

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

SEMESTER- I (w.e.f. 2013-14)

	Marks	Int. Assessment	Total	Time
Paper-I English (Compulsory)	60	15	75	3 hours
Paper- II Hindi (Compulsory)	60	15	75	3 hours
Paper-III Foundation of Phy. Education and Sports	80	20	100	3 hours
Paper-IV Anatomy and Physiology	60	15	75	3 hours
Paper- V Theory of games-I (Athletics and Gymnastics)	60	15	75	3 hours
Paper-VI Theory of games-II (Game: Volleyball and Yoga)	60	15	75	3 hours

TOTAL MARKS: 475

SEMESTER-II (w.e.f. 2013-14)

	Marks	Int. Assessment	Total	Time
Paper-I English (Compulsory)	60	15	75	3 hours
Paper-II Hindi (Compulsory)	60	15	75	3 hours
Paper-III Foundation of Phy. Education and Sports	80	20	100	3 hours
Paper-IV Anatomy and Physiology (Theory)	60	15	75	3 hours
(Practical)			50	
Paper-V Theory of games -I (Track & Field and Gymnastics)	60	15	75	3 hours
Practical			50	
Paper-VI Theory of games-II (Volleyball Game and Yoga)	60	15	75	3 hours
Practical			50	

TOTAL MARKS: 625

GRAND TOTAL (Semester-I and II): 1100

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

SEMESTER-I w.e.f (2013-14)

PAPER-I
English (Compulsory)

Theory- 60 Marks
Int. Assessment: 15 Marks
Total: 75 Marks
Time: Three hours

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

A Book of English for Polytechnics by Mrs. Anju (M.A..M.Phil)

Lect. Govt. Polytechnic, Ambala City(Ishan Publication), 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. Grammar **(15 Marks)**

a) Voice

b) Narration

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)**

Paper – II

Theory- 60 Marks
Int. Assessment: 15 Marks
Total: 75 Marks
Time: Three hours

Hindi (Compulsory)

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

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4- okD; & 'kksku **05 vd**

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Hkx dsfy, , d vd fu/kZjr gA)

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PAPER – III

Foundation of Physical Education and Sports

Time: Three hours

Marks: 80

Int. Assessment : 20

Total: 100

Note: The question paper will consist of five Unit 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 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 – 1

Meaning, Definition 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 Games

History of 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

National sports Awards

BOOKS RECOMMENDED FOR FURTHER STUDY

Khan, E.A, History of Phy.Edu;Patna Scientific Corporation (1964).

Kamlesh, M.L.Physical Education Facts and Foundation; Faridabad P.S publication(pvt) Ltd.(1988).

Kamlesh, M.L.Principles& History of Phy.Edu., Prakash Bros., Patiala,1991.

Hoffman,G.J.&Harris J.C Introduction to Knesiology studying Phy.Activity,2000.

Revenas, R.S.(1978) Foundations of Physical Education.

Barrow, R.M.(1983) Man and Movement.

Bucher, G.A(1922)Foundation of Phy.Edu.and Sports.

PAPER – IV

Anatomy & Physiology

Time: Three hours

Marks: 60

Int. Assessment : 15

Total :75

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 – 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 Joint.

Unit – III

Respiratory System .

Structure of Lungs.

Mechanism of Respiration.

Second wind and Oxygen Debt.

Residual Air, Tidal Air

Vital Capacity

Unit - IV

Cardio-vascular System:

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

Process of blood circulation in the body.

Excretory System:

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

BOOKS RECOMMENDED FOR FURTHER STUDY

- Pearee Evelyn, C Anatomy and Physiology for Nurses, London, Faber and Faber Ltd.,1962
- Pavat.J Anatomy for Students and Teachers of Physical Education, London, Edward Arnold and Co., 1959.
- Willion. J.F Anatomy and Physiology, London, W.B.Saunders.
- Senson Wright Applied Physiology
- Best and Taylor The Living Body, New Delhi, Asia Club House,1960.
- Smount, C.F.V.and Physiotherapy, Occupational,
- McDonald, R.J.S Therapy and Gymnastics, Edward Arnold Pvt.Ltd., 1969.
- Kiober Grcy Anatomy and Physiology.
- Stackpoles Anatomy and Physiology (6th ed.).

Paper – V
Theory of Games I
Athletics and Gymnastics)
Time: Three hours
Marks: 60
Int. Assessment: 15
Total-75

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

Sprints

Correct Running Style Emphasis on Proper Body Position
Crouch Start – Fixing of Starting Blocks, Getting off the Block
Practice of Starts with Blocks using Proper Command
Curve Running
Walking

UNIT - II

High Jump

Rules & regulation related to high jump, .layout of High jump pit.
Approach runTake Off Flying Phase,landing (Straddle Technique & Fosbury Flop)
Note : Fosbury Flop is only Taught if Proper Facility available.

