

Scheme of Examination of B.Sc. Sports Science Three year Course

B.Sc. Part I (2011-12)

Semester-1st

Sr. No. of Paper	Name of Paper	Marks Theory		Practical	Max Marks
		External	Internal		
I	Foundations of Phy. Edu. & Sports	80	20	-	100
II	Computer Applications -I	40	10	-	50
III	Theory of Games: Judo, Kabaddi & Volleyball	40	10	25	75
III	Theory of Athletics: 100 mtr race, 200 mtr race & 5000 mtr race	40	10	25	75
IV	Qualifying Hindi*			-	-
	Total	200	50	50	300

* Not included in Grand Total

Note:- The practical classes shall be held as per the scheme of each semester. But, final practical examinations for both the semesters i.e. (1st & 2nd) shall be conducted by external & internal examiners at the end of 2nd semester. However, separate examination for each semester will be conducted as per syllabus of each semester.

(Semester-2nd)

Sr. No. of Paper	Name of Paper	Marks Theory		Practical	Max Marks
		External	Internal		
VI	Anatomy of Fitness	80	20	-	100
VII	Computer Applications-II	40	10	50	100
VIII	Theory of Games: Baseball, Badminton, Archery & Weightlifting	40	10	25	75
IX	Theory of Athletics: Relay Race, High Jump	40	10	25	75
X	Qualifying English*			-	
	Total	200	50	100	350

* Not included in Grand Total

Note:- The practical classes shall be held as per the scheme of each semester. But, final practical examinations for both the semesters i.e. (1st & 2nd) shall be conducted by external & internal examiners at the end of 2nd semester. However, separate examination for each semester will be conducted as per syllabus of each semester.

Notes:-

1. Supervisory lesson in teaching one each from every game & athletics events to be prepared by students in their note books and checked by the concerned teacher during session.
2. Final lesson on the games from any one of the games as per scheme of B.Sc. 1st year course (semester 1st and Semester 2nd).
3. Final lesson on Athletics from any one of the Athletics events as per scheme of B.Sc. 1st year course (semester 1st and semester 2nd)
4. Duration of practical examination will be 3 hours per group followed by Viva-voce.
5. Final lessons will be prepared on a separate chart for the final exams.
6. The draw for final examination (Athletic & Games) will be drawn ten days before the final exams.
7. Duration for Computer Applications practical will be 2 hours followed by viva-voce.

Scheme of Examination of B.Sc. Sports Science Three year Course
B.Sc. Part II (Semester 3rd) 2012-13

Paper	Nomenclature of paper	Marks Theory		Practical	Max Marks
		External	Internal		
XI	Kinesiology	80	20	-	100
XII	Theory of Games: Football, Handball, Swimming & Gymnastic	40	10	25	75
XIII	Theory of Athletics: 400 mtr race, 800 mtr race & 10000 mtr race	40	10	25	75
XIV	Environmental Studies* (Qualifying paper)	-	-		-
XV	Gymnastic and other Activities	-	-	25	25
	Total:-	160	40	75	275

* Not included in Grand total

Note:- The practical classes shall be held as per the scheme of each semester. But, final practical examinations for both the semesters i.e. (3rd & 4th) shall be conducted by external & internal examiners at the end of 4th semester. However, separate examination for each semester will be conducted as per syllabus of each semester.

(Semester-4th)

Paper	Nomenclature of paper	Marks Theory		Practical marks	Max marks
		External	Internal		
XVI	Physiology of Exercise	80	20	-	100
XVII	Health Education, First-aid and safety measures	60	15	25	100
XVIII	Theory of Games: Table Tennis, Shooting & Wrestling	40	10	25	75
XIX	Theory of Athletics: Hurdles, High-jump & Shot-put	40	10	25	75
XX	Gymnastic and other Activities	-	-	25	25
	Total:-	220	55	100	375

Note:- The practical classes shall be held as per the scheme of each semester. But, final practical examinations for both the semesters i.e. (3rd & 4th) shall be conducted by external & internal examiners at the end of 4th semester. However, separate examination for each semester will be conducted as per syllabus of each semester.

Notes:

1. Supervisory lessons in teaching one each from every game & athletics events prepared by students in their note books & checked by the concerned teacher during session.
2. Final lesson on the games in any one of the games as per scheme of B.Sc. 2nd year course (semester 3rd and Semester 4th).
3. Final lesson on athletics in any one of the athletics events as per scheme of B.Sc. 2nd year course for athletics (Semester 3rd and semester 4th).
4. Duration of practical examination will be 3 hours per group followed by viva-voce.
5. Final lesson will be prepared on a separate chart for the final examinations.
6. The draw for final examination (athletics & games, Gymnastic & other activity will be drawn 10 days before the final examinations.
7. Practical for Gymnastic and Other activity will be held at the end of 4th semester in B.Sc. 2nd year.

Scheme of Examination of B.Sc. (Sports Sc.) Part III (Semester-5th)
2013-14

Paper	Nomenclature	Marks Theory		Practical	Max. Marks
		Ext.	Internal		
XVIII	Physiotherapy	40	10	-	50
XIX	Sports Psychology	40	10	-	50
XXX	Theory of Games: Hockey, Netball, Kho-Kho & Tennis	40	10	25	75
XXXI	Theory of Athletics: 1500 mtr race, Pole-vault & Javelin Throw	40	10	25	75
	Total	160	40	50	250

Note:- The practical classes shall be held as per the scheme of each semester. But, final practical examinations for both the semesters i.e. (5th & 6th) shall be conducted by external & internal examiners at the end of 6th semester. However, separate examination for each semester will be conducted as per syllabus of each semester.

