delhi,2008.

PHYSIOTHERAPY:

Wale,J.O.'. Tidy.S Massage And Remedial Exercise',Henery Ling Ltd.The Dorset Press ,UK, 1987

Chandra Shekher,K. 'sports physiotherapy'khel sahitya kendra,new delhi,2003

Pandey,P.K.&Gupta ,L.C.'Outline of Sports Medicine'Jaypee Brothers,New Delhi, 1996

Thomson,Ann,Skinner & Piercy,Joan 'Tidy's Physiotherapy',Verghese Publishing House,New Delhi, 1996

Ambast,Anju,'Prevention and Treatment of Sports Injuries' Khel Sahitya,New Delhi,2005.

Griffth,Winter,H.'Complete guide to Sports Injuries'The Body Press/Perigee,New York,1986.

B.Sc.(Physical Education , Health Education & Sports)

PAPER-I
(ENGLISH)
Semester-IV

Time : Three hours

Theory Marks: 60
Int. Assessment : 15

Note: The paper setter will set the question as per the syllabus and according the standard of the course.

Books : English Through Reading

1. Following four chapters from the above written book (15 Marks)
 - I. An observation and an explanation
 - II. A wrong man in worker's paradise
 - III. Making surgery safe
 - IV. Using hand wisely
2. Comprehension : From above mentioned chapters of text book (15 Marks)
3. Grammar from above mentioned chapters of text book (10 Marks)
 - a) Articles
 - b) Voice
 - c) Narration
 - d) Prepositions
 - e) Tenses
4. Translation from Hindi to English (10 Marks)
5. Letter writing (Official) (10 Marks)

B.Sc.(Physical Education, Health Education &Sports)

PAPER-II

(FIRST AID AND REHABILITATION)

Semester-IV

Time : Three hours

Theory Marks: 60

Int. Assessment : 15

Note: The question paper will consists of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each .Unit V will consists of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit v is compulsory for all.

UNIT-I

- Meaning scope aim and objectives of first aid
- Importance of first aid in physical education and sports
- Types of First Aid
- First aid box and its articles.

UNIT-II

- Causes of sports injuries
- Principles of First Aid
- Qualities and functions of First Aider
- First Aid and emergency treatment of various cases-drowning, dislocation, fracture, burns, electric shock, snake bite& poison

UNIT-III

- Rehabilitation procedures of sport injuries.
- Principles of Rehabilitation of injuries and Exercises for rehabilitation
- Balanced diet and its constituents
- Massage and its types

UNIT-IV

- Meaning and types of Disability.
- Causes of Disability.
- Problems of the Disabled persons
- Preventive measures of Disability

PRACTICAL

50 MARKS

- **FIRST AID AND EMERGENCY TREATMENT OF FOLLOWING CASES-**
 - a)drowning,
 - b)dislocation,
 - c)fracture,
 - d)burns,
 - e)electric shock,
 - f)snake bite
 - g) poison

- **TYPES OF BANDAGES**
- **ARTIFICIAL RESPIRATION**
- **FIRST AID BOX**
- **TRANSPORTATION OF INJURED PERSONS**
- **PRACTICAL NOTE BOOK AND VIVA**

Books recommended for further study:

1. Armstrong and Tuckler; Injuries in sports, London, Staples Press, 1964
2. Bolan J.P : Treatment and prevention of Athletic injuries.
3. Rasch, P.J inters state printer and publisher, 1967.
4. Morehouse, L.E and Rasch, P.J; Sports medicine for Trainers, Philadelphia
5. W.B Saunder Co., 1963.
6. Ryans Allan : Medical Care of the Athlete, McGraw Hill.
7. Morehouse : Physiology of exercise
8. Falls : Exercise Physiology
9. Karpovich : Physiology of Muscular activity
10. Pande, P.K."Know how sports medicine?"AP Publication, Jalandhar.
11. Safety at school (Education Pump let Number -53) London :Her Majesty 's Stationary Office 1969
12. School Safety Policies –Washington L.C American Association For Health, Physical Education and Recreation
13. Stack, Harbert J,DukeElkow Education for safe Living:: Englawood Cliff, New Jersey , Prentice Hall Inc,1966
14. Florio, A.& Stafford G.T-safety Education New York, Mc Graw Hill Book Com.1967
15. Evans, A William Everyday safety, Chicago :Iyon and Camaha

B.Sc.(Physical Education , Health Education & Sports)

PAPER-III

(PHYSIOLOGY OF EXERCISE)

Semester-IV

Time : Three hours

Theory Marks: 60

Int. Assessment : 15

Note: The question paper will consist of five Units I, II, III, IV& V, Unit I,II,III,&IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit 'V' will consists of 10 short answer type questions which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from Unit I,II,III,& IV and Unit 'V.' is compulsory for all.

