

**CERTIFICATE COURSE IN PHYSICAL EDUCATION (C. P. Ed.)
Examination (2 Years) - 2013-14.**

Scheme of Examination

The course of instructions for certificate course in Education (C. P. Ed.) shall consist of the following parts.

Scheme of Examination of C.P.Ed. First Year: w.e.f. (2013-14)

The first year examination shall consist of the four parts viz.

- Part-I Theory papers
- Part-II Practical skills
- Part-III Teaching ability or practice Teaching
- Part-IV Educational projects

Part-I	Theory papers	Theory	Int.Asstt.	Total	Time
1.	Principles and History of Physical Education	80	20	100	3 hours
2.	Psychology of Physical Education	80	20	100	3 hours
3.	Methods in Physical Education	80	20	100	3 hours
4.	Anatomy, Physiology and Physiology of Exercise	80	20	100	3 hours
		320	80	400	
Part-II	Practical Skills				
	Skill Examination in 5 Groups	250	50	300	
Part-III	Practice Teaching Lessons				
	(General and Specific Lesson)	100	50	150	
	(50+50=100)				
Part-IV	Educational Cultural and social projects		50	50	
	Total	670	230	900	

Scheme of Examination of C.P.Ed. Second Year w.e.f.(2014-15)

- Part-I Theory Papers
- Part-II Practical Skills
- Part-III Teaching ability or Practice Teaching
- Part-IV Educational Projects

Part-I	Theory Papers	Theory	Int.Asses.	Total	Time
1.	Organization, Administration & Supervision of Physical Education	80	20	100	3 hours
2.	Health Education, Common Sports Injuries and First Aid	80	20	100	3 hours
3.	Officiating and Coaching	80	20	100	3 hours
4.	Yoga and Social Health	80	20	100	3 hours
Part-II	Practical Skills				
	Skill examination in 5 Groups (each group 50 marks)	250	50	300	
Part-III	Practical Teaching Lessons				
	(General and Specific Lesson) (50+50)	100	50	150	
Part-IV	Educational, Cultural and Social Projects		50	50	
	Total	670	230	900	

Total (1st year & II year) 900+900 =1800

Notes:

1. Paper setter is required to set 2 questions from each unit I,II,III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

Unit-I: FOUNDATION OF PHYSICAL EDUCATION

- i) Meaning, Objectives & Aims of Physical Education
- ii) Relationship of Physical Education with general education
- iii) Relationship of Physical Education to Health Education & Recreation
- iv) Meaning of the terms: Physical culture, Physical Training, Drill, Games & sports, Gymnastics, Athletics, Aquatics.

Unit-II: BIOLOGICAL PRINCIPLE OF PHYSICAL EDUCATION

- i) Concept of Growth & Development, Difference between Growth & Development. Educational implication of principles of Growth & Development
- ii) Meaning & Concept of Heredity & Environment, role of Heredity & Environment on Growth & Development.
- iii) Chronological Anatomical & Physiological Ages
- iv) Difference between male & female structures & characteristics

Unit-III: PSYCHOLOGICAL AND SOCIOLOGICAL BASIS OF PHYSICAL EDUCATION

- i) Psycho-Physical unity of human organism
- ii) Definition, nature & Types of Learning.
- iii) Meaning & Types of Transfer of Training, Importance of Transfer Training in learning physical activities.
- iv) Meaning and types of Group. Factors affecting group' behavior.

Unit-IV: HISTORY OF PHYSICAL EDUCATION

- i) Olympic Games: Ancient And Modern
- ii) Asian Games
- iii) SAF Games, Commonwealth Games
- iv) Describe the following:
 - a) NCTE, SAI, IOA, IOC, AAFI
 - b) Scouting & Guiding, Vyayamshalas & Akhadas

REFERENCE BOOKS:

1. Khan, E.A. *History of Physical Education*, Scientific Book Company. Patna, 1964
2. Barow, H.M. *Man and His Movement-Principles of Physical Education*, Philadelphia, Lea and Febiger, 1971.
3. Bucher, C.A. *Foundations of Physical Education*, St. Louis; C.V. Mosby Co., 1972.
4. Dalen, V. *A World History of Physical Education*, Prentice Hall Inc.