(Semester 6th)

Paper	Nomenclature	Marks Theory		Practical	Max Marks
		Ext.	Internal		
XXXIV	Foundations of Sports Training	80	20	-	100
XXXV	Sports Sociology	40	10	-	50
XXXVI	Theory of Games: Softball, Basketball & Wrestling	40	10	25	75
XXXVII	Theory of Athletics: Triple jump & Hammer Throw	40	10	25	75
XXXVIII	Project Report				
	Total marks	200	50	50	300

Project Report:-

Project report will be submitted by all students to the concerned department. Project Report shall be related with current problems of sports, sports Tournaments/Championship. Project report will be prepared by the candidates to be evaluated by the external examiners appointed by the concerned branch out of a panel approved by UG/PGBOS in Physical Education and supplied by the HOD. It would be awarded with the grading system i.e. A, B, C, D and E.

A= 75% and above, B=60-74%, C=50-59%, D= 40-49% & E=below 40%

If a candidate obtains E, then he/she will have to repeat the project work.

Notes:

1. Supervisory lesson in teaching one each from every game & athletics events prepared by students in their note books & checked by the concerned teacher during session.
2. Final lesson on the games in any one of the games as per scheme of B.Sc. 3rd year course (semester 5th and Semester 6th).
3. Final lesson on athletics in any one of the athletics events as per scheme of B.Sc. 3rd year course for athletics (Semester 5th and semester 6th).
4. Duration of practical examination will be 3 hours per group followed by viva-voce.
5. Final lesson will be prepared on a separate chart for the final examinations.
6. The draw for final examination (athletics & games, Gymnastic & other activity will be drawn 10 days before the final examinations.

Division of external marks (Practical): Applicable for all semesters.

- | | | |
|-----|--|---|
| (a) | Note Book: - | 05 marks |
| (b) | Lesson Plan | 05 marks |
| (c) | Progression of skills and fault correction | 10 marks |
| (d) | Viva-voce | 05 marks (covering all the games
Prescribed in the syllabus of that year |

B.Sc. (Sem 1st) 2011-12
Foundation of Physical Education

Max. marks — 80
Internal assessment -20
Time: 3 hrs

Note:- **(a) For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Unit-I

Meaning & definition of physical education, aim and objective of physical education. Scope of physical education, need and importance of physical education in modern society. Relationship of physical education with general education. Leisure and physical education. Place of physical in the present system of education.

Unit-II

National programme of physical education & sports. National institution of physical education & sports - NSNIS Patiala, LNIPE Gwalior, LNCPE Trivendrum (Kerala), sports authority of India (SAI), national sports talent contest scheme, army boys sports company scheme, special area scheme, SAI training center scheme, national coaching scheme, rural sports and national.

Unit-III

History of physical education in India, division of ancient period, British period till 1947. Physical Education in India after independence, physical education in Greece, Rome, Germany, China, USA.

Indian Olympic Association, history, constitution and role of IOA. Organization and State Associations, National Games, A ;**jan Games**, SAF Games, Common Wealth Games.

Unit-IV

Olympic movement and its impact in physical education and sports. Games and sports as man's cultural heritage, role of games and sports in national and international integration. Sports policy of India and Haryana, Sports awards — Bhima, Arjun award, Rajiv Gandhi Khel Rattan award, Maulana Abul Kalam Azad Trophy, Dhyanchand life time achievement award and Dronacharya Award.

Ref.

1. Buchor, Cbarlee A Foundation of Physical Education St. Louis: the -C.V. Mosby Company 1983.

B.Sc. (Sem. 1st) 2011-12

Computer Application

Total marks-50
Theory marks - 40
Internal marks -10
Time: 2 hrs

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 8 marks. It will comprise of 4 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 8 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Unit-1

Meaning and definition of computer, characteristics of computer, and basic applications of computer.

Unit-II

Components of a Computer System, Central Processing Unit, Visual Display Unit, Keyboard.

Input and output devices, mouse, joy stick, scanner, microphone, OCR, MICR; light pen, bar code reader, digital camera, printer, speaker, plotter.

Unit-III

Concept of Memory, primary and secondary memory, RAM and ROM, units of memory - byte, kilobytes, megabytes, gigabytes.

Unit-IV

Computer languages, machine language, assembly language and high level language, role of assembler and compiler. Storage devices, floppy disc, hard disc, CD ROM and DVD.

Practical:- The practical examination will be taken from the entire syllabus given above.

Ref:-

1. Essential of computer and network Technology by Dr. N.S. Gill (Khanna Book Publications New Delhi).'
2. Fundamental of Computers by V. Rajaramars (Printice Hall - India).
3. Computer Fundamentals by B; Ram.
4. P.C. Software (MS-Excel etc.) by R.K. Taxali (Take Maegrew Hill).

B.Sc. (Sem. 1st) 2011-12

Theory of Games

Total marks - 50
Theory marks - 40
Internal marks - 10
Time: 2 hrs

Note:- (a) **For paper setter**

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 questions.
2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) **for candidates**

1. Attempt four questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

The questions in different units given below should be based on the following games.

1. Judo
2. Kabaddi
3. Volleyball

Unit-I

1. History of games.
2. Role of Haryana's people for the development of games.
3. Duties of officials (Pre game, during the game & post game).
4. Technical officials & their duties.
5. Protective equipment used in games.

Unit-II

1. Dimension & marking of the play field/area.
2. Rules & regulations of the games mentioned above.
3. Interpretation of rules & regulations.

Unit-III

1. Fundamental of various games.
2. Offensive & defensive strategy employed in the various games.
3. Conduct of tournament & types of fixtures used in the games mentioned above.

Ref.:-

1. Wado Allen - The F.A. Guide to training and coaching.
2. Seeton, D.C. Dhyton, I.A. Leib, H.C. and Massumith, I - Basic book of sports, Englewood Cliffs. M.D. Prepfite Hall.