UNIT - III

History of Gymnastics in India,
History of Gymnastics in Asia
History of Gymnastics in World
Measurements and diagram of following apparatuses of Gymnastics-
floor, parallel bar and horizontal bar

UNIT - IV

For Boys

Floor Exercises

Forward Roll
Backward Roll
Handstand Roll Forward
Cart Wheel
Roll Backward to Handstand
Front Split

For Girls

Floor Exercises

Roll Forward
Roll Backward
Handstand Roll Forward
Cart Wheel
Cat Leap Jump
Roll backward to hand stand

Scale Balance

Parallel Bar

Upper Arm Support
Back Up rise From Upper Arm
Perfect Swing on Parallel Bar
Sitting Position Straddle
Shoulder Stand
Front Vault Dismount

Horizontal Bar

Perfect Swing on Horizontal Bar
Single Leg upstart (with swing)
Single leg Circle Forward
Single Leg Circle Backward
Under Swing Dismount

Balancing Beam

Jump to Squat Stand
Knee Scale with support
Walking on the Beam
Standing Scale front ways
Cat Leap

BOOKS RECOMMENDED FOR FURTHER STUDY

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

Paper-VI
Theory of Games - II
(Game-Volleyball and Yoga)
Time: Three hours
Marks: 60
Int. Assessment : 15
Total-75

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

UNIT - II

Techniques :-
Service – Under Arm, Side Arm, Overhead & Floating
Pass – The Volley, The dig
Player's Stance – Receiving the ball and
Passing the Ball to Team mates

UNIT - III

Meaning & Definition of Yoga,
Types of Yoga
Meaning of Pranayama & Its techniques
Meaning and Types of Asanas

UNIT - IV

Importance of Yoga in Daily Life
Techniques & benefits of following Asanas :-
Padmasana
Vajrasana
Halasana
Vakrasana
Sarvangasana
Vipritkarani
Bhujangasana
Surya Namaskar

BOOKS RECOMMENDED FOR FURTHER STUDY

Anand, Om Prakash. Yog Dawra Kay Kalo, Kanpur, Sewasth Sahity Perakashan,2001.
Sarin, N.Yoga Dawara Ragoon Ka Upchhar, Khel ahitya Kendra,2003.
Sri., Swami Rama, Breathing, Rishikesh, Sadhana Mandir Trust,2001.
Swami, Ram.,Yoga& Married life, Rishikesh Sadhana Mandir Trust,2000.
Swami, Veda Bharti., Yoga Polity, Economy and family, Rishikesh Sadhana Mandir Trust,2000.
American Program, Coaching Youth Volly Ball, Campaigon, H.K.,1996
FIVB, Backcourt Spiking in Modern Volly Ball, Chennai: FIVB,1996.
Saggar,S.K., Cosco Skill Stactics-Volley Ball, Delhi: Sports Publication,1994.
Scates,A.E.,Winning Volley Ball, WC Brown, 1993.

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

SEMESTER-II **w.e.f.2013-14**

Paper-I

English (Compulsory)

Time: Three hours

Theory Marks: 60

Int. Assessment : 15

Total-75

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.

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)

Time : Three hours

Theory Marks: 60

Int. Assessment : 15

Total-75

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

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blgha dgkfu; ka ea l spfj=k&fp=k.k] mns;] rkæRod l eh{kæ] dF;] l eL; kvka vkfn ij iNs x, nks l eh{kæRed iæuka ea l s, d dk mæRj næk gksæ] tks 10 **vd** dk gksæA

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5- foijhræFæd (foyæ) 'kæ 5 **vd**

6- 'kæ&'kæku 5 **vd**

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Paper – III

Foundation of Physical Education and Sports

Time: Three hours

Theory Marks: 80

Int. Assessment : 20

Total-100

Note: The question paper will consist of five Unit 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 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 – 1

Scientific basis of Physical Education and Sports,

Meaning of Anatomy, Physiology, Kinesiology, Psychology, Sociology, Biomechanics & Anthropometry

Contribution of Allied Sciences (Anatomy, Physiology, Kinesiology, Psychology, Sociology, Biomechanics& Anthropometry) in the field of Physical Education and Sports

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

Impact of Olympic movement on Physical Education and Sports

The contribution of Olympic Movement towards International Understanding

Modern Olympics

BOOKS RECOMMENDED FOR FURTHER STUDY

Khan, E.A, History of Phy.Edu; Patna Scientific Corporation (1964).