C. P. Ed (1st Year) - Paper-II - PSYCHOLOGY OF PHYSICAL EDUCATION

Time- 3 Hours
Total Marks: 100
Theory Marks: 80
Internal Assessment: 20

Notes:

1. Paper setter is required to set 2 questions from each unit I,II,III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

Unit-I:

- i) Meaning and Definition of Psychology & Education Psychology.
- ii) Sports Psychology: Meaning, nature and scope of Sports Psychology.
- iii) Relationship of Sports Psychology with Physical Education.
- iv) Importance of Educational & Sports Psychology in the field of Sports

Unit- II

- i) Meaning & Definition of Gifted Children and identification of Gifted Children
- ii) Meaning & Definition of play, importance of play, value of play in physical education
- iii) Meaning and definition of creativity. Characteristics of creativity.
- v) Development of creativity amongst children.

Unit-III

- i) Meaning, types and basic characteristics of human behavior. Process of human behavior.
- ii) Meaning and Definition of Intelligence and its relation with sports performance.
- iii) Process of character formation and character development by participation in sports.
- vi) Meaning and definition of interest. Methods of creating interest in Children for Physical activities.

Unit-IV

- i) Learning curves and characteristics of learning curves.
- ii) Physical Education, Sports and Socializing institutions (Family, School, College, University and Voluntary associations)
- iii) Social development, factors affecting social development. Influence of social factors on sports performance.
- iv) Kinds of Groups, Group interaction, school group and difference between Group & Team.

Reference Books:

- 1 Blair, Jones and Simpson, Educational Psychology, McMillan Co., New York, 1962.
- 2 Mathur, S.S., Educational Psychology. Vinod Pustak Mandir, Agra, 1962.
3. Cratty, B. J., Psychology and Physical activity. Eaglewood Cliffs. Prentice Hall, 1968.
4. Crow and Crow, Educational Psychology. Eurasia Publishing House, N. Delhi, 1979.
5. Skinner, Charles. E., Education Psychology. Prentice Hall of India, N. Delhi, 1984.
6. Walia, J.S. Foundation of Educational Psychology. Paul Publishers, Jalandhar city, 1992
7. Kamlesh, M.L. Psychology in Physical Education and Sport. Metropolitan Book Co., N. Delhi. 1998

C. P. Ed (1st Year) - Paper-III - METHODS IN PHYSICAL EDUCATION

Time- 3 Hours
Total Marks: 100
Theory Marks: 80
Internal Assessment: 20

Notes:

1. Paper setter is required to set 2 questions from each unit I,II,III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

Unit-I:

- i) Meaning, definition, scope and importance of methods in Physical Education.
- ii) Methods, Types: By part, whole method, command, imitation, discussion, project and demonstration method.
- iii) Principles of public relation in physical education. Techniques and use of media.
- iv) Classification of Physical activities.

Unit-II:

- i) Classification of pupils, methods of classification and grade tables.
- ii) Organization and conduct of competitions- Athletic meet, Basketball, Volley ball & kho-kho
- iii) Tournaments; meaning, types, advantages and disadvantages of Knockout & league tournaments.
- iv) Demonstration and displays on special occasions like annual sports day, Independence and republic day.

Unit-III:

- i) Methods of teaching physical activities, calisthenics, games and sports, athletics, swimming, folk dances and indigenous activities.
- ii) Presentation of Technique, personal preparation, Technical preparation, steps of preparation.
- iii) Commands and their Techniques
- iv) Types of class formation and importance of class formation.

Unit-IV:

- i) Principles of lesson plan, types of lesson plan for Games, Athletics & Gymnastic lessons.
 - a. Objective of different lesson plans.
 - b. Skill practice and group work.
 - c. Class activities, Recreational part, Re-assembly-revision, summarization, dismissal.
- ii) Construction and lying out of the Track and Field and play ground.

Reference Books:

1. Kazmar, H.C. and Cassidy, Methods in Physical Education, W. B. Saunder Co., Philadelphia, London, 1958.
2. Charles E. Forsy, Administration of High School Athletic, Sixth Edition, Prentice Hall Inc., Englewood, New Jersey, 1979.
3. M.L. Kamlesh and M.S. Sangral, Methods in Physical Education, Prakash Brothers, 516, Book Market, Ludhiana (1986).
4. Charles A. Bucher, Management of Physical Education and Athletic Programmes, Louis C.B. Mosby. Co. 1987.
5. Brar, R.S et al Teaching Methodology and Education Technology in Physical Education, Kalyani Publisher, New Delhi, 2008.

