

## Scheme of Examination for B.Sc (Physical Education, Health Education and Sports).

### Six Semester Course.

#### Vth. Semester

		Theory Marks	Int. Assessment	Total Marks
Paper-Ist.	Psychology & Sociology of Physical Education & Sports	60	10	70
Paper-IIInd.	Fundamentals of Sports Training	60	10	70
Paper-IIIrd.	Kinesiology & Bio-Mechanics	60	10	70
Paper-IVth.	Theory of Games & Sports	60	10	70
Paper-Vth.	Theory of Games /sports (Kho-Kho) & Vocation Oriented Course (Physiotherapy)	60	10	70
Paper-VIth.	English	60	10	70
			<b>Total</b>	<b>420</b>

#### VI th. Semester

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

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

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

## Paper I ( Semester –V )

### Psychology & Sociology of Physical Education & Sports

**Time :3 Hours**

**Max.Marks: 60**

**Internal Assessment:10**

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

#### Unit-1

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

#### Unit-2

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

#### Unit-3

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

#### Unit-4

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

## Paper –II

### Fundamentals of Sport Training

#### Semester V

**Time :3 Hours**

**Max.Marks: 60**

**Internal Assessment:10**

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

#### Unit 1

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

#### Unit 2

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

#### Unit 3

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

#### Unit 4

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

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

**Time :3 Hours**

**Max. Marks: 60**

**Internal Assessment:10**

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

**Unit I**

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

**Unit II**

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

**Unit III**

Relationship between linear and angular acceleration

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

**Unit IV**

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

**BOOKS RECOMMENDED FOR FURTHER STUDY:**

1. A.Yobu, Sports Biomechanics Jogishwar Goswami Basic Kinesiology Friends Publication India 2009
2. Bunu, Scientific principals of coaching, Prentics Hall, Inc. N.J. 1962
3. Dysom, the mechanics of athletics, Halmes and Meiar M.K. 1977
4. Hay, the biomechanics of sports techniques Prentics Hall, Inc. N.J. 1978
5. Mechnotech Biomechanic Sportlicher Bowegungun sports verley Berlin 1978
6. Miller and Nelson, biomechanics of sports, Log and Fehier, Philadalphia 1973
7. P.D.Sharma Gativigyan ka yantrik Vishlashan Jogishwar Goswami Basic Kinesiology Friends Publication India 2009
8. Rajlakshmi D. Biomechanics in games and sports Friends Publication India 2009
9. Sussan J Hall Basic Biomechanics Friends Publication India 2009
10. Uppal, A.K. Biomechanics in physical education and exercise science, Friends Publication India 2009.

## Theory of Games & sports Paper IV

- 1) Athletics
- 2) Handball

### Semester V

**Time :3 Hours**

**Max.Marks: 60**

**Internal Assessment:10**

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

#### **Unit I**

### Hurdles

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

#### **Unit- II**

### Pole Vault:

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

#### **Unit III**

❖ **History of Handball:-**

The correct way to catch the ball with two hands,  
Catching the low ball, running ,catching the high ball ,  
Catching the ball to the side.  
Diagram of hand ball court ,preparation of score sheet

**Unit IV**

- ❖ **Passing & Throwing:**
- ❖ Two handed chest pass
- ❖ One handed shoulder pass
- ❖ The reverse pass
- ❖ The pass to the side
- ❖ The long pass
- ❖ C Running with the ball (dribbling )

## **PAPER-V**

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

#### **Semester-V**

**Time :3 Hours**

**Max.Marks: 60**

**Internal Assessment:10**

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

#### **Kho-Kho**

##### **Unit I**

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

##### **Unit II**

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

#### **PHYSIOTHERAPY**

##### **Unit III**

###### **Exercise Therapy :-**

- Posture meaning, classification of posture, values of good posture, causes of poor posture.



- Postural deformities, Kyphosis, Lordosis and Scoliosis causes, corrective exercises
- Method of checking Posture Alignment

#### **Unit IV**

##### **Circulatory System:-**

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

##### **Respiratory System:-**

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

##### **Arthritis :-**

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

#### **BOOKS RECOMMENDED FOR FURTHER STUDY:**

##### **Kho-Kho**

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

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

##### **Physiotherapy:**

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

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

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

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

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

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

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

**Semester-V**

**Time :3 Hours**

**Max.Marks: 60**

**Internal Assessment:10**

1. The following Chapters of book. The Spectrum of Life-Anthology of Modern Press: **20 marks**
  - i. If you are wrong Admit it
  - ii. Streamlining
2. Summary writing **10 marks**
3. Business letters for puocuring goods etc. **10 marks**
4. Grammar : Common errors & Punctuation **10 marks**
5. Vocabulary related to sports ( English to Hindi ): Physical Education, Health Education, Socialisation, Cooperation, Competition, Psychology,Idealism, Pragmatis m, Aim, Objectives, Importance, Culture,Recreation,Offensive,Defensive,Rhythm,C orrective,Dedication, Emotions, Profession, Patriotism, Common Wealth Games, Artistic and Sociology Asian Games, OlympicSpirit, Olympic Motto, Olympic torch, National Flag, National Anthem, National Song, Awards.