UNIT-I

- **Effect of exercise on excretory system.**
- **Effect of exercise on metabolic processes.**
- **Effect of exercise on endocrine system.**

UNIT-II

- **Structure of voluntary muscle.**
- **Structural classification of muscles.**
- **Nervous control of muscular contraction.**
- **Energy for muscular work.**

UNIT-III

- **Physiological concept of Speed.**
- **Physiological concept of Strength.**
- **Physiological concept of Endurance.**
- **Physiological concept of Agility.**

UNIT-IV

- **Physiological concept of Vital capacity, Second Wind& Oxygen Debt.**
- **Physiological concept of Fatigue.**
- **Physiological basis of Warming up.**
- **Environmental factors affecting sports performance.**

PRACTICAL

50 marks

- **To listen the breadth sound by means of stethoscope.**
- **To listen the heart sound by means of stethoscope.**
- **To study the effect of exercise on pulse.**
- **Harvard step test of cardio-vascular endurance.**
- **To measure the vital capacity.**
- **To measure the ability to react and move quickly and accurately(Nelson choice response movement test).**
- **To test the vision by Snells vision chart.**
- **To test the colour vision by Ischihara colour vision charts.**

Books recommended for further study:

- **Devies,H.A. Physiology of exercise for Physical Education and Athletes' London:Staples Press,1979**
- **Lal,D.C. 'Hand book of Exercise Physiology'New Delhi:Sports Publication:2006**
- **Tiwari,Sandhya 'exercise physiology' Physiology'New Delhi:Sports Publication:2009**
- **Singh,Ajmer et.al.'Essentials of Physical Education'New Delhi:Kalyani Publication:2003**
- **Srivastava et.al. 'Text book of Practical physiology' Kolcutta:Scientific book agency.1976**
- **Chatterjee,C.C. 'Human Physiology'New Delhi:Prentice Hall of India Pvt Ltd.,1973**
- **Macey,Robert I. 'Human Physiology'New Delhi:Prentice Hall of India Pvt Ltd.,1973**

B.Sc.(Physical Education, Health Education & Sports)
PAPER-IV
THEORY OF GAMES
(ATHLETICS AND GYMNASTICS)

Time : Three hours

Theory Marks: 60
Int. Assessment : 15

Note: The question paper will consist of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit V will consist of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit V is compulsory for all.

Unit -1

- Marking and Specific measurement of throwing sector and discus
- General Rule of Discus throw Competition
- Teaching of Different stages of Discus throw

1. Holding
2. Initial stance
3. Preliminary swings
4. Turns
5. Delivery action
6. Reverse

- Score Sheet of Discus Throw

Unit -II

- Correct running Style emphasizing on proper body position and foot placement in long distance races
- Proper Leg and arm Action in long distance races
- Running Tactics in long distance races
- Detailed list of officials and their duties of the Athletics Meet

Unit –III

- Organization of Gymnastics Competition, Types of Competition and Method of Scoring.
- Define Gymnasium Hall, Size, and Facilities to be provided in a Gymnasium hall.
- Measurement and Diagrams of Following apparatuses of Gymnastics.
- Vaulting Table
- Pommel Horse/Uneven Parallel Bar
- Roman Ring

Unit –IV

Technique of exercises on Gymnastics Apparatuses

For Boys

Vaulting table

- 1 . Jump to Straddle Stand
- 2 . Squat Vault

Pommel

1. Jump to Front Support
2. Single Leg Circle Outward(From Un- even Support) backward
3. Scissor Forward
4. Both Leg Circle
5. Single leg Dismount forward

Roman Ring

1. Hanging scale rear ways.
2. Up- Start
3. “L” Support on Roman ring
4. Shoulder Stand
5. Dislocation

For Girls

Vaulting table

1. Jump to Straddle Stand
2. Squat Vault

Un- Even Parallel Bar

- 1.Jump to Front Support
2. Squat Through with one leg
3. Single Leg Circle forward
4. Single Leg Circle backward
5. Free Hip Circle backward
- 6.Under Swing dismount over the low bar

PRACTICAL 50 MARKS(25+25)

1. ATHLETICS

25 MARKS

RELAY RACES:

- Style of Baton Exchange (Visual and Non Visual) in relay races.
- Fixing up Runner for Different relay races
- General rules of the competition

TRIPLE JUMP:

- Teaching of different stages / phases of triple jump
 - a) Approach Run
 - b). Take off. For hop, Step, Jump and Landing of Hop+ Step

- c). Flying Phases
- d). Landing

- General rules of the competition

DISCUS THROW:

- Teaching of Different stages of Discus throw
 - a). Holding
 - b) Initial stance
 - c). Preliminary
 - d). Turn
 - e) Delivery action
 - f) Reverse
- General rules of the competition

LONG DISTANCE RACES:

- Correct running Style emphasizing on proper body position and foot placement
- Proper Leg and arm Action
- Running Tactics
- General rules of the competition

PRACTICAL NOTE BOOK & VIVA

2. GYMNASTICS

25 MARKS

For Boys

For Girls

FLOOR EXERCISES

FLOOR EXERCISES

- Stand Scale front ways ,Side ways
- Jump forward to roll Forward(Dive roll)
- Round off
- Head spring
- Hand spring