C. P. Ed (1st Year) - Paper-IV - ANATOMY, PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE

**Time- 3 Hours
Total Marks: 100
Theory Marks: 80
Internal Assessment: 20**

Notes:

1. Paper setter is required to set 2 questions from each unit I,II,III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

Unit-I:

INTRODUCTION

- Meaning of the term Anatomy and Physiology. Importance of the knowledge of Anatomy and Physiology for the students of physical education.
- The Cell:- Structure and Functions of Cell, mechanism of Cell Division
- Tissue: Different types and functions of tissue.

Unit II:

MUSCULO SKELETAL SYSTEM

Skeletal system: Names of the human bones, classification of joints, types of synovial joints, Names of the Major muscles and their actions.

CIRCULATORY SYSTEM

Blood: Functions of blood, composition of blood, lymph and its functions.

Circulatory system : Structure of the heart, systemic and pulmonary circulation.

Unit III:

RESPIRATORY SYSTEM

Definition of respiration, structure and functions of the respiratory organs, mechanism of respiration, Vital capacity & Tidal volume,.

DIGESTIVE SYSTEM

Structure and functions of alimentary canal- Accessory organs of digestive system, liver, pancreas, gall bladder.

Unit IV:

EXCRETERY SYSTEM

Structure and functions of kidney and urinary track, Skin and its function.

NERVOUS SYSTEM

Structure and functions of brain, spinal cord and reflex arc, Types of nerves.

Reference Books:

1. Wellgoose. Health teaching in secondary Carl E. Schools. W.B. Saunders, 1977.
2. Wilson Kathleen J. W. Anatomy and Physiology, Health and illness. 6th Edition. Churchill Livingstone Edinburgh, 1987
3. Pearce. E. Anatomy and Physiology for Nurses, Delhi, Oxford University Press, 1989.
4. Wilmore, Jack H and Costill, David L. Physiology of Sports and Exercise. Human kinetics, 1994
5. Hoeger, Werner W.K, Hoegen, Sharon A. Principles and Labs for fitness and wellness. 7th ed 2004.
6. Richardson, Seano, Anderson, Mark B: Overtraining Athletes: Personal Journey in Sports.2008.

Certificate Course in Physical Education (C.P.Ed)

Examination (2 Years) – 2013-14

Practical Syllabus C.P.Ed.I

Part-II Practical Skills

**Total Marks: 300
External marks:250
Internal marks: 50**

Skill Examination in 5 Groups

Sr.No.	Practical Skills	Marks
1	Gymnastics	50
2	Callisthenics & Rhythmic	50
3	Athletics	50
4	Yoga	50
5	Group Games & Lead up Activities	50

1. Gymnastics

Marks: 50

Techniques of the following events. Performance of one exercise on each apparatus.

A) Floor Exercise(M+W)

- i) Forward roll
- ii) Backward roll
- iii) Cart wheel
- iv) Side scale

B) Vaulting Horse (M+W)

- i) To squat stand on Horse
- ii) Jump on straddle stand on Horse
- iii) Side Vault

C) Parallel Bars (M)

- i) Upper arm support
- ii) Front Hand Support
- iii) L.Seat in Hand Support
- iv) Perfect Swing on parallel bars

D) Balancing Beam (W)

- i) Scale sideways, Frontways
- ii) Front support to straddle seat
- iii) Knee scale mount
- iv) Mount on forward roll

2. Callisthenics & Rhythmic

Marks: 50

- i) Mass P.T.
- ii) Exercise Tables
- iii) Folk Dance
- iv) Marching

3. Athletics

Marks: 50

- Marking, Score sheet and Officiating of the following events.
- Performance of one item in each event.

- i) Running Events Short Distance Races 100,200,400 mts.
- ii) Jumping Events Long Jump, High Jump
- iii) Throwing Events Shot put, Discus, Javelin

4. Yoga

Marks: 50

A) Technique of the following Asanas

- i) Surya Namaskar (Compulsory)
- ii) Padam Asana
- iii) Paschimotan Asana
- iv) Dhanur Asana
- v) Chakra Asana
- vi) Shalbhana
- vii) Hal asana
- viii) Naukasasna
- ix) Trikna Asana
- x) Go Mukh Asana