Kamlesh, M.L.Physical Education Facts and Foundations; Faridabad P.S.publication (pvt) Ltd.(1988).

Kamlesh, M.L.Principles & History of Phy.Edu., Prakash Bros., Patiala,1991.

Hoffman, G.J & Harris J.C Introduction to Knesiology studying Phy. Activity,2000.

Revenas, R.S (1978) Foundations of Physical Education.

Barrow, R.M.(1983) Man and Moment.

Bucher, G.A.(1992) Foundations of Phy.Edu. And Sports.

Paper – IV

Anatomy & Physiology (Theory)

Time : Three hours

Theory Marks: 60

Int. Assessment : 15

Practical : 50

Total :125

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 – 1

Muscular System

Structural & Functional Classification of Muscles

Significance & Characteristics of Muscles

Effect of exercise on muscular system

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

Structure of Brain and Spinal Cord

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

BOOKS RECOMMENDED FOR FURTHER STUDY

Pearee Evelyn, C Anatomy and Physiology for Nurses, London, Faber and Faber Ltd., 1962

Pavat.J Anatomy for Students and Teachers of Physical Education, London, Edward Arnold and Co., 1959.

Willion. J.F Anatomy and Physiology, London, W.B.Saunders.

Senson Wright Applied Physiology

Best and Taylor The Living Body, New Delhi, Asia Club House,1960.

Smount, C.F.V.and Physiotherapy, Occupational,

McDonald, R.J.S Therapy and Gymnastics, Edward ArnoldPvt.Ltd., 1969.

Kiober Grcy Anatomy and Physiology. Stackpoles Anatomy and Physiology (6th ed.).

PRACTICAL

50 Marks

Practical Notebook and Viva
Determination of Blood Groups
Breathe Sound
Breathe Holding Time
Estimation of Hemoglobin
Body Temperature
Normal Pulse Rate

Paper – V
Theory of Games -I
(Track & Field and Gymnastics)
Time: Three hours
Theory Marks: 60
Int. Assessment: 15
Practical :50
Total :125

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

Middle Distance Running

Correct Running Style emphasis on Proper Body Position and Foot Placement
Practice of Standing Start

Long Jump

Approach run
Take off
Flying Phase (Hang & running in the Air Styles)
Landing
Rules and Regulations related to Long Jump
Layout of Long Jump Pit
Specific Exercises related to Long Jump

UNIT - II

Shot Put

Holding
Placement of Shot
Initial Stance
Glide
Delivery Stance
Delivery action
Reverse
Rules and Regulations related to Shot Put
Specific Exercises related to Shot Put

UNIT - III

General Development Exercises with & without Apparatus
Duties of Judges and Superior Judges on the various apparatuses
Measurement and diagram of following apparatuses:
Vaulting table, Pommel horse, Roman rings

UNIT - IV

For Boys

Vaulting Table

Cat Vault

Straddle Vault

Pommel Horse

Perfect support Position on Pommel Horse

Half Single Leg Circle

Single Leg Circle Outward (Front support)

Single Leg Circle Inward (Front Support)

Roman Rings

Perfect Swing on Roman Ring

Inverted Hang

L hang

Indicate forward with Bend Body

Indicate Forward with Straight Body

For Girls

Vaulting Table

Cat Vault

Straddle Vault

Uneven Bars

Hang higher bar to Squat

forward to rear support

Swing

One leg squat rise to scale

Underswing Dismount

BOOKS RECOMMENDED FOR FURTHER STUDY

Chauhan, B.S., Khel Jagat Mein Athletics, Jalandhar: A.P.pub.,1999.

Fox, E.L.,Physiological Basis of Physical Education and Athletics,Brown Pub.,1989.

Gothi, Ekta, Teaching and Coaching Athletics, N.D: Sports Pub.1997.

Anand, Om Parkash., Yoga Dawara Kaya Kalp, Kanpur, Sewasth Sahitya Perkashan,2001.

Code of Points Trampoline Gymnastics, Federation Int. De Gymnasics,2005.

Federation International Gymnastics, Federation Int. De. Gymnasics,2006.

Jain, R,Play and Learn Gymnastics, Khel Sahitaya Kendra, 2005.