- Front Split
- Side Scale
- Hand Stand to Bridge
- Roll backward to hand Stand
- Back walk -Over
- Hand Spring

PARALLEL BAR

BALANCING BEAM

- Front Upraise to hand Support
- Jump to squat stand with one leg (Right or Left)
 - “L” Support
 - Roll backward on Upper arms
 - Roll Forward on Upper arms
 - Swing to Hand stand

- Scissor Lead Jump
- “V” Balance
- Roll Forward
- Standing scale Sideways

HORIZONTAL BAR

- Single leg up- Start (with Straight Leg)

- Sole Circle Forward(leg Bent)
- Hip Circle Backward
- Front hip Circle
- Straddle Dismount

VAULTING TABLE

- Jump to Straddle Stand
- Squat Vault

POMMEL

- Jump to Front Support
- Single Leg Circle Outward(From Un- even Support)
- Scissor Forward
- Both Leg Circle
- Single leg Dismount forward

ROMAN RINGS

- Hanging scale rear ways.
- Up- Start
- “L” Support on Roman ring
- Shoulder Stand
- Dislocation

PRACTICAL NOTE BOOK AND VIVA

VAULTING TABLE

- Jump to Straddle Stand
- Squat Vault

UN- EVEN PARALLEL BAR

- Jump to Front Support
- Squat Through with one leg backward
- Single Leg Circle forward
- Single Leg Circle backward
- Free Hip Circle backward
- Under Swing dismount over the low bar

B.Sc.(Physical Education , Health Education & Sports)

PAPER-V

[THEORY OF GAMES /SPORTS(BASKETBALL) & VOCATIONAL ORIENTED COURSE(PHYSIOTHERAPY)]

Semester-IV

Time : Three hours

Theory Marks: 60
Int. Assessment : 15

Note: The question paper will consist of five Units I, II, III, IV & V, Unit I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit 'V' will consist of 10 short answer type questions which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from Unit I, II, III & IV and Unit 'V.' is compulsory for all.

UNIT I

- Fundamental Skills of Basketball:- a) Passes -Two hand chest pass , Two hand bounce pass, overhead pass, side arm pass, hook pass and back pass
- Dribbling: High low and reverse dribbling
- Shooting: Lay up Shot, Free Shot, Hook Shot, Jump Shot
- Rebounding: Offensive and Defensive

UNIT II

- Techniques and Tactics:- Meaning, Definition and types of tactics- Offensive (Fast Break , Offensive against Man to man, Offensive against zone Defence), Defensive (Man to Man Defence and Zone Defence)
- Motor qualities related to basketball and their training.
- Officiating: Meaning, officials and their duties.
- Rules and their interpretation

UNIT-III

- Electrotherapy: Meaning and uses of high frequency current, short wave diathermy and ultrasound therapy.
- Sports Injuries: Meaning, definition of sports injuries, precautions and preventions of sports injuries.
- Hydrotherapy: Hot Packs, Mud Bath, Spring Water Bath, Under water exercises
- Massage therapy: Meaning, Classification and Techniques of Massage, Lubricants used in massage
- Stroking/ Effleurage, Kneading/ Petrissage, Rubbing/ Friction, Tapotment, Vibration and Shaking

UNIT IV

- Exercise Therapy : Basic Mechanical Points, Centre of Gravity, Line of Gravity, Planes and Axis
- Traction Therapy: Meaning, Uses and Techniques of Traction
- Classification of Movements : Active , passive and resistive and their effects
- Physiological Classification of movements: Voluntary and involuntary movements (associated, reflex and cardiac movements)

Books recommended for further study:

BASKETBALL:

Coleman and Ray, 'Basketball' An official E.B.B.A. Publication, West Yorkshire, 1976.

Pruitt, Jim 'Play Better Basketball' Matchplay Books, Wiltshire, 1982.

Jain, Renu 'Teach yourself basketball' Prena Publication, Delhi, 2004

Sharma, O.P. 'Basketball –skill & rules' Khel Sahitya, New Delhi, 2003.

Sharma, J.P. ' Skills & Techniques –Basketball ' Khel Sahitya, New Delhi, 2008.

PHYSIOTHERAPY:

Wale, J.O. ' Tidy.S Massage And Remedial Exercise', Henery Ling Ltd. The Dorset Press ,UK, 1987

Chandra Shekher, K. 'sports physiotherapy' Khel Sahitya Kendra, New Delhi, 2003

Pandey, P.K. & Gupta , L.C. 'Outline of Sports Medicine' Jaypee Brothers, New Delhi, 1996.

Thomson, Ann, Skinner & Piercy, Joan 'Tidy's Physiotherapy', Verghese Publishing House, New Delhi,

1996

Ambast, Anju, 'Prevention and Treatment of Sports Injuries' Khel Sahitya, New Delhi, 2005.