B.Sc. (sem. 1st) 2011-12

Theory of Athletics

Theory— 40
Internal marks— 10
Time: 2 hrs

Note:- **(a) For paper setter**

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 questions.
2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) for candidates

1. Attempt four questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

The questions in different units given below should be based on the following events

- (i) Sprints **100,200** meters
- (ii) 5000 meter

Unit-I

1. History of athletics in Haryana.
2. Selection of an athlete.
3. Interpretation of rules and regulations of the events mentioned above.

Unit-II

Fundamentals of various events.

1. Sprints 100-200 (Crouch start, supporting phase & releasing phase).
2. 5000 meter race.

Unit-III

1. Dimension & marking of standard track.
2. Dimension & marking of events mentioned above.
3. Equipment and their specifications used in various events given above.

Ref.:-

1. Doherty J. Mannth~ Modern track and field, Englewood Cliffe, N..T. Prentica Hall, Ino.
2. Wado Allen - The F.A. Guide to training and coaching.
Uyenishi S.L. The Text Book of JU - Jutsu - Athletic Publications Ltd. Link House, Store Street, London, W.C.I

SEMESTER I**बी.एस.सी-8****विषय- हिन्दी****Max. Marks - 90 Internal-10****Time : 3 hrs****पाठ्य पुस्तक:**

1. 'काव्य शिखर' - प्राचीन एवं मध्ययुगीन काव्य आधारित 'संक्षक' पुस्तक स0 डॉ0 रामनरेश मिश्र, हिन्दी विभागाध्यक्ष म0द0वि0 रोहतक।
2. 'गद्य -शिखर' नामक गद्य संकलन स0 हिन्दी विभागाध्यक्ष, कृ0 वि0 वि0 जिसमें पांच कहानियां और पांच निबन्ध संकलित होंगे।

निर्देश:

1. पहला प्रश्न 'काव्य शिखर' नामक काव्य संग्रह से व्याख्या के रूप में होगा। पाठ्यपुस्तक में निर्धारित कवियों में से किन्हीं चार कवियों की चार व्याख्याएं पूछी जाएंगी। परीक्षार्थियों को उनमें से किन्हीं दो की सप्रसंग व्याख्या करनी होगी। प्रत्येक आठ अंक की होगी और पूरा प्रश्न 16 अंकों का होगा।
2. किन्हीं दो कवियों का साहित्यिक परिचय पूछा जाएगा जिनमें से परीक्षार्थियों को एक का उत्तर देना होगा। इस प्रश्न के लिए 8 अंक निर्धारित हैं।
3. निर्धारित कवियों में से किन्हीं दो पर 'अनुशीलनी' में से दो आलोचनात्मक प्रश्न पूछे जाएंगे। परीक्षार्थियों को किसी एक का उत्तर देना होगा। इस प्रश्न के लिए 12 अंक निर्धारित हैं।
4. लघुत्तरी प्रश्न द्रुतपाठ में निर्धारित चार कवियों, अमीर खुसरों: विद्यापति, भूषण, धनानन्दर पर पाठ्य पुस्तक की 'अनुशीलनी' में से ही एक-एक प्रश्न अर्थात् चार प्रश्न पूछे जाएंगे, जिनमें से परीक्षार्थियों को किन्हीं दो प्रश्नों के संक्षिप्त : प्रत्येक लगभग 250 शब्दों में उत्तर देने होंगे। प्रश्न परिचयात्मक प्रकृति के ही होंगे। प्रत्येक प्रश्न चार अंकों का होगा और पूरा प्रश्न आठ अंकों का होगा।
5. निर्धारित पाठ्य 'गद्य-शिखर' में संकलित निबन्धों और कहानियों में से व्याख्या के लिए दो-दो अवतरण दिए जाएंगे जिनमें से परीक्षार्थियों को प्रत्येक से एक-एक अवतरण की सप्रसंग व्याख्या करनी होगी। प्रत्येक व्याख्या 8 अंक ही और पूरा प्रश्न 16 अंकों का होगा।

6. निर्धारित कहानीकारों और निबन्धकारों में से एक-एक का साहित्यिक परिचय पूरा जाएगा जिनमें से परीक्षार्थियों की किसी एक का उत्तर देना होगा। इस प्रश्न के लिए 8 अंक निर्धारित हैं।
7. निर्धारित लेखकों में से किन्हीं दो पर 'अनुशीलनी' में से दो आलोचनात्मक प्रश्न पूछे जाएंगे। परीक्षार्थियों को किसी एक का उत्तर देना होगा। इस प्रश्न के लिए 12 अंक निर्धारित हैं।
8. लघुत्तरी प्रश्न द्रुतपाठ में निर्धारित दो कहानीकारों : मोहन, राकेश और मालती जौशी और निबन्धकारों : महावीर प्रसार द्विवेदी और सरदार पूर्ण सिंह पर पाठ्य पुस्तक की 'अनुशीलनी' में से ही एक-एक प्रश्न अर्थात् चार प्रश्न पूछे जाएंगे, जिनमें से परीक्षार्थियों को हिन्हीं प्रश्नों के संक्षिप्त : प्रत्येक लगभग 250 शब्दों में उत्तर देने होंगे। प्रश्न परिचायक प्रकृति के होंगे। प्रत्येक प्रश्न चार अंकों का होगा और पूरा प्रश्न आठ अंकों का होगा।
9. अन्तिम प्रश्न 'काव्य-शिखर' की 'अनुशीलनी' के व्याकरण पर आधारित होगा जिसके लिए बारह अंक निर्धारित हैं। इसके अन्तर्गत बर्तनी, पर्याय, विलोम, वाक्य के लिए एक शब्द, मुहावरे और लोकोक्ति निर्धारित है। इसमें बारह अनिवार्य वस्तुनिष्ठ प्रश्न होंगे। प्रत्येक प्रश्न के लिए चार विकल्प होंगे। प्रत्येक प्रश्न के लिए चार विकल्प होंगे, जिनमें से एक शुद्ध उत्तर देना होगा।

संदर्भ:

1. काव्य शिखर, लक्ष्मी पब्लिशिंग हाऊस, रोहतक।
2. डॉ० मीरा गौतम, डॉ० रामपत यादव, डॉ० बाबू राम यादव! गद्य शिखर, प्रकाशन विभाग, कुरुक्षेत्र विश्वविद्यालय, कुरुक्षेत्र।
3. व्याकरण।

B.Sc. (Sem. 2nd) 2011-12

Anatomy & Fitness

Max. marks - 80

Internal assessment -20

Time: 3 hrs

Note:- (a) **For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit.
Question No. 1 is compulsory. All questions carry equal marks.