Pearson, D.Play The Game Gymnastics, Britain : Ward Lock,1991

PRACTICAL

Part – A

Practical Notebook and Viva
Spirits
Jumps (High jump, & long jump)
Throw- (shot-put)

Part – B

Practical Notebook and Viva

For Boys

Vaulting Table

Cat Vault
Straddle Vault

Pommel Horse

Perfect support Position on Pommel Horse
Half Single Leg Circle
Single Leg Circle Outward (Front support)
Single Leg Circle Inward (Front Support)

Roman Rings

Perfect Swing on Roman Ring
Inverted Hang
L hang
Indicate forward with Bend Body
Indicate Forward with Straight Body

50 Marks

Track &Field : 25 Marks

Gymnastics : 25 Marks

for Girls

Vaulting Table

Cat Vault
Straddle Vault

Uneven Bars for Girls:-

Hang higher bar to Squat
forward to rear support
Swing
One leg squat rise to scale
Under swing Dismount

Paper-VI

Theory of Games - II

(Volleyball Games and Yoga)

Time : Three hours

Theory Marks: 60

Int. Assessment : 15

Practical : 50

Total : 125

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

Duties of officials before, during and after the competition.

Organization of Tournament at district, state, Intramural & Inter college level

UNIT - II

Techniques of Volleyball:-

Footwork

Spiking – Straight arm, Round Arm,

Blocking – Individual & Group

Dives & Rolls

Tactics:-

Individual & Group Tactics

Tactics of Offence

Tactics of Defense

UNIT - III

Shat Karma – Techniques & Importance

Asthang Yoga – Yama, Niyam, Asana, Pranayama, Pratihara, Dharana, Dhyana and Samadhi

Difference between Yogic & Non-yogic System of Exercise.

UNIT - IV

Importance of Asanas

Techniques & Benefits of Following Asanas

Tadasana

Vrikshasana

Spiritkarani

Bakasana

Ardhmastenderasana

Matsyasana

Janusirasana

Jal Neti / Sutra Neti, Kapalbhati

One technique of Pranayama

PRACTICAL

50 Marks

Part –A

Game: Volleyball 25 Marks

Practical Notebook and Viva

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 Teammates

BOOKS RECOMMENDED FOR FURTHER STUDY

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

Part – B

Yoga : 25 Marks

Practical Notebook and Viva

Techniques of following Asanas :-

Padmasana

Vajrasana

Halasana

Vakrasana

Sarvangasana

Vipritkarani

Bhujangasana

Surya Namaskar

Jal Neti / Sutra Neti, Kapalbhati

One technique of Pranayama

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

Semester-III w.e.f. 2014-15

<u>Theory</u>	<u>Marks</u>	<u>Int. Assessment</u>	<u>Total Marks</u>	<u>Time</u>
Paper-I English	60	15	75	3 hours
Paper-II Health and Safety Education	60	15	75	3 hours
Paper-III Physiology of Exercise	60	15	75	3 hours
Paper-IV Theory of Games-I (Track & Fields and Gymnastics)	60	15	75	3 hours
Paper V Theory of Games-II (Basketball & Vocational Oriented Course -Physiotherapy	60	15	75	3 hours
Total Marks:			375	

Semester IV w.e.f. 2014-15

<u>Theory</u>	<u>Marks</u>	<u>Int. Assessment</u>	<u>Total Marks</u>	<u>Time</u>
Paper- I English	60	15	75	3 hours
Paper-II First aid and Rehabilitation (Theory) (Practical)	60	15	75 50	3 hours
Paper-III Physiology of Exercise (Theory) (Practical)	60	15	75 50	3 hours
Paper-IV Theory of Games-I (Track & Field and Gymnastics) (Theory) (Practical)	60	15 (25+25)	75 50	3 hours
Paper-V Theory of Games-II (Basketball & Vocational Oriented Course -Physiotherapy (Practical)	60	15 (25+25)	75 50	3 hours
Total Marks			575	

GRAND TOTAL (Semester III & IV) 375+ 575=950

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

Semester-III w.e.f. 2014-15

PAPER-I
ENGLISH

Time : Three hours

Theory Marks: 60

Int. Assessment : 15

Total:75

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

Book : 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)**

PAPER-II

Health and Safety Education

Time: Three hours

Theory Marks: 60

Int. Assessment: 15

Total : 75

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 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 and functions of food.
Meaning and constituents of Balance diet
Meaning of Communicable diseases, its causes and prevention.

UNIT-IV

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

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.
Oberteufar D: School Education Harper and Brother New York, Latest edition, 1972

PAPER-III

Physiology of Exercise

Time: Three hours

Theory Marks: 60

Int. Assessment: 15

Total: 75

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

PAPER-IV

Theory Of Games-I

(Track & Field and Gymnastics)

Time: Three hours

Theory Marks: 60

Int. Assessment: 15

Total: 75

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

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 rules of the competition

Teaching of different stages / phases of triple jump

Approach Run

Take off. For hop, Step, Jump and Landing of Hop& Step

Flying Phases

Landing

Preparation of Score Sheet

Exercises related to Triple Jump

UNIT -III

Definition of Gymnastics and kinds of Gymnastics

Various safety measure used in Gymnastics.