Griffith, Winter, H. 'Complete guide to Sports Injuries' The Body Press/Perigee, New York, 1986

PRACTICAL

50(25+25) Marks

a) BASKETBALL

25 Marks

- **Players stance and ball handling**
- **Passing and receiving techniques**
- **Passing -Two hand chest pass , Two hand bounce pass, overhead pass, side arm pass, hook pass and back pass**
- **Dribbling: High and low dribbling**
- **Shooting: Lay up Shot, Free Shot, Hook Shot , Jump Shot**
- **Rebounding: Offensive and Defensive**
- **Tactics- Offensive (Fast Break , Offensive against Man to man, Offensive against zone Defence), Defensive (Man to Man Defence and Zone Defence)**
- **Practical Notebook and Viva**

b) PHYSIOTHERAPY

25 Marks

- **Electrotherapy: Short wave diathermy and ultra sound therapy.**
- **Hydrotherapy: Hot Packs, Mud Bath, Spring Water Bath, Under water exercises**
- **Massage Therapy:- Stroking/ Effleurage, Kneading/ Petrisage, Rubbing/ Friction, Tapotment, Vibration/ Shaking ,massage of upper limbs, lower limbs, back, head, face, chest and abdomen.**
- **Exercise Therapy:- Active , passive and resistive movements**

- Practical Notebook and Viva

**Scheme of Examination for B.Sc. (Physical Education, Health Education and Sports).
Six Semester Course.**

Vth. Semester

	Theory Marks	Int. Assessment	Total Marks
Paper-Ist. Psychology & Sociology of Physical Education & Sports	60	15	75
Paper-IIInd. Fundamentals of Sports Training	60	15	75
Paper-IIIrd. Kinesiology & Bio-Mechanics	60	15	75
Paper-IVth. Theory of Games & Sports	60	15	75
Paper-Vth. Theory of Games /Sports (Kho-Kho) & Vocation Oriented Course (Physiotherapy)	60	15	75
Paper-VIth. English	60	15	75
		Total: <u>450</u>	

VIth. Semester

Paper-Ist. Psychology & Sociology of Physical Education & Sports	60	15	75
Practical			50
Paper-IIInd. Fundamental of Sports Training	60	15	75
Practical			50
Paper-IIIrd. Kinesiology & Biomechanics	60	15	75
Practical			50
Paper-IVth. Theory of Games & Sports i)Track & Field ii) Game of Specialization)	60	15	75
Practical			50
Paper-Vth. Theory of Games /Sports (Kho-Kho) & Vocation Oriented Course (Physiotherapy)	60	15	75
Practical			50
Paper-VIth. English	60	15	75

Total: 700

Grant Total of Vth.& VIth. Semester 450+700=1150

Syllabus for BSc. III Health Education Physical Education & Sports Science

(Semester –V)

Paper-Ist. Psychology & Sociology of Physical Education & Sports

Time : Three hours

Theory Marks: 60

Int. Assessment : 15

Note: The question paper will consists of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each .Unit V will consists of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit V is compulsory for all

Unit-1

- Meaning & Scope of Psychology & sports Psychology
- Psychological factors effecting Physical Education
- Meaning & Nature of Learning
- Laws of learning ,type of learning curve
- Learning Process

Unit-2

- Motivation , Meaning & Definition
- Role of Motivations in Physical Education & Sports
- Types of Motivation, Methods of Motivation Importance of Motivation in Phy. Edu. & Sports

Unit-3

- Sociology , Meaning of Sociology
- Scope of Sociology
- Sociology of Physical Education & Sports
- Social Significance of Sports

Unit-4

- Sports as an Socializing Agency
- Social Phenomenon
- Sports & Socialization
- Definition of Socialization group cohesion

Semester V

Paper –II Fundamentals of Sport Training

Time : Three hours

Theory Marks: 60

Int. Assessment : 15

Note: The question paper will consist of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit V will consist of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit V is compulsory for all

Unit 1

Meaning & Definition of Sports Training
Aims of Sport Training objectives of sports Training.
Characteristics of Sports Training
Important Features of Training Load

Unit 2

Training Plan
Long term & short term plan
Cycle process of Training
Method of development of technique

Unit 3

Definition of load & Training Load
Type of Load
Relationship between load & adaptation
Condition of adaptation

Unit 4

Physical fitness
Development of important motor components
Strength training means & methods
Endurance- forms of endurance, means & methods

Semester-V

Paper-IIIrd. Kinesiology & Biomechanics.

Time : Three hours

Theory Marks: 60

Int. Assessment : 15

Note: The question paper will consists of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit V will consists of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit V is compulsory for all.