Unit-I

Meaning of anatomy, cell, structure, properties of living matter. The role of anatomy in physical education & sports, anatomy of bones cartilage's, Names and location and functions of bones, kinds of bones, joints end their types, tissues, organs and system of body.

Unit-II

Annlomy of muscular system, structure of muscles and their kinds. Properties of muscles. Muscle work and, fatigue, anatomy of respiratory organs, tissue and palmary respiration, anatomy of heart, function of heart, heart beat, stroke volume, cardiac output.

Unit-III

Anatomy of digestive organs (alimentary canal), structure and functions of excretory system, meaning of endocrine glands and structure of the following glands - pituitary glands, ingroid parathyroid, adunal glands.

Unit-IV

Physical — fitness:-

Definition of physical fitness components of physical fitness, benefits of physical - activity, development of physical fitness. Controlling and management of your weight, determining the right weight to you, factors influencing physical fitness.

Planning a fitness programme, identify your fitness goals. Design your programme, causes and prevention of fitness related injuries, selecting a nutrinal plan for fitness.

Ref.:-

1. Introduction to anatomy & physiology - Dr. Shemsher Singh.
2. Lawrence, Thomas Gordan; Your health and Safety, Har Schiver. Alics; Powers, Courts, Braco & World, inc. Douglas F; and Vorhana Levis J. New York. 1969.
3. Bauer. WAV. (Editor). TODAY'S' Health Guide, American Medical Association, Revised Edition 1968.

**B.Sc. (Sem. 2nd) 2011-12
Computer Application**

**Total marks — 50
Theory marks - 40
Internal marks 10
Time : 3 hrs**

Note:- (a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 8 marks. It will comprise of 4 short answer type questions of 2 marks each to be selected from the entire syllabus.

3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 8 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Unit-I Software & Communication Technology, MS Power Point

- 1.1 System, utility and application software with examples.
- 1.2 Need of networking, LAN, MAN, and WAN.
- 1.3 Introduction to presentation graphics, understanding the concept of slide show, basic element of slide, different types of slide layouts, creating and saving a presentation, different views of slide, editing and formatting a slide. Adding titles, sub titiss, text, background, water mark, headers and footers, numbering slides, inserting picture from files.

Unit-II Information Technology Tools

- 1.1 M.S. Windows (Basic concept of an operating system and its function).
- 1.2 Introduction to windows using mouse and moving icons on the screen, my computer, recycle bin, task bar, start menu and menu selection, setting system date and time, windows explorer to you files, folders and directories, creating and renaming of files and folders.
- 1.3 Basic components of windows: desktop, flame, title bar, menu bar, status bar, using right button of mouse, creating short cut.

Unit-III Basic Windows Accessories and MS Word

- 3.1 Note pad, paint, calculator, word pad, using clip board.
- 3.2 Introduction to word processor, creating and saving a document, editing and formatting a document, inserting symbol, printing a document, adding headers and footers, numbering pages.

Unit-IV MS Excel

- 5.1 Introduction to spread sheets, concept of work sheet and workbook, creating and saving a work sheet, working with a spread sheet, inserting numbers, date / time, inserting and deleting cells, rows and columns, formulae - entering a formula in

B.Sc. (Sem. 2nd) 2011-12

Theory of Games

**Total marks - 50
Theory marks - 40
Internal marks - 10**

Time: 2 hrs.

Note:- **(a) For paper setter**

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 questions.
2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) for candidates

1. Attempt four questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

The questions in different units given below should be based on the following games:

i) Badminton (ii) Baseball (iii) Archery (iv) Weight lifting

Unit-I

1. **History of games**
2. **Role of Haryana's people for the development of games**
3. **Duties of officials (Pre-game, during the game & post game)**
4. **Technical officials * their duties**
5. **Protective equipment used in games**

Unit-II

1. **Dimension & marking of the play field/area**
2. **Rules & regulations of the games mentioned above**
3. **Interpretation of rules & regulations**

Unit-III

1. **Fundamentals of various games**
2. **Offensive & regulations of the games mentioned above.**
3. **Conduct of tournament & types of fixtures used in the games mentioned above.**

Reference:

1. **Wado Allen – The F.A. Guide to training and coaching.**
2. **Seeton, D.C. Dhyton, IA Leibu, HC and Massumith, 1 Basic book of Sports, Englewood Cliffs, MD Prephilice Hall**

B.Sc. (Sem. 2nd) 2011-12

Theory of Athletics

**Total marks - 50
Theory marks - 40**

Internal marks - 10

Time: 2 hrs

Note:- (a) **For paper setter**

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 questions.
2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) **for candidates**

1. Attempt four questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

The question in different units given below should be absed on the following events:

- i) Relay races
- ii) High jump

UNIT-I

- i) Organization administration of College athletics meet
- ii) Duties of officials in athletics meet
- iii) Interpretation of rules and regulations of the events mentioned above.

UNIT-II

Fundamentals of various events:

- i) **High Jump-approach run, take off, flight, landing off different techniques**
- ii) **Relay races**

UNIT-III

- (i) Dimension and marking of events given above
- ii) Equipment and their specifications used in various events mentioned above.

Ref.