General rules and regulation of the competition of Gymnastics

UNIT -IV

Techniques of exercises on Gymnastics Apparatuses

For Boys

Floor Exercises

Stand Scale front ways,Side ways

Jump forward to roll Forward (Dive roll)

Round off

Head spring

For Girls

Floor Exercises

Front Split

Side Scale

Hand Stand to Bridge

Back walk-over

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

Hand spring

Balancing Beam

Jump to squat stand

Scissor Lead Jump

“V” Balance

Roll Forward

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’ johnwiley and SONS,NewYork,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

PAPER-V

Theory Of Games-II

(Basketball & Vocational Oriented Course-Physiotherapy)

Time: Three hours

Theory Marks: 60

Int. Assessment: 15

Total: 75

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 and importance 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 and Sports)

(Six semester course)

SEMESTER-IV w.e.f. 2014-15

PAPER-I

ENGLISH

Time: Three hours

Theory Marks: 60

Int. Assessment: 15

Total: 75

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

Book : 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)**

PAPER-II

First Aid and Rehabilitation

Time: Three hours

Theory Marks: 60

Int. Assessment: 15

Practical: 50

Total: 125

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, 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

Principles of safety with respect to building and play fields
Equipments ,dress etc for safety in water
Safety during floods, hurricane, thunder lighting, air raids
Safety of roads, camps, picnics and tours

UNIT-IV

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

BOOKS RECOMMENDED FOR FURTHER STUDY

Armstrong and Tuckler; Injuries in sports, London, Staples Press, 1964

Bolan J.P : Treatment and prevention of Athletic injuries.

Rasch, P.J inters state printer and publisher, 1967.

Morehouse, L.E and Rasch, P.J; Sports medicine for Trainers, Philadelphia W.B Saunder Co., 1963.

Ryans Allan : Medical Care of the Athlete, McGraw Hill.
Morehouse : Physiology of exercise
Falls : Exercise Physiology
Karpovich : Physiology of Muscular activity
Pande, P.K."Know how sports medicine?"AP Publication, Jalandhar.
Safety at school (Education Pump let Number -53) London :Her Majesty 's Stationary Office
1969
School Safety Policies –Washington L.C American Association For Health, Physical Education
and Recreation
Stack, Harbert J,DukeElkow Education for safe Living:: Englawood Cliff, New Jersey , Prentice
HallInc,1966
Florio, A.& Stafford G.T-safety Education New York, Mc Graw Hill Book Com.1967
Evans, A William Everyday safety, Chicago :Iyon and Camaha

PRACTICAL

50 MARKS

Practical Notebook and Viva
First Aid and emergency treatment of following cases
Drowning
Dislocation
Fracture
Burns
Electric shock
Snake bite
Poison
Types of bandages
Artificial respiration
First aid box
Transportation of injured persons

PAPER-III

Physiology of Exercise

Time: Three hours

Theory Marks: 60

Int. Assessment: 15

Practical: 50

Total: 125

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

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.

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' Kolkata: 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

PRACTICAL

50 MARKS

Practical Notebook and Viva

To listen the breath 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 Ishihara colour vision charts.

To measure the blood pressure.

PAPER-IV

Theory Of Games-I

(Track & Field and Gymnastics)

Time: Three hours

Theory Marks: 60

Int. Assessment: 15

Practical: 50

Total: 125

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

Marking and Specific measurement of throwing sector and discus

General Rule of Discus throw Competition

Teaching of Different stages of Discus throw

Holding

Initial stance

Preliminary swings

Turns

Delivery action

Reverse

Score Sheet of Discus Throw

Exercises related with 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.

UNIT -IV

Technique of exercises on Gymnastics Apparatuses

For Boys

Vaulting table

Squat Vault

Jump to through vault (with straight legs)

For Girls

Vaulting table

Squat Vault

Jump to through vault (with straight legs)

Pommel

Jump to Front Support
 Single Leg Circle Outward(From Un- even Support)
 backward
 Scissor Forward
 Both Leg Circle
 Single leg Dismount forward
 Under Swing dismount over the low bar

Roman Ring

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

Un- Even Parallel Bar

Jump to Front Support
 Squat Through with one leg
 Single Leg Circle forward
 Single Leg Circle backward
 Free Hip Circle backward