B) Shatkarma

- i) Jal Neti
- ii) Kapal Bhati
- iii) Tratak

C. Pranayam

- i) Anulom-Vilom
- ii) Shitkari
- iii) Sheetli

5. Group Games & Lead up Activities

Marks: 50

- **Marking, Score Sheet and Specification of Equipments of the following Games.**
- **Playing Efficiency of one of the following Games**

- i) Volley Ball
- ii) Basket Ball
- iii) Kho-Kho

Part III

Practice Teaching Lesson

Total Marks: 150

Internal: 50

- i) Ten Practice Lesson
- ii) Five Observation Lesson
- iii) Five Lesson over School Children

External: 100

- i) One General Lesson
- ii) One Specific Lesson

Part IV

Educational Cultural & Social Projects

Total Internal Marks: 50

With in a period of one year of training all these activities and projects be conducted. Internal assessment should be made of students for their dedicated participation in these projects. Proper record of these projects and their assessment be maintained by the institute.

- i) Organisation of an Athletic meet
- ii) Blood Donation
- iii) Cultural & Recreational Programmes

C. P. Ed (2 Years) Part-II (w. e.f. 2014-15)

Paper-I: ORGANISATION, ADMINISTRATION AND SUPERVISION OF PHYSICAL EDUCATION.

**Time- 3 Hours
Total Marks: 100
Theory Marks: 80
Internal Assessment: 20**

Notes:

1. Paper setter is required to set 2 questions from each unit I,II,III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

Unit-I

- i) Introduction, definition, importance, objectives and guiding principles of organization & administration in Physical Education.
- ii) Scheme of organization, N.S.S., N.C.C. School Sports.
- iii) Principles, needs and importance of supervision.
- iv) Duties of Supervisor.

Unit-II:

- i) Facilities, construction and care of gymnasium, Swimming Pools, Play fields, Play Ground.
- ii) Equipments: Needs, maintenance, issue and disposals.
- iii) Procedure for purchase of equipments.

Unit-III:

- i) Professional preparation, qualities of teacher, problems faced by physical education teacher.
- ii) Students leadership; its types and need of student leader in sports.
- iii) Programme planning: Principles and factors affecting the time table, scheduling school sports, problem of school sports
- iv) Intramural and inter institutional competitions & their organization.

Unit-IV:

- i) Records and registers-Attendance, tests, health and character, extracurricular activities records and registers.
- ii) Budget: Criteria of a good budget, preparation of budget for school sports programme
- iii) Major and minor games. Difference between the major and minor games. Types of minor games for school children.

Reference Books

1. Kazmar, H.C. and Cassidy, Methods in Physical Education, W. B. Saunder Co., Philadelphia, London, 1958.
2. Charles E. Forsy, Administration of High School Athletic, Sixth Edition, Prentice Hall, Inc. Englewood, New Jersey, 1979.
3. M.L. Kamlesh and M.S. Sangral, Methods in Physical Education, Prakash Brothers, 516, Book Market Ludhiana (1986).
4. Charles A. Bucher, Management of Physical Education and Athletic Programmes, Louis C.B. Mosby. Co. 1987.
5. Brar, R.S et al Teaching Methodology and Education Technology in Physical Education, Kalyani Publisher, New Delhi, 2008.

C. P. Ed (2nd Year) - Paper-II

HEALTH EDUCATION, COMMON SPORTS INJURIES AND FIRST AID

Time- 3 Hours
Total Marks: 100
Theory Marks: 80
Internal Assessment: 20

Notes:

1. Paper setter is required to set 2 questions from each unit I,II,III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

Unit-I: Introduction:

1. Definition of Health Education. Need and Importance of health education in Physical Education.
2. Concept, Dimension and Determinants of Health, School health Education Programme.
3. Role of Physical Education Teacher in Promoting Health and Fitness of student.

B. Health Instructions and Guidance:

1. Cleanliness, Balanced diet for a normal person, Nutrition, Rest, Sleep.
2. Care of Organs of body, ear, nose, throat, eyes, nails, teeth, gums, skin, feet.
3. Recreation and exercises, effect of narcotics and drugs.
- 4.

Unit-II: Health Services:

- i) Supervision, Medical Examination, Detection and prevention of diseases and defects,
- ii) Supervision of facilities such as drinking water, toilet, canteen, class rooms. Gymnasium, Playground.
- iii) Role of Physical education teachers in Service and Supervision, Periodical Medical Examination.