1. Doberty J. Manneth – Modern track and field, Englewood Cliffe, N.J. Prentica Hall, Ino.
2. Wado Allen – The F.A. Guide to training and coaching.
3. Uyenishi S.L. The Text Book of JU – Jutus- Athletic Publications Ltd Link House, Store Street, London, W.C.I.

B.Sc. Semester 2nd English

Note:- Paper Setter is required to set 10 questions from 5 units. Two questions from each Unit. Candidate is required attempt five questions in all selecting one question from each Unit.

- A. The Pointed Vision: An Anthology of Short Stories by Usha Bande and

- Krishan Copal (Oxford University Press, New Delhi.
 B- Ideas Ag low edited by Dinesh Kumar & U.B. Abrol.
 C. Text Prescribed: A Remedial English Grammar for foreign Students by V.T. Wood.
- Q1. Explanation with Reference to the Context.
 The candidate will be required to attempt two passages each (with internal choice) from the book Collection of essays (Ideas Aglow). 10 Marks
- Q2. Short answer type questions on short stories (five questions to be attempted out of the given eight)
 OR Four short-answer questions will be set on the prescribed essays. The students will be required to attempt any five out of the given eight questions. 5 mark
- Q3. One essay-type questions (with internal choice) will be set on each of the prescribed texts A & B. Students will be required to attempt one question each from both the texts. 5 marks
- Q4. Comprehension Passage from the book of essays (with five questions at the end)
- Q5. Items based on the exercises appended to the essays in Text (B) 5 marks
- Q6. (a) Idioms and phrases 15 marks
 (b) Synonyms / antonyms
 (c) One word substitution
- Q7. Comprehension passage (with five questions at the end) 5 marks
- Q8. Paragraph: The candidate will be required to write a paragraph on any of the five given topics. 5 marks
- Q9. Letter / Application: Students' will be asked to write a letter or an application (The Question will carry internal choice).
- Q10. Translation (From Hindi to English) of a passage consisting of 8 to 10 questions.

Paper-I (Semester 3rd)
KINESIOLOGY

Theory Marks: 80
Inter Assessment: 20
Time: 3 hours

Note:- (a) **For paper setter**

4. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
5. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
6. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

(b) **for candidates**

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

- Meaning of kinesiology brief history of Kinesiology. Importance of kinesiology for games and sports; structural & functional classification of muscles. Role of muscles in Physical activity, anatomical standing position, planes and axes of movement. Terminology of fundamental movement.

UNIT-II

- Newtons laws of motion and their implication in Physical Education and Sports. Levers, Equilibrium, Center of gravity, force centerpetal and centrifugal force; Applicaton of biomechanical principles to high jump, throwing movement, like discuss, shotput and javelin. Motor movement Movement, rhythm, movement coupling, movement precision and movement amplitude

UNIT-III Location and actions of muscles at various joints:

- Upper extremity-shoulder girdle, shoulder joints & elbow joint. Deltiod, Latissimus Dorsi, Pectoralis major, supra spinatus, peectoralis minor, Trepezius and levator scapulas, Biceps Brachii, Brahialis and Triceps
- Lower extremity: Hipjoint, Knewwjoint & Anke joints, Gluteus Maximums, Gluteus medius, Gluteus minimum, Hamstring (Group), quardiceps (Groups), Gastrocnemicus, Sartorius.
- The spinal column.

UNIY-IV

- Meaning, importance, aims and objectives of biomechanics in Physical Education and sports; kinetics, speed, velocity, acceleration, projectile, linear, kinetics, mass, weight, pressure, work energy, momentum, friction, impulse, inertia.

Posture and postural deformities:

- Meaning of posture type of posture, importance of posture, causes of poor posture, preventive and remedial measures of a poor posture, common postural deformities kyphosis, lordosis, flat foot, knock knees, bow legs, lateral curvatures.

REFERENCE

1. Breer and Zarnicks, Efficiency of human movement W.B. Co., Philadelphia, 1979.
2. Nu. Scientific Principles of coaching Prentice Hall 1962.
3. Per and Glassgow, C.V. Mosby Co. Saint
4. The mechanics of Athletics, Halmas and Meiar.
5. Miller, Mitohelgon, Paul and Smith, Techniques for of Human Movement Lapse Books London 1975.
6. Biomechanics of Sports technique inc. N.J. 1978
7. Deij, the Anatomical and Mechanical Bones of Motion, Prentice Hall Inc. N.J. 1982.
8. Mechnotach, Bionochanic sportlicher Bowegungun sport-verley Berlin 1978.
9. Logan and Mckinney, Anatomic Kinesiology, M.C. Brown Co. 1977.
10. Marliyn and Hinsen, Kinesiology, Web Dubugue Lown 1977.

Paper-II (Semester 3rd)
THEORY OF GAMES

Theory Marks: 40
Inter Assessment: 10
Time: 2 hours

Note:- (a) **For paper setter**

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 questions.
2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) **for candidates**

1. Attempt four questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

The Questions in different units given below should be based on the following games:

1. Football (2) Handball (3) Swimming (4) Gymnastic

UNIT-I

- History of games
- Role of Haryana's people for the development of games.
- Duties of officials (Pre-game, during the game & Post game)
- Technical officials & their duties.
- Protective equipment used in games.

UNIT-II

- Dimension & marking of the play field/area
- Rules & regulations of the games mentioned above
- Interpretation of rules & regulations

UNIT-III

- Fundamentals of various games.
- Offensive & defensive strategy employed in the various games
- Conduct of tournament & Types of fixtures used in the games mentioned above,

REFERENCES

1. Wado Allen – The F.A. Guide to training and coaching
2. Seeton, D.C. Dhyton, I.A. Leib, H.C. And Massumith, Book of sports, Englowood Cliffs, MD. Prephilice Hall.
3. Dr. Faaune Hero-The Modern Olympic games Budapest, Pennonic Press.
4. Cobarig A.L. Modern Basketball-A Fundaments Analysis of Skills and Tactics, London: Nicholes Kaya. 1966.
5. Bee, Clair and Norton, on Zone Defense and Attack, New York. The Ronld Press Company, 1959.
6. Bowland B.J Handball a complete Guide London: Faber & Faber Ltd., 24, Rosset Square, 1970.