PRACTICAL**50 MARKS****25 MARKS****Part A. (Track & Field)**

Practical Notebook and Viva

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
 Approach Run
 Take off. For hop, Step, Jump and Landing of Hop+ Step
 Flying Phases
 Landing
 General rules of the competition

Discus throw:

Teaching of Different stages of Discus throw
 Holding
 Initial stance
 Preliminary
 Turn
 Delivery action
 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

Part B (Gymnastics)**25 MARKS**

Practical Notebook and Viva

For Boys**Floor Exercises**

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

Parallel Bar

Front Upraise to hand Support
“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

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

For Girls**Floor Exercises**

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

Balancing Beam

Jump to squat stand with one leg (Right or Left)
Scissor Lead Jump
“V” Balance
Roll Forward
Standing scale Sideways

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

PAPER-V

Theory Of Games-II

(Basketball & Vocational Oriented Course-Physiotherapy)

Time : Three hours

Theory Marks: 60

Int. Assessment : 15

Practical :50

Total :125

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

Fouls and their penalties

Technical equipment used in Basketball.

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, techniques and benefits.

Sports Injuries: Meaning, definition of sports injuries, and preventions of sports injuries.

Hydrotherapy: Meaning of Hydrotherapy, Hot Packs, Mud Bath, Spring Water Bath, Under water exercises, techniques and benefits.

Massage therapy: Meaning, Classification and Techniques of Massage, Lubricants used in massage

Stroking/ Effleurage, Kneading/ Petrisage, 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

Part-A

BASKETBALL

50 MARKS

25 MARKS

Practical Notebook and Viva
Lay out of Basketball playfield
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)
Duties of officials in basketball.

Part - B

PHYSIOTHERAPY

25 MARKS

Practical Notebook and Viva
Electrotherapy: Techniques and benefits of Short wave diathermy and ultra sound therapy.
Hydrotherapy: Hot Packs, Mud Bath, Spring Water Bath, Under water exercises, wax bath – their techniques and benefits.
Massage Therapy:- Stroking/ Effleurage, Kneading/ Petrissage, Rubbing/ Friction, Tapotment, Vibration/ Shaking, massage of upper limbs, lower limbs, back, head, face, chest and abdomen.
Exercise Therapy:- Active, passive and resistive movements
Traction Therapy: techniques and benefits

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

Semester-V w.e.f. 2015-16

<u>Theory</u>	<u>Marks</u>	<u>Int. Assessment</u>	<u>Total Marks</u>	<u>Time</u>
Paper-I Psychology & Sociology of Physical Education & Sports	60	15	75	3 hours
Paper-II Fundamentals of Sports Training	60	15	75	3 hours
Paper-III Bio-Mechanics	60	15	75	3 hours
Paper-IV Theory of Games-I (Track & Field & HandBall)	60	15	75	3 hours
Paper-V Theory of Games-II (Game- Kho-Kho & Vocation Oriented Course -Physiotherapy)	60	15	75	3 hours
Paper-VI English	60	15	75	3 hours
	Total:		450	

Semester VI w.e.f. 2015-16

<u>Theory</u>	<u>Marks</u>	<u>Int. Assessment</u>	<u>Total Marks</u>	<u>Time</u>
Paper-I Psychology & Sociology of Physical Education & Sports	60	15	75	3 hours
Practical			50	
Paper-II Fundamental of Sports Training	60	15	75	3 hours
Practical			50	
Paper-III Kinesiology	60	15	75	3 hours
Practical			50	
Paper-IV Theory of Games-I (Track & Field & HandBall)	60	15	75	3 hours
Practical			50	
Paper-V Theory of Games-II (Game- Kho-Kho & Vocation Oriented Course -Physiotherapy)	60	15	75	3 hours
Practical			50	
Paper-VI English	60	15	75	3 hours
	Total:		700	

Grant Total (Semester V & VI):450+700 = 1150

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

Semester –V w.e.f. 2015-16

Paper-I

Psychology & Sociology of Physical Education & Sports

Time: Three hours

Theory Marks: 60

Int. Assessment: 15

Total: 75

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

UNIT-II

Meaning & Definitions of Motivation
Role of Motivation in Physical Education & Sports
Types of Motivation, Methods of Motivation

UNIT-III

Meaning and definitions of Sociology
Scope of Sociology
Sociology and Physical Education
Social Significance of Sports

UNIT-IV

Sports as a Socializing Agency
Sports & Socialization
Definition and concept of Socialization
Group cohesion

Paper –II
Fundamentals of Sport Training
Time: Three hours
Theory Marks: 60
Int. Assessment : 15
Total :75

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

Meaning & Definition of Sports Training
functions and characteristics of Sport Training.
Principles of Sports Training

UNIT-II

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

UNIT-III

Definition of training load &Type of training load
Principles of training load
Relationship between load & adaptation

UNIT- IV

Definition of Physical fitness
Development of physical fitness components
Strength – Forms of strength, means& methods of strength training
Endurance- forms of endurance, means & methods of endurance training

Paper-III
Biomechanics.