Unit I

- Meaning of Bio Mechanics
- Aim and objectives of bio mechanics
- Importance of bio mechanics in the field of physical education and sports
- Meaning and types and causes of motion

Unit II

- Meaning of linear kinematics
- Speed, velocity, acceleration and projectile motion
- Meaning of angular kinematics
- Angular speed, Angular velocity and angular acceleration

Unit III

Relationship between linear and angular acceleration

- Meaning of linear kinetics
- Mass weight, force, pressure, work, power, energy, friction
- Meaning of angular kinetics

Unit IV

- Movement of inertia, conservation of momentum and transfer of momentum
- Meaning and types lever
- Meaning types equilibrium
- Newtons Law of Motion

BOOKS RECOMMENDED FOR FURTHER STUDY:

1. A.Yobu, Sports Biomechanics Jogishwar Goswami Basic Kinesiology Friends Publication India 2009
2. Bunu, Scientific principals of coaching, Prentics Hall, Inc. N.J. 1962
3. Dysom, the mechanics of athletics, Halmes and Meiar M.K. 1977
4. Hay, the biomechanics of sports techniques Prentics Hall, Inc. N.J. 1978
5. Mechnotech Biomechanic Sportlicher Bowegungun sports verley Berlin 1978

6. Miller and Nelson, biomechanics of sports, Log and Fehier, Philadalphia 1973
7. P.D.Sharma Gativigyan ka yantrik Vishlashan Jogishwar Goswami Basic Kinesiology Friends Publication India 2009
8. Rajlakshmi D. Biomechanics in games and sports Friends Publication India 2009
9. Sussan J Hall Basic Biomechanics Friends Publication India 2009
10. Uppal, A.K. Biomechanics in physical education and exercise science, Friends Publication India 2009

Semester V

Paper-IV. Theory of Games & sports

- 1) Athletics
- 2) Handball

Time : Three hours

Theory Marks: 60

Int. Assessment : 15

Note: The question paper will consist of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit V will consist of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit V is compulsory for all.

Unit I

Hurdles

- ❖ Swinging leg action
- ❖ Training leg action
- ❖ Clearance of hurdle emphasizing on proper truck
- ❖ Position & arm action.
- ❖ Development rhythm from start to first hurdles & be between hurdles

Unit- II

Pole Vault:

- ❖ Pole grip & carry.
- ❖ Role plant.
- ❖ Rock back
- ❖ Pull up
- ❖ Push up
- ❖ Bar clearance
- ❖ Landing

Unit III

❖ History of Handball:-

The correct way to catch the ball with two hands,
Catching the low ball, running, catching the high ball,
Catching the ball to the side.

Diagram of hand ball court, preparation of score sheet

Unit IV

- ❖ Passing & Throwing:
- ❖ Two handed chest pass
- ❖ One handed shoulder pass

- ❖ The reverse pass
- ❖ The pass to the side
- ❖ The long pass

C Running with the ball (dribbling)..

Semester-V

Paper-V: Theory of Games/ Sports (Kho-Kho) & Vocational Oriented Course (Physiotherapy)

Time : Three hours

**Theory Marks: 60
Int. Assessment : 15**

Note: The question paper will consists of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each .Unit V will consists of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit V is compulsory for all.

Kho-Kho

Unit I

- History of Kho-Kho in India
- Organisation of Kho-Kho: working federation of kho-kho at district level, state level and national level.
- Warming up meaning, definition types and importance of warming up.
- Maintenance of Score Sheet

Unit II

- Layout and Maintenance of Kho-Kho play field
- Equipment used in Kho-Kho and their specifications
- Motor qualities related to Kho Kho and their training
- Training load – Meaning & its types

PHYSIOTHERAPY

Unit III

Exercise Therapy :-

- Posture meaning, classification of posture, values of good posture, causes of poor posture.
- Postural deformities, Kyphosis, Lordosis and Scoliosis causes, corrective exercises
- Method of checking Posture Alignment

Unit IV

Circulatory System:-

- Meaning physiology of heart, causes of heart failure, coronary occlusion and thrombosis, chronic valvular disorder, symptoms, causes and treatment

Respiratory System:-

- Meaning, organs, Bronchitis, Tuberculosis, symptoms, causes and treatments

Arthritis :-

- Meaning, Rheumatoid Arthritis, Osteo Arthritis Symptoms, Causes and treatment of Arthritis.

BOOKS RECOMMENDED FOR FURTHER STUDY:

Kho-Kho

Mishra Shard Chander (2007) Kho Kho Seekhain . Sports Publication New Delhi

AP Publisher (2003) Kho Kho , 19 Market Chownk Adda Tanda, Jalandhar

Physiotherapy:

Wale,J.O.?. Tidy.S Massage And Remedial Exercise',Henery Ling Ltd.The Dorset Press ,UK, 1987

Chandra Shekher,K. 'sports physiotherapy'khel sahitya kendra,new delhi,2003

Pandey,P.K.&Gupta ,L.C.'Outline of Sports Medicine' Jaypee Brothers,New Delhi, 1996

Thomson,Ann,Skinner & Piercy,Joan 'Tidy's Physiotherapy',Verghese Publishing House,New Delhi, 1996

Ambast,Anju,'Prevention and Treatment of Sports Injuries' Khel Sahitya,New Delhi,2005.

Griffth,Winter,H.'Complete guide to Sports Injuries'The Body Press/Perigee,New York,1986.