Paper-III (Semester 3rd) THEORY OF ATHLETICS

Theory Marks: 40
Inter Assessment: 10
Practical marks: 50
Time: 2 hours

(a) For paper setter

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 questions.
2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) for candidates

1. Attempt four questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

The Questions in different units given below should be based on the following Athletic events:

(i) 400 meter (ii) 800 meter and 10000 meter races

UNIT-I

- **History of athletics in India.**
- **Organization & administration of College athletic meet**
- **Teaching & training of athlete (Track & Events)**

UNIT-II

- **Dimension, rules & regulations of track & field events given below.**

- 400, 800 meters, 10000 meters races**
- **Duties of technical officials in athletic meet.**
 - **Equipment and their specifications used in various events of track & field.**

UNIT-III

Fundamentals of various events.

- **400 meter race running with finish technique**
- **800 meter race running with finish technique**
- **10000 meter race running with finish technique.**

REFERENCE

1. **Doherty J. Manneth – Modern track and Field, Englwood Cliffe, N.J. Prentice Hall, Ino.**
2. **Wado Allen – The F.A.Guide to training and coaching.**
3. **Uyenishi S.L.- The Text Book of JU- Jutsu-Athletic Publications Ltd. Link House, Store Street, London, W.C.I.**

Paper-iv (Semester 3rd)
ENVIRONMENT STUDIES

Time: 3 hours
Max. Marks: 100
Theory: 75
Practical: 25

Paper setter is required to set 10 questions from 5 units, two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit. All questions carry equal marks.

UNIT-I

NATURAL PROCESS

- Solar System:- Sun, major planets and their satellites. Water cycle, wind, ice, ecosystem, components of ecosystem. Ecological succession, major biotic communities, biomes of India, whether modification, noise pollution.

UNIT-II

PUBLIC HEALTH

- Epidemiology – meaning and its types, food born and water born diseases, food related health problems other than biological agents. Air born disease. Disease from animal to man. Air born infection caused by pollution other than micro-organism, insecticide, control & measurements of Rodents.

UNIT-III

WATER RESOURCES AND AIR RESOURCES

- Uses of water, water sanitation, sources of water, water supply, water quality, water purification, drinking water standard, contamination of drinking water, water pollutants, water pollution. Types of water pollution and its causes. Control of water pollution and water management.

UNIT-IV

- Air pollution, source of air pollution, major types of air pollutants and consequences of air pollution. Effects of air pollution on human health and in other organism. Effects of air pollution on weather, air pollution control, control of gaseous pollution, control of air pollution by legislation and trees.

UNIT-V

ENVIRONMENTAL MANAGEMENT AND PUBLIC PARTICIPATION:

- Environmental management objectives of environmental management, principle of Environmental Management, strategy of Environmental management. Natural resources management, solid waste management. Environment ethics environment conservation, bio-sphere reserve forest conversation, bio-diversity conservation, wild life conservation.

REFERENCES

1. Aggarwal, K.C. 2001 Environmental Biology, Nidi Pub. Ltd., Bikaner.
2. Bharucha, Frach. The Biodiversity of India. Mapin Publishing Pvt. Ltd. Ahmedabad 380013. India. Email: mapin@icenet.net ®
3. Brunner R.C. 1989. Hazardour Waste Incineration, MC.Graw Hill Inc. 480p.
4. Clark R.S. Marine Pollution, Slanderson Press Oxford (TB)
5. Cunningha, W.P. Cooper, T.H. Gorhani, E & Hepworth, M.T. 2001, Environmental Encyclopedia, Jaico Pub. House, Mumbai 1196 p.
6. De A.K. Environmental Chemistry, Wiley Eastern Ltd.
7. Down to Earth, Centre for Science and Environmental (R)
8. Gleick, H.P. 1993. Water in crisis, Pacific Institute for Studies in Dev. Environmental & Security. Stockholm Env. Institute Oxford Univ. Press, 473 p.
9. Hawkins R.E. Encyclopedia of Indian Natural History, Bombay Natural History Society, Bombay (R)
10. Heywood, V.H. & Waston, R.T. 199. Global Biodiversity. Assessment, Cambridge Pub. House, Delhi 1140 P.
11. Jadhav, H & Bhosale, V.M. 1995. Environmental Protection and Laws. Himalaya Pub. House, Delhi 284 p.
12. Mckinney, M.L. & Schoch, RM 1996. Environmental science Systems & Solutions, Web enhanced edition 639 p.
13. Mhaskar A.K. Matter Hazardous, Tekchno-Science Publications (TB)
14. Miller T.G. Jr. Environmental Sciences. Wadsworth Publishing Co. (TB).
15. Odum, .P. 1971. Fundamentals of Ecology. W.B. Saunders Co. USA, 574 p.
16. Rao M.N. & Datta, A.K. 1987. Waste Water Treatment. 004Fford & OBH Pub. Co. Pvt. Ltd. 345 p.