Time: Three hours

Theory Marks: 60

Int. Assessment: 15

Total: 75

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 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:

A.Yobu, Sports Biomechanics Jogishwar Goswami Basic Kinesiology Friends Publication India 2009

Bunu, Scientific principals of coaching, Prentics Hall, Inc. N.J. 1962

Dysom, the mechanics of athletics, Halmes and Meiar M.K. 1977

Hay, the biomechanics of sports techniques Prentics Hall, Inc. N.J. 1978

Mechnotech Biomechanic Sportlicher Bowegungun sports verley Berlin 1978

Miller and Nelson, biomechanics of sports, Log and Fehier, Philadaphia 1973
P.D.Sharma Gatavigyan ka yantrik Vishlashan Jogishwar Goswami Basic Kinesiology
FriendsPublication India 2009
Rajlakshmi D. Biomechanics in games and sports Friends Publication India 2009
Sussan J Hall Basic Biomechanics Friends Publication India 2009
Uppal, A.K. Biomechanics in physical education and exercise science, Friends Publication India
2009

Paper-IV.
Theory of Games-I
(Track & Field and Handball)
Time: Three hours
Theory Marks: 60
Int. Assessment: 15
Total: 75

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

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
Rules and Regulations related to Pole Vault
Specific Exercises of Pole Vault

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

Running with the ball (dribbling).

Paper-V:

Theory of Games-II

(Game-Kho-Kho & Vocational Oriented Course -Physiotherapy)

Time: Three hours

Theory Marks: 60

Int. Assessment: 15

Total: 75

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 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

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 Chowk 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.

PAPER-VI

English

Time: Three hours

Theory Marks: 60

Int. Assessment: 15

Total: 75

1. The following Chapters of book. The Spectrum of Life-Anthology of Modern Press:

20 Marks

i. If you are wrong Admit it - Dale Carnegie

ii. Public Transport in London and Delhi – Nirad C. Chaudhary

2. Summary writing

10 Marks

3. Business letters for procuring goods etc.

10 Marks

4. Grammar : Common errors & Punctuation

10 Marks

5. Vocabulary related to sports (English to Hindi):

Physical Education, Health Education, Socialization, Cooperation, Competition, Psychology, Idealism, Pragmatism, Aim, Objectives, Importance, Culture, Recreation, Offensive, Defensive, Rhythm, Corrective, 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 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

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

Semester VI w.e.f. 2015-16

Paper-I

Psychology & Sociology of Physical Education & Sports

Time: Three hours

Theory Marks: 60

Int. Assessment: 15

Practical: 50

Total: 125

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

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

UNIT-II

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

UNIT-III

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-IV

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

BOOKS RECOMMENDED FOR FURTHER STUDY

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

Practical

50 Marks

Practical Note Book and viva

Any four following tests:

1. Eysneck Personality Inventory
2. H.S.Athana Adjustment Inventory
3. Sports competition Anxiety Inventory
4. Sociometry
5. Reaction time

Paper-II

Fundamental of Sports Training

Time: Three hours

Theory Marks: 60

Int. Assessment: 15

Practical: 50

Total: 125

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

Flexibility: Forms and basis of flexibility
Methods and development of flexibility
Speed: forms of speed
Means and Method of Speed Training

UNIT- II

Co-ordination Ability: Meaning, Definition,
Forms of co-ordination ability
Development methods of Co-ordination ability

UNIT-III

Definition, method and principles of tactical training
Means and build up competition
Definition and importance of competition

UNIT-IV

Definition of Warming up & Cooling Down
Types and significance of Warming up
Methods of Warming up & Cooling Down
Free hand & Stretching Exercise for warming up and cooling down

BOOKS RECOMMENDED FOR FURTHER STUDY

Batty , B: Practical & Motor Development in infants & children. Prentice hall,1979.

Dick, F.W. ;Sports Training Principles lepus, London 1980.

Aenson C.R. Bischer, A.G. Scientific basic of Athletic Condition lea &

Bebiger, Philedophie, 1972

Matweyew, L.:P: Fundamental of Sports training (Translation form Russian)

Mir Publisher, Moscow, 1981.

Pyke, Frank, S: Towards better Coaching ,Australian Government Publishing Services , Canberra, 1980.