**BOOK RECOMMENDED**

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

## Semester VI

### **Paper-I Psychology & Sociology of Physical Education & Sports.**

**Time: 3 Hours**

**Max.Marks: 60**

**Internal Assessment: 10**

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

#### **Unit-1**

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

#### **Unit-2**

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

#### **Unit-3**

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

#### **Unit-4**

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

### **Practical-60 Marks**

Any five text of 10 marks each.

Practical file & viva 10 marks.

- 1 Sports man Personality test 13+ Spielberger- Indian Adopt
2. Social Intelligence Test Dr. N.K. Chadda Ms. Usha Gane san
3. Sports competition Anxiety Inventory Ravi kant & Dr.V.N. Mishra

4. Inventory for factors influencing sports by Dr. M.L. Kamlesh
5. Sociometry
6. Reaction time
7. will to win Question naire Dr. Kumar Games & Sports interest Test Age12+

### **Book Recommended**

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

Paper-II

Fundamentals of Sport Training

Semester VI

**Time :3 Hours**

**Max. Marks: 60**

**Internal Assessment:10**

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**Unit 1**

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

**Unit 2**

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

**Unit-3**

Meaning of Coordination  
Coordination Ability  
Development methods of coordination

**Unit-4**

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

**Practical- 60 Marks**

**Practical file & viva 10 marks**

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

## **Book Recommended**

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

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

**Time :3 Hours**

**Max. Marks: 60**

**Internal Assessment:10**

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

**Unit I**

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

**Unit II**

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

**Unit III**

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

**Unit IV**

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

### **BOOKS RECOMMENDED FOR FURTHER STUDY:**

1. Cooper and Glassgow, Kinesiology, C.V. Mosby co. Saint Louis, 1976
2. David Paul Green Kinesiology: Movement in the context of activity Jogishwar Goswami Basic Kinesiology Friends Publication India 2009
3. Dugch and Duch, Kinesiology and applied anatomy, Lee and Fabiger, Philadelphin, 1977
4. Graive, Miller, Mitohelgon, Paul and Smith, techniques for the analysis of human movement lapse books London, 1975
5. Hay and Deij ,the anatomical and mechanical basis of human motion, Prentics Hall, Inc. N.J. 1982
6. Jogishwar Goswami Basic Kinesiology Friends Publication India 2009
7. Logan and Mckinney, Anatomic Kinesiology, M.C.Brown Co., 1977
8. Marliyn and Hinsen, Kinesiology, Web Dubuque Lown 1977
9. Nancy Hamilton, Kinesiology: The scientific basis of motion (10<sup>th</sup> ed),Friends Publication India 2009
10. Thompson, Manual Structural Kinesiology, Friends Publication India 2009

### **PRACTICAL**

### **60 MARKS**

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



# Semester VI

## Theory of Games & sports Paper IV

- 1) Athletics
- 2) Handball

**Time :3 Hours**

**Max. Marks: 60**

**Internal Assessment:10**

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

### Unit 1

#### Javelin Throw

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

### Unit II

#### Hammer Throw

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

### 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 )

## Practical – 60 Marks

File & viva 10 marks

30marks Track & field 5 marks each

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

## Books Recomendded:

- ❖ Rowland B.J. Handball a Complete Guide London ;
- ❖ Faber & Faber Ltd., 24 Rosset square ,1970
  
- ❖ Mend,Charless L? Handball fundamentals.Cino Charle,
- ❖ E.Maril Company (columns) 1968.
  
- ❖ Philips E. E. Hand ball its play & Management
- ❖ New York. The Ronal Press Company , 1957
  
- ❖ Roberson, Richard & 01 son
- ❖ Nerbert. Geainning Hand ball
  
- ❖ California Wadswow H ”Company
- ❖ Ine.Belmost, 1969.

**SEMESTER-VI**  
**PAPER-V**  
**[THEORY OF GAMES/SPORTS(KHO-KHO) & VOCATIONAL ORIENTED**  
**COURSE(PHYSIOTHERAPY)]**

**Time :3 Hours**

**Max.Marks: 60**

**Internal Assessment:10**

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

**KHO-KHO**

**Unit I**

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

**Unit II**

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

**PRACTICAL:- 30 Marks**

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

## **PHYSIOTHERAPY**

### **Unit III**

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

### **Unit IV**

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

### **PRACTICAL:**

**30 MARKS**

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

### **BOOKS RECOMMENDED FOR FURTHER STUDY:**

#### **KHO-KHO**

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

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

## **PHYSIOTHERAPY**

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

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

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

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

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

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

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

**Semester-VI**

**Time :3 Hours**

**Max.Marks: 60**

**Internal Assessment:10**

1. The following Chapters of book. The Spectrum of Life-Anthology of Modern Press: **20 marks**
  - i. The Western intellectual tradition
  - ii. The scientific point of view.
2. Paragraph writing on Sports related topics **10 marks**
3. Grammar : Tag questions, Agreement of verbs and subject & confusion of adjectives and adverbs.
4. Vocabulary related to sports (Hindi to English) **50 marks**

**Full Form of Degree, 05 marks**

1. C.Ped.
2. B.Ped.
3. M Ped.,M.Phill.
4. M..P.E Ph.D.
5. Application writing with bio data for jobs. **10 Marks**

**BOOK RECOMMENDED**

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