Semester-V
SYLLABUS
B.Sc. (Physical Education, Health Education & Sports)

PAPER-VI
[ENGLISH]

Time : Three hours

Theory Marks: 60
Int. Assessment : 15

1. The following Chapters of book. The Spectrum of Life-Anthology of Modern Press:
i. If you are wrong Admit it
ii. Streamlining **20 marks**
2. Summary writing **10 marks**
3. Business letters for puocuring goods etc. **10 marks**
4. Grammar : Common errors & Punctuation **10 marks**

5. Vocabulary related to sports (English to Hindi): Physical Education, Health Education, Socialisation, Cooperation, Competition, Psychology, Idealism, Pragmatis m, Aim, Objectives, Importance, Culture, Recreation, Offensive, Defensive, Rhythm, C orrective, Dedication, Emotions, Profession, Patriotism, Common Wealth Games, Artistic and Sociology Asian Games, Olympic Spirit, Olympic Motto, Olympic torch, National Flag, National Anthem, National Song, Awards.

10 Marsk

BOOK RECOMMENDED

The Spectrum of life – An Anthology of modern press Edited by Manmohan K. Bhat Nagar
MACMILLAN INDIA LTD. 2/10 Ansari Road, Darya Ganj New Delhi-110002

Semester VI

Paper-Ist. Psychology & Sociology of Physical Education & Sports_

Time : Three hours

Theory Marks: 60

Int. Assessment : 15

Note: The question paper will consists of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit V will consists of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit V is compulsory for all

Unit-1

- Transfer of Training
- Definitions of Transfer of Training
- Types of Transfer of Training
- Factors effecting Transfer of Training

Unit-2

- Personality, Meaning & Definition
- Personality traits
- Characteristics of Personality factors effecting development & personality (Heredity -& Environment) Role of Physical Activity in the development of Personality.

Unit-3

- Relationship of Physical Education & Sports With other Socializing Institutions (family & education System)
- Sports as a regulating institute of Society
- State & Religion
- Role of institutions in Participation in games & sports with regards to either sex

Unit-4

- Sports & Social Problems
- Behaviour of Sportman & Spectators
- Leadership through Physical Education & Sports
- Qualities & Qualification of good leader.

Practical-50 Marks

Any four test of 10 marks each.

Practical file & viva 10 marks.

1. Sports man Personality test 13+ Spielberger- Indian Adopt
2. Social Intelligence Test Dr. N.K. Chadda Ms. Usha Gane san
3. Sports competition Anxiety Inventory Ravi kant & Dr.V.N. Mishra
4. Inventory for factors influencing sports by Dr. M.L. Kamlesh
5. Sociometry
6. Reaction time
7. will to win Question naire Dr. Kumar Games & Sports interest Test Age12+

Book Recommended

- 1) Al demen, A.B. Psychological Beha vious in sports.
A.B.Saundder's Co. Saunders (1974)
- 2 Craatty B,J. Psychology & physical a activity-
Prentice Hall,inc. london (1961)
- 3) Cratty, B,J. Psychology in Cont emporary Sports,
Prentice Hall, inc . Englewood Ciliff
(1973)
- 4) Cratty, B,J, Social dimenision of physical activity
Prentice Hall, inc. , B.J.
- 5) Cratty B.J. Social Psychology in athlectice.
Prentice Hall.inc. F.J. (9981)
- 6) Frost & Rehbon Psychological concepts applied of physical
1 educational & coaching Masseur satts (1972)
- 7) Kane, J.S. Psychological aspects of education & Sports.
- 8) Jawthar, J.D. Psychological of Coaching present Hall ,
Inc, R.J. (1951)
- 9) Martens Social Psychology & physical activity harper
Harper & Row Pub. N.Y. (9175)
- 10) Singer R.N. Coaching , athletics & Psychological Mograw Mills
Books. Co. (1972).
- 11) Singer R.N. Physical Educational an integrat approach .Rolt ,
Rivehert & R.Y.(9172)
- 12)Suiin , R.N. Psychology in Sports, Surjit Publication , Delhi
(1982)
- 13) Hilgera & Atkinson Introduction to Psychology Ox fore & 18M.
Pub. New Delhi 1979.7.).
- 14) Puni AT Sports NTS, Chandigarh.
Psychology
- 15) Ajmer Singh Essentials of Physical Education
- 16) Dr. Jagdish Baina B.P.E. , B.P.ed. , D.P.ed. , & M. P.ed. Courses
- 17) Shashi Jain Introduction to Psychology

Semester VI

Paper-IIInd. Fundamental of Sports Training

Time : Three hours

Theory Marks: 60

Int. Assessment : 15

Note: The question paper will consists of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit V will consists of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit V is compulsory for all.

Unit 1

Motor Components, Meaning
Importance of motor components
Development of motor components

Unit 2

Flexibility & Agility
Forms of Flexibility & Agility
Base of Flexibility & Agility
Development of flexibility & Agility its methods

Unit-3

Meaning of Coordination
Coordination Ability
Development methods of coordination

Unit-4

Warning up & Cooling Down Types of Warming up Significance of W.U. Methods of W.P. Cooling Down free hand & Stretching Exercise for W.P.& C.D.

