

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	10	70
Paper-IIInd. Fundamentals of Sports Training	60	10	70
Paper-IIIrd. Kinesiology & Bio-Mechanics	60	10	70
Paper-IVth. Theory of Games & Sports	60	10	70
Paper-Vth. Theory of Games /sports (Kho-Kho) & Vocation Oriented Course (Physiotherapy)	60	10	70
Paper-VIth. English	60	10	70
		Total	420

VI th. Semester

Paper-Ist. Psychology & Sociology of Physical Education	60	10	70
Practical			60
Paper-IIInd. Fundamentals of Sports Training	60	10	70
Practical			60
Paper-IIIrd. Kinesiology & Bio-Mechanics	60	10	70
Practical			60
Paper-IVth. Theory of Games & Sports	60	10	70
i) Track & Field ii) Game of Specialization)			
Practical			60
Paper-Vth. Theory of Games /sports (Kho-Kho) & Vocation Oriented Course (Physiotherapy)	60	10	70
Practical			60
Paper-VIth. English	60	10	70
		Total	:720

Grant Total of Vth. & VIth. Semester = 420+720 =1140

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

Paper I (Semester –V)

Psychology & Sociology of Physical Education & Sports

Time :3 Hours

Max.Marks: 60

Internal Assessment:10

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

Paper –II

Fundamentals of Sport Training

Semester V

Time :3 Hours

Max.Marks: 60

Internal Assessment:10

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 & 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

SYLLABUS
B.Sc.(Physical Education, Health Education &Sports)
PAPER-III
Kinesiology & Bio-Mechanics
Semester-V

Time :3 Hours

Max. Marks: 60

Internal Assessment:10

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.

Theory of Games & sports Paper IV

- 1) Athletics
- 2) Handball

Semester V

Time :3 Hours

Max.Marks: 60

Internal Assessment:10

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

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 lack
- ❖ 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)

PAPER-V

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

Semester-V

Time :3 Hours

Max.Marks: 60

Internal Assessment:10

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

PHYSIOTHERAP

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.

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

Semester-V

Time :3 Hours

Max.Marks: 60

Internal Assessment:10

1. The following Chapters of book. The Spectrum of Life-Anthology of Modern Press: **20 marks**
 - i. If you are wrong Admit it
 - ii. Streamlining
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, OlympicSpirit, Olympic Motto, Olympic torch, National Flag, National Anthem, National Song, Awards.

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-I Psychology & Sociology of Physical Education & Sports.

Time: 3 Hours

Max.Marks: 60

Internal Assessment: 10

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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-60 Marks

Any five text 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 Psychology
NTS, Chandigarh.
- 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

Paper-II

Fundamentals of Sport Training

Semester VI

Time :3 Hours

Max. Marks: 60

Internal Assessment:10

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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- 60 Marks

Practical file & viva 10 marks

(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 Jenson 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.
- 6 Singh, Hisports Training General Theory & Methods, NIS, Patiala, 1984.
- 7 Willmore,J.H: Athletic Training: & Physical fitness, Allyn & Bacon, Inc Sydney 1977.

SYLLABUS
B.Sc. (Physical Education, Health Education &Sports)
PAPER-III
Kinesiology & Biomechanics

Semester-VI

Time :3 Hours

Max. Marks: 60

Internal Assessment:10

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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

60 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

Theory of Games & sports Paper IV

- 1) Athletics
- 2) Handball

Time :3 Hours

Max. Marks: 60

Internal Assessment:10

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 – 60 Marks

File & viva 10 marks

30marks Track & field 5 marks each

30 marks Handball file & viva 10 marks & 5 marks eac

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 :3 Hours

Max.Marks: 60

Internal Assessment:10

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

- 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:- 30 Marks

- Practical Note Book and viva

- Offensive skills- chasing, giving Kho, sitting in the square, covering, ring game, pole dive, simple dive, taping
- 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:

30 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 :3 Hours

Max.Marks: 60

Internal Assessment:10

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. **50 marks**
4. Vocabulary related to sports (Hindi to English) **50 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**