Paper-VI (Semester 4th)
PHYSIOLOGY OF EXERCISE

Theory Marks: 80
Inter Assessment: 20
Time: 3 hours

Note:- (a) **For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

(b) **for candidates**

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

- **Definition of exercise, types of exercise, benefit of exercise. Meaning of Physiology and Exercise Physiology, Importance & functions of Exercise Physiology in the field of Physical Education and Sports. Long term and short term effects of exercise on muscular system.**

UNIT-II

- **Physiology of respiratory system and types of respiration, mechanism of inhibition and exhibition, effects of exercise on respiratory system, lungs and exercise. Endocrine system, functioning of various endocrine glands pituitary glands, Thyroid gland, adrenal gland, effect of exercise on the functioning of endocrine glands, nervous system**

UNIT-III

- **Cardio-vascular system:- Adaptation of heart, Effect of exercise on heart, changes in heart, Blood, Blood pressure, effect of exercise on blood & blood pressure. Physiology of excretory system, effect of exercise on excretory system. Basic physiology of circulatory system effects of exercise on circulatory system**

UNIT-IV

- **Physiology of Digestive system, stages of digestive process in mouth, stomach, small intestine, Large intestine, function of liver, effect of exercise on digestive system. Reflex action, reciprocal intervention. Effect of exercise on nervous system.**

REFERENCE

1. **Basic Anatomy of Physiology of exercise-Piyush Jain**
2. **Introduction to anatomy & Physiology of Exercise- Sandhya Tiwari**

- 3. Essential of Physical Education & Sports – Dr. Ajmer Singh & others**
- 4. Essential of Exercise Physiology – Lessy G. Shower.**
- 5. Guyton, A.C. Text Book of Medical Physiology, W.B. Saunders Company, Philadelpjia, 1981.**
- 6. Devries, H.A. Physiology of Exercise for Physical Education and Athletics. London: Staoles Press, 1976.**

Paper-VII (Semester 4th)
HEALTH EDUCATION, FIRST AID AND SAFELY MEASURES

Theory Marks: 60
Inter Assessment: 15
Time: 3 hours

Note:- (a) **For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 12 marks. It will comprise of 6 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 12 marks each.

(b) **for candidates**

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

- Meaning of Health, Importance of Health, factors influencing Health Status, Characteristics of healthy individual. Health yesterday and today. New directions for health – health promotion, Physiological health, mental health, emotional health social health, spiritual health & happiness. A key to well being, does laughter enhance health?

UNIT-II

- School health programme and health environment, School building, light renovation, Sanitation, School canteen, School health examination, academic programme, nutrition, balance diet, caloric value of food for competitive sports. Eating for health, today's dieting guide lines medicated value of food.

UNIT-III

- Methods of Education in Health. Health instructions audio-visual methods. Health organizations- world health organizations, Red Cross, government health agencies. Communicable diseases-modes of transmission, control and prevention of following disease-
(i) cholera (ii) small-pox (iii) typhoid (iv) malaria (v) influenza

UNIT-IV

- First Aid: Definition and importance of first aid in modern life, types of first aid, first aid box. Reasons of sports injuries, principle of first aid, functions & qualities of a good first aider.
- Basic steps in safety measures safety measures for the following (i) bites of animals, burns, control of bleeding, cuts and wounds. Safety for **drawing** artificial respiration. Safety measures environmental hazards. Heat stroke, heat syncope, wind chill and sunburn.

REFERENCE

1. Safety at School - (Education Pamphlet numbers 53 Lonon: Her Majesty's Stationery office 1969.
2. School Safety Policies – Vashington L.C. American Association for Health, Physical Education and Recreation, 168
3. Stack, Harbet J. Duke Elkow Education for safe Living: Englowood cliffs, New Jersey, Prentice Hall Inc 1966.
4. Florio. A & Stafford G.T. – Safety Education New York Inc. Graw Hill book Co. 1967.
5. Evans. A William Everyday Safety, Chicago: Iyons and Camahan, 1952.
6. Health Education by Moss and other (National Education on Association at UTA) 1964.
7. Torner et al: School Health Education. Harper t. Louis, The V.C. Mosby Co. 1976.

Paper-VIII (Semester 4th) THEORY OF GAMES

Theory Marks: 40
Internal Assessment: 10
Time: 2 hours

(a) For paper setter

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 questions.
2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) for candidates

1. Attempt four questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

The Questions in different units given below should be based on the following games:

(1) Table Tennis (2) Suiting (3) Wrestling

UNIT-I

- History of games
- Role of Haryana's people for the development of games.
- Duties of officials)Pre-game, during the game & Post game)
- Technical officials & their duties.
- Protective equipment used in games.

UNIT-II

- Dimension & marking of the play field/area
- Rules & regulations of the games mentioned above
- Interpretation of rules & regulations

UNIT-III

- Fundamentals of various games.
- Offensive & defensive strategy employed in the various games
- Conduct of tournament & Types of fixtures used in the games mentioned above,

REFERENCES

7. Wado Allen – The F.A. Guide to training and coaching
8. Seeton, D.C. Dhyton, I.A. Leib, H.C. And Massumith, Book of sports, Englowood Cliffs, MD. Prephilice Hall.
9. Dr. Faaune Hero-The Modern Olympic games Budapest, Pennonic Press.
10. Cobarig A.L. Modern Basketball-A Fundaments Analysis of Skills and Tactics, London: Nicholes Kaya. 1966.
11. Bee, Clair and Norton, on Zone Defense and Attack, New York. The Ronld Press Company, 1959.
12. Bow land B.J. Handball a complete Guide London: Faber & Faber Ltd., 24, Rosset Square, 1970.

Paper-IX (Semester 4th)
THEORY OF ATHLETICS

Theory Marks: 40
Inter Assessment: 10
Practical marks: 50
Time: 2 hours

(a) For paper setter

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 questions.
2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) for candidates

1. Attempt four questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

The Questions in different units given below should be based on the following Athletic events:

(i) Hurdle (ii) High Jump and Shotput

UNIT-I

- **History of IAAF in India.**
- **Organization & administration of University athletic meet**
- **Teaching & training of athlete (field events)**

UNIT-II

- **Dimension, rules & regulations of track & field events given below.**
(i) Hurdle (ii) High Jump and Shotput
- **Duties of technical officials in athletic meet.**
- **Equipment and their specifications used in various events of track & field.**

UNIT-III

Fundamentals of various events.