Unit-III: Sports Injuries:

- i) Concept of Athletic Care
- ii) Prevention and Management of Injuries : Factors causing injuries and general principles for safe guarding
- iii) Common Sports Injuries : Sprain, Strain, Abrasion, Laceration, Haematoma, Fracture, Dislocation

Unit-IV: First Aid:

- i) Meaning and importance of first aid.
- ii) First Aid for Snake bite, Drowning, Burning, Wounds
- iii) Ergogenic Aids in sports.
- iv) Aim and objectives of Rehabilitation.

REFERENCE BOOKS

1. Butter, George D. Introduction to Community Recreation, McGraw Hill Book Co., N. York, 1959.
2. The Curriculum in Health and Physical Education, Iowa: UMC Brown Co. Publisher, 1960.
3. Ellis, M. J., Why people play, Prentice Hall Inc. Eaglewood Cliffs, 1973.
4. Chubb, Michael and Chubb, Holly, one Third of Our Time: An Introduction to Recreation Behavior and Resources, John Wiley and Sons, New York, 1981.
6. Torkildsen, George, Leisure and Recreation Management, E. and F. N. Spon., London, 1992. Irwin L.

C. P. Ed (2nd Year) - Paper-III - OFFICIATING AND COACHING

Time- 3 Hours
Total Marks: 100
Theory Marks: 80
Internal Assessment: 20

Notes:

1. Paper setter is required to set 2 questions from each unit I,II,III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

Unit-I

- i) Qualities of good officials, relation with management, coach, captain, players, spectators;
- ii) Factors affecting officiating;
- iii) Duties of officiating: Pre-game, during game and post game;

Unit-II:

- i) Meaning of interrelationship of coaching, teaching and training.
- ii) Qualities and Principles of good coach.
- iii) Demonstration and analysis of skills and team; Purposes, importance, preparation, method, rating and correction.

Unit-III:

- i) Promotion and maintaining interest in games and sports: Publicity, facilities, equipment, training schedule camps, awards;
- ii) Criteria for the selection of players and teams:
- iii) Meaning and Principles of conditioning

Unit-IV

- i) Training Methods: Isometric and Isotonic exercise, circuit training, weight training, fartlek training, and interval training.
- ii) Safety in sports
- iii) Score sheets of athletic events: long jump, high jump, triple jump, shot put, discus, javelin throw.
- iv) Score sheets of games: hockey, football, volleyball, basketball, badminton, table tennis.

REFERENCE BOOKS:

1. Gian Singh, How to play Hockey, New Delhi-1966.
2. Bunn, J.W., Art of Officiating Sports, Prentice Hall, Englewood 1968.
3. Singh, H. Science of sports training. New, Delhi. D, V.S. Publications,1991.
4. De Souza A. J. Track Geography and Field Sites. Chennai. DBAC Sports Envisions. 1999.
5. Brar. T. S. Officiating techniques in Track and Field, Gwalior. Bhargava Press. 2002.
6. Brundle, Fred, Teach Yourself Badminton. The English University Press Ltd., London.
7. Buck, H. W., Rules of Games & Sports. Y.M.C.A. Pub. House, Delhi (Latest Edition)
8. Bunn. J. W., Basketball techniques and team play, Prentice Hall, Englewood Clif

C. P. Ed (2nd Year) - Paper-IV - YOGA AND SOCIAL HEALTH

Time- 3 Hours
Total Marks: 100
Theory Marks: 80
Internal Assessment: 20

Notes:

1. Paper setter is required to set 2 questions from each unit I,II,III and IV. The Unit V consists of 10 questions of short answers distributed from all over the syllabus.
2. The candidates are required to attempt one question from each unit having 15 marks and Unit V is compulsory for all consisting 2 marks of each.

Unit-I: Yoga

- i) Meaning, concept and brief historical background of Yoga.
- ii) Astang Yoga: Yama, Niyama, Asana, Pranayam, Pratyahar, Dharna, Dhyana and Samadhi;
- iii) Importance of Yoga in Daily life.
- iv) Yogic Diet, meaning and importance of Yogic diet for good health.

Unit-II: Yogic Kriyas, Bandhas, Asanas

- i) Nauli, Dhauti, Basti, Neti, Kapalabhati and their benefits.
- ii) Bandhas, Types and techniques of Bandhas, Effects of Bandhas of Human Body
- iii) Asanas: Types & Principles; Benefits of various Asanas: Padmasana, Vajrasana, Pawanmuktasana, Chakrasana, Dhanurasana, Survangasana, Shavasana, Surya Namaskar.