Singh, Hisports Training General Theory & Methods, NIS, Patiala, 1984.

Willmore,J.H: Athletic Training: & Physical fitness, Allyn & Bacon, Inc Sydney 1977.

Practical

50 Marks

Practical Note Book and viva

Any four of the following:

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

Paper-III

Kinesiology

Time: Three hours

Theory Marks: 60

Int. Assessment: 15

Practical: 50

Total: 125

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 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 inhibition

All or none law, muscle tone and its importance

BOOKS RECOMMENDED FOR FURTHER STUDY

Cooper and Glassgow, Kinesiology, C.V. Mosby co. Saint Louis, 1976

David Paul Green Kinesiology: Movement in the context of activity Jogishwar Goswami
Basic Kinesiology Friends Publication India 2009

Dugch and Duch, Kinesiology and applied anatomy, Lee and Fabiger, Philadelphin, 1977

Graive, Miller, Mitohelgon, Paul and Smith, techniques for the analysis of human movement lapse books London, 1975

Hay and Deij ,the anatomical and mechanical basis of human motion, Prentics Hall, Inc. N.J. 1982

Jogishwar Goswami Basic Kinesiology Friends Publication India 2009

Logan and Mckinney, Anatomic Kinesiology, M.C.Brown Co., 1977

Marliyn and Hinsen, Kinesiology, Web Dubuque Lown 1977

Nancy Hamilton, Kinesiology: The scientific basis of motion (10th ed),Friends Publication India 2009

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

Paper IV
Theory of Games-I
(Track & Field and Handball)
Time: Three hours
Theory Marks: 60
Int. Assessment: 15
Practical: 50
Total: 125

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

Javelin Throw

Holding
Carry
Approach run
Last five strides rhythm including impulse stride
Delivery stance
Reverse
Rules and Regulations of Javelin Throw
Exercises related with Javelin Throw

UNIT II

Hammer Throw

Grip
Initial stance
Preliminary From swings to turns
Transition from swings to turns.
Turns
Delivery Stance
Delivery Action
Reverse
Rules and Regulations of Hammer Throw
Exercises related with Hammer Throw

UNIT III

Shooting

The 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)

BOOKS RECOMMENDED FOR FURTHER STUDY

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 Ronal Press Company , 1957
Roberson, Richard & son Nerbert. Geainning Hand ball California Wadswow H "Company
Ine.Belmost, !969.

Practical 50 Marks

Part-A Track & field

25 Marks

Practical Note Book and viva

Javelin Throw

(Holding, Carry, Approach run Last five strides rhythm including impulse stride Delivery stance, Reverse)

Hammer Throw

Grip, Initial stance, Preliminary From swings to turns, Transition from swings to turns.

Turns, Delivery Stance, Delivery Action & Rev

Part-B Handball

25 Marks

Practical Note Book and viva

Fundamentals

Shooting

(falling shot from outside. falling shot with feint, diving shot standing throw, jump shot, penalty shot, reverse shot, fall shot)

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)

Paper-V:

Theory of Games-II

(Game- Kho-Kho & Vocational Oriented Course-Physiotherapy)

Time: 3 hours

Theory Marks: 60

Int. Assessment: 15

Practical: 50

Total: 125

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

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
Warming up and cooling down in kho-kho and its importance.

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
Components of Physical Fitness

UNIT III

Sports Injuries:- Meaning, types, prevention and treatment of sports injuries
Massage Therapy:- Meaning, physiological effects of general massage on muscular system& nervous System
Postural deformities:- Bow Legs, 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
Derived positions by moving the arm, leg head , Neck & Trunk in all these fundamental position
Duties of physiotherapists before and after surgery

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.

PRACTICAL

50 Marks

Part: A Kho-kho

25 Marks

Practical Note Book and viva

Layout of kho-kho play field

Duties of officials in Kho-kho.

Types of kho-kho and tie in kho-kho

Methods of sitting in a square

Offensive skills- chasing, giving Kho, sitting in the square, covering, 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.

Part: B Physiotherapy

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.

Congenital heart diseases, hyper tension-symptoms, causes and treatment.

Ostro-arthritis- symptoms, causes and treatment

PAPER-VI

English

Theory Marks: 60

Int. Assessment: 15

Total: 75

Time: Three Hours

1. The following Chapters of book. The Spectrum of Life-Anthology of Modern Press: **20 Marks**
I Mother Teresa – Khushwant Singh
ii. Subha – Ravinder Nath Tagore
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**
B.A.
B.Sc.
B.Com.
C.PEd.
B.PEd.
MA(Phy.Ed.)
M.PEd.
M.Phil.
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