Practical- 50 Marks :

Practical file & viva 10 marks

Any four of 10 Marks each.

- (a) Continuous Running.
- (b) Interval Training
- (c) Canadian Test for phy. fitness
- (d) Circuit Training
- (e) Weight Training

Book Recommended

- 1 Batty , B: Practical & Motor Development in infants & children. Prentice hall,1979.
- 2 Dick, F.W. ;Sports Training Principles lepus, London 1980.
- 3 enson C.R. Bischer, A.G. Scientific basic of Athletic Condition lea & Bebiger, Philedephie, 1972
- 4 Matweyew, L.:P: Fundamental of Sports training (Translation form Russian)
Mir Publisher, Moscow, 1981.
5. Pyke, Frank, S: Towards better Coaching ,Australian Government Publishing
Services , Canberra, 1980.
- 5 Singh, Hisports Training General Theory & Methods, NIS, Patiala, 1984.
- 7 Willmore,J.H: Athletic Training: & Physical fitness, Allyn & Bacon, Inc Sydney 1977.

Semester-VI

Paper-IIIrd. Kinesiology & Biomechanics.

Time : Three hours

Theory Marks: 60

Int. Assessment : 15

Note: The question paper will consists of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit V will consists of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit V is compulsory for all.

Unit I

- Meaning of kinesiology
- History of kinesiology
- Aims and objective of kinesiology
- Importance of kinesiology in the field of physical education and sports

Unit II

- Centre of gravity and line of gravity
- Anatomical standing position and fundamental standing position
- Planes and types of planes
- Axis and types of axis

Unit III

- Movements on sagittal plane with frontal axis
- Movements on frontal plane with sagittal axis
- Movements on horizontal plane with vertical axis
- Structural classification of muscles

Unit IV

- Structure of motor actions- cyclic, acyclic and movement combination
- Movement rhythm, movement coupling, movement flow and movement amplitude
- Reciprocal innervation and inhabitation
- All or none law, muscle tone and its importance

BOOKS RECOMMENDED FOR FURTHER STUDY:

1. Cooper and Glassgow, Kinesiology, C.V. Mosby co. Saint Louis, 1976
2. David Paul Green Kinesiology: Movement in the context of activity Jogishwar Goswami Basic Kinesiology Friends Publication India 2009
3. Dugch and Duch, Kinesiology and applied anatomy, Lee and Fabiger, Philadelphin, 1977
4. Graive, Miller, Mitohelgon, Paul and Smith, techniques for the analysis of human movement lapse books London, 1975
5. Hay and Deij, the anatomical and mechanical basis of human motion, Prentics Hall, Inc. N.J. 1982
6. Jogishwar Goswami Basic Kinesiology Friends Publication India 2009

7. Logan and Mckinney, Anatomic Kinesiology, M.C.Brown Co., 1977
8. Marliyn and Hinsen, Kinesiology, Web Dubuque Lown 1977
9. Nancy Hamilton, Kinesiology: The scientific basis of motion (10th ed),Friends Publication India 2009
10. Thompson, Manual Structural Kinesiology, Friends Publication India 2009

PRACTICAL

50 MARKS

- Practical Note Book and viva

- Centre of gravity, line of gravity
- Anatomical standing position and fundamental standing position
- Planes and types of planes
- Axis and types of axis
- Movements on sagittal plane about frontal axis
- Movements on frontal plane about sagittal axis
- Movements on horizontal plane with vertical axis

Semester VI

Paper IVth. Theory of Games & Sports

- i) Athletic**
- ii) Handball**

Time : Three hours

Theory Marks: 60
Int. Assessment : 15

Note: The question paper will consists of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each .Unit V will consists of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit V is compulsory for all

Unit 1

Javelin Throw

- ❖ Holding
- ❖ Carry
- ❖ Approach run
- ❖ Last five strids rhythm including impulse stride
- ❖ Delivery stance
- ❖ Reverse

Unit II

Hammer Throw

- ❖ Grip
- ❖ Initial stance
- ❖ Preliminary From swings to turns
- ❖ Transition from swings to tums.
- ❖ Truns
- ❖ Delivery Stance
- ❖ Delivery Action
- ❖ Reverse

Unit III

❖ **Shooting**

- ❖ T he falling shot form outside.
- ❖ The falling shot with feint
- ❖ The diving shot

- ❖ The standing throw shot
- ❖ The jump shot
- ❖ The penalty shot
- ❖ The reverse shot
- ❖ The fall shot

Unit IV

Goal Keeping

Characteristics of good goal keeper

Importance of goal keeping.