Unit-III: Social Health

- i) Definition, concept and scope of social health.
- ii) Relation of Physical health and social health;
- iii) Factors influencing Social Health-Environment, Industrialization, Over population, Economic Crises and Unemployment - Causes and Remedies

Unit-IV: Yoga & Pranayama

- i) Meaning and types of Pranayama and their benefits
- ii) Techniques of Pranayamas;
- iii) Anulom-Vilom, Suryabhedan, Ujjayi, Sitali, Sitkari, Bhastrika,
- iv) Mental Tension and Stress; Causes and symptoms
- v)
- vi) Removal of stress by Yogic activities.

Reference Books:

1. Sadhana Paddhation ka gyan or vigyan, Pt. Shri Ram Sharma.
2. Hatha yoga pradipika – Kaivalyadham Lonawala
3. Hatha Yoga Pradipika – Swatmaran Krut Swami Digamberji
4. Gorak Samhita – Gorakhnath Mandir, Gorakhpur.
5. Gherand Samhita – Kaivalyadham Lonawala
6. Textbook of yoga – Yogeshwar
7. Mysterious Kundolini – Dr. Vasant Rule
8. Light on Yoga – B. K. S. Iyanger.

Certificate Course in Physical Education (C.P.Ed)

Examination (2 Years) – 2014-15

Practical Syllabus C.P.Ed.II (w.e.f. 2014-15)

Part-II Practical Skills

Total Marks: 300

External marks: 250

Internal marks: 50

Skill Examination in 5 Groups

Sr.No.	Practical Skills	Marks
1	Gymnastics	50
2	Indigenous Activities	50
3	Athletics	50
4	Yoga	50
5	Group Games & Lead up Activities	50

1. Gymnastics

Marks: 50

Technique of the following events. Performance on any one exercise on each apparatus.

A) Floor Exercise (M+W)

- i) Hand stand forward roll
- ii) Dive Roll
- iii) Hand spring
- iv) Head spring

B) Vaulting Horse (M+W)

- i) Side Vault
- ii) Straddle
- iii) Through Vault

C) Parallel Bars (M)

- i) Shoulder stand
- ii) Swing to Hand stand
- iii) Forward roll on upper arms
- iv) Backward roll on upper arms
- v) Front Dismount

D) Balancing Beam (W)

- i) Dismount
- ii) Poses & Positions
Aeroplane Balance, V.Balance, T.Balance

2. Indigenous Activities

Marks: 50

- i) Dumb-Bell
- ii) Lazium
- iii) Tipri

3. Athletics

Marks: 50

- Marking, Score sheet and Officiating of the following events.
- Performance of one item in each event.

- i) Running Events Middle Distance Races 800, 1500 mts., Relays
- ii) Jumping Events Long Jump, Triple Jump
- iii) Throwing Events Javelin, Hammer

4. Yoga

Marks: 50

A) Technique of the following Asanas

- i) Surya Namaskar (Compulsory)
- ii) Sidh Asana
- iii) Shav Asana
- iv) Tad Asana
- v) Garud Asana
- vi) Sarvang Asana
- vii) Matsya Asana
- viii) Bhujang Asana
- ix) Manduk Asana
- x) Janu Shirasana

B) Shatkarma

- i) Jal Neti/Rubber Neti
- ii) Nauli
- iii) Agnisara

C. Pranayam

- i) Surya Bhedi Pranayam
- ii) Chandra Bhedi Pranayam
- iii) Bhastrika

5. Group Games & Lead up Activities

Marks: 50

- **Marking, Score Sheet and Specification of Equipments of the following Games.**
- **Playing Efficiency of any one of the following Games**

- i) Football
- ii) Badminton
- iii) Kabaddi

Part III

Practice Teaching Lesson

Total Marks: 150

Internal: 50

- i) Ten Practice Lesson
- ii) Five Observation Lesson
- iii) Five Lesson over School Children

External: 100

- i) One General Lesson
- ii) One Specific Lesson

Part IV

Educational Cultural & Social Projects

Total Internal Marks: 50

Within a period of one year of training all these activities and projects be conducted. Internal assessment should be made of students for their dedicated participation in these projects. Proper record of these projects and their assessment be maintained by the institute.

- i) Sports competition and organization
- ii) Educational Tours and Picnic
- iii) Intramural Programmes