Tactics

6-0 Setting –up defence

- 5-1 Defence formation & movement.
- 4-2 Defence formation & movement.
- 3.2 Defence formation & movement.
 - Attack against 6-0 defence.
 - Attack against 5-1 defence
 - Attack against 4-2 defence
 - Attack against 3-3 defence

- ❖ Duties of officials (before game during game after the games)

Practical – 50 Marks

25 marks Track & field 5 marks each File & viva 10 marks

25marks Handball file & viva 10 marks & 5 marks each for 3 fundamentals

Books Recomendded

- ❖ Rowland B.J. Handball a Complete Guide London ;
- ❖ Faber & Faber Ltd., 24 Rosset square ,1970
- ❖ Mend, Charless L? Handball fundamentals. Cino Charle,
- ❖ E. Maril Company (columns) 1968.
- ❖ Philips E. E. Hand ball its play & Management

❖ New York. The Ronald Press Company , 1957

❖ Roberson, Richard & 01 son

❖ Nerbert. Geainning Hand ball

❖ California Wadswor H "Company

❖ Inc. Belmont, 1969.

SEMESTER-VI

Paper-V : Theory of Games/Sports (Kho-Kho) & Vocational Oriented Course (Physiotherapy).

Time : Three hours

Theory Marks: 60

Int. Assessment : 15

Note: The question paper will consist of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit V will consist of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit V is compulsory for all.

KHO-KHO

Unit I

- Rules and their interpretation
- Factors Affecting Sports performance
- Center of gravity and line of gravity
- Tie Break in Kho Kho
- Officiating meaning and principles of officiating

Unit II

- Duties of officials in Kho-Kho(Before, After and during the game)
- Sitting in square and its methods
- Giving Kho and its methods
- Techniques and tactics meaning, attacking and defensive skills.
- Types of Kho-Kho and tapping

PRACTICAL:- 25 Marks

- Practical Note Book and viva
- Offensive skills- chasing, giving Kho, sitting in the square, covering, ring game, pole dive, simple dive, tapping
- Defensive skills- single chain, double chain, 3,3,2 chain, 2,2,3 chain, ring(short, middle, long) game, pole hold, avoid pole.

PHYSIOTHERAPY

Unit III

- Sports Injuries:- Meaning, types, precautions and treatment of sports injuries
Massage Therapy :- Meaning, physiological effects of general massage on muscular system & nervous System
- Postural deformities :- Bow Leges, Knocking Knees & Flat Foot Causes .Corrective exercise

Unit IV

- Circulatory System :- Meaning, congenital abnormalities, hyper tension, anemia, symptoms causes and treatment
- Arthritis :- Meaning, Spondylities, Symptoms Causes & treatment
- Deruded positions by moving the arm, leg head , Neck & Trank in all these fundamental position
- Duties of physiotherapists before and after surgery

PRACTICAL: 25 Marks

- Practical Note Book and viva
- Soft tissue sports injuries- symptoms, causes and treatment
- Massage Therapy- qualities of good massager and lubricants used in massage
- Order of technique of message for different parts of the boby upper limbs & lower limbs
- Bronchitis, tuberculosis symptoms causes and treatment
- Kyphosis , Lordosis , symptoms, causes and treatment.

BOOKS RECOMMENDED FOR FURTHER STUDY:

KHO-KHO

Mishra Shard Chander (2007) Kho Kho Seekhain . Sports Publication New Delhi

AP Publisher (2003) Kho Kho , 19 Market Chownk Adda Tanda, Jalandhar

PHYSIOTHERAPY

Wale,J.O.'. Tidy.S Massage And Remedial Exercise',Henery Ling Ltd.The Dorset Press ,UK, 1987

Chandra Shekher,K. 'sports physiotherapy'khel sahitya kendra,new delhi,2003

Pandey,P.K.&Gupta ,L.C.'Outline of Sports Medicine'Jaypee Brothers,New Delhi, 1996

Thomson,Ann,Skinner & Piercy,Joan 'Tidy's Physiotherapy',Verghese Publishing House,New Delhi, 1996

Ambast,Anju,'Prevention and Treatment of Sports Injuries' Khel Sahitya,New Delhi,2005.

Griffth,Winter,H.'Complete guide to Sports Injuries'The Body Press/Perigee,New York,1986.

SYLLABUS
B.Sc. (Physical Education, Health Education & Sports)
PAPER-VI
[ENGLISH]

Semester-VI

Time : Three hours

Theory Marks: 60
Int. Assessment: 15

1. The following Chapters of book. The Spectrum of Life-Anthology of Modern Press: **20 Marks**
 - i. The Western intellectual tradition
 - ii. The scientific point of view.
 2. Paragraph writing on Sports related topics **10 Marks**
 3. Grammar : Tag questions, Agreement of verbs and subject & confusion of adjectives and adverbs. **10 Marks**
 4. Vocabulary related to sports (Hindi to English) **05 Marks**
- Full Form of Degree,** **05 Marks**
1. C.Ped.
 2. B.Ped.
 3. M Ped.,M.Phill.
 4. M..P.E Ph.D.
 5. Application writing with bio data for jobs. **10 Marks**

BOOK RECOMMENDED

The Spectrum of life – An Anthology of modern press Edited by Manmohan K. Bhat Nagar
MACMILLAN INDIA LTD. 2/10 Ansari Road, Darya Ganj New Delhi-110002