- **Shotput –Holding, Placement of shot, initial stance, Glide/rotation, Delivery Stance, Delivery action, reverse.**
- **Hurdle-approach, take off, action of lead leg & trailing leg, flight, landing, stride in between hurdles.**

- **High Jump- approach, run, take off, bar clearance, landing in different techniques.**

REFERENCE

4. **Doherty J. Manneth – Modern track and Field, Englwood Cliffe, N.J. Prentice Hall, Ino.**
5. **Wado Allen – The F.A.Guide to training and coaching.**
6. **Uyenishi S.L.- The Text Book of JU- Jutsu-Athletic Publications Ltd. Link House, Store Street, London, W.C.I.**

B.Sc. Sports Science Part-III (Semester 5th)2013-14
Physiotherapy-I

Theory marks: 40
Internal Assess: 10
Time: 3 hours

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 8 marks. It will comprise of 4 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 8 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Unit-I

- Meaning of Physiotherapy, Scope and utility of physiotherapy, Physiotherapy in sprain, strain, muscle pull, muscle soreness, Hydrotherapy, meaning, precaution in giving the hydrotherapy, Benefits of hydrotherapy.

UNIT-II

- Massage: Meaning and importance in sports, Physical benefits of massage with its utility in sports, Electrotherapy: Meaning & Importance, Danger of using Electrotherapy, Benefits of Electrotherapy,

UNIT-III

- Meaning of Thermo Therapy, Physiological effects of Thermo- therapy. Do's and don't do's in Thermo Therapy, Cryo-Therapy importance of- Cryo Therapy methods employed in Cryo Therapy.

UNIT-IV

- Exercise therapy meaning of therapeutic exercise, kinds and its utility in sports. Therapeutic exercise for person suffering from back pain and spondylises.
- Meaning of Rehabilitation, importance of Rehabilitation Principles of rehabilitation, Role of Physical Education Teacher in rehabilitation.

References:

1. Sports Physiotherapy-K.C.Shekhar
2. Pnventive & Corrective Physical Education by George Thomos
3. Ine Chinese ant of neating by Stephen Pulos
4. Giving to elderly people –understanding and practical help

5. Physiotherapy in Medical conditions by Joan R.Cash
6. Sports Physiotherapy K.C. Shekhar
7. Preventive & Corrective Physical Education by George Thomos
8. Ine Chinese of Neating by Stephen Pulos

B.Sc. III Sports Sciences (Semester 5th)2013-14
Sports Psychology-II

Theory marks: 40
Internal Assess: 10
Time: 3 hours

(a) For paper setter

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 8 marks. It will comprise of 4 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 8 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

- Meaning of Psychology and Sports Psychology, Scope of Sports Psychology, Psychological factors affecting Sports Performance. Learning, types of learning, Factors affecting learning curve.

UNIT-II

- Meaning and definition of motivation. Types of motivation techniques of motivation, importance of motivation in Physical Education and Sports. Techniques of theories.

UNIT-III

- Growth & Development, Various stages of growth and development, growth and development during childhood (Psychological, Physical & Motor Development) Psychological characteristics of an adolescent. Problem of an adolescent.

UNIT-IV

- Meaning and definition of personality, Dimensions of personality, Personality traits, factors affecting personality. Role of Physical activities in development of personality.
- Meaning of Individual Differences, Type of Individual Differences, Factors affecting Individual Differences, Meaning and Definition of emotion.

References:

1. M.L.Kamlesh, Psychology in Physical Education & Sports, Matropolitan book Co. New Delhi 1998.
2. Aldemen A.B., Psychological Behaviour in sports. A.B.Saunders Co., Saunders (1974)
3. Cratty B.J., Psychological and Physical Activity, Prentice Hall.inc.London (1961)
4. Cratty B.J., Psychology in contemporary sports, Prentice Hall.Inc. Englewood cliff (1973)
5. Frost & Rehbon, Psychological Concepts applied section Physical Education and Coaching of Masseurhussatts (1971)
6. Kane, J.S.- Psychological aspects of Physical Education and Sports, Routler and Ejanpaul, London (1972)
7. Jawthar J.D., Psychology of Coaching, Prentice Hall.inc. R.J., (1951)
Singer, R.N.- Coaching, athletics and Psychology Mograw Mills Book Co. (1972).

B.Sc. III Sports Sciences (Semester 5th)2013-14
Theory of Games-III

Theory marks: 40
Internal Marks: 10
Time: 2 hours

(a) For paper setter

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 questions.
2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) for candidates

1. Attempt four questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

- History and development of following games
Hockey, Netball, Kho-Kho & Lawn Tennis

UNIT-II

- Measurement of Ground, Equipments, Rule & Regulations of :
Hockey, Netball, Kho-Kho & Lawn Tennis

UNIT-III

- Duties of Technical Officials, Fundamental Skills, Awards, Major tournaments, Famous Personalities of Hockey, Netball, Kho-Kho and Lawn Tennis

References:

1. Encyclopedia of Sports and Games (Vol 3) Dr.Pinter Modak, O.P.Sharma (Khel Sahitya Kendra) 2003.
2. Skills and Tactics Hockey 2010, Dr. Sharad Chandra Mishra (Sports Publication).
3. Tennis, Teach yourself (Rachna Jain) Sports Publications 2010.

B.Sc. III Sports Sciences (Semester 5th) 2013-14
Theory of Athletics-IV

Theory marks: 40
Internal Marks: 10
Time: 2 hours

(a) For paper setter

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 questions.
2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) for candidates

1. Attempt four questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

- Meaning and Principles of Coaching of

- 1500 mtrs, Pole-vault and Javelin Throw
- Qualities of good Athletics Coach
- Development of Athletics in India

UNIT-II

- Dimension, Rules & Regulations of following events
1500 mtrs, Pole-vault and Javelin Throw
- Duties of technical officials in
1500 mtrs, Pole-vault and Javelin Throw
- Equipments & their specifications used in
1500 mtrs, Pole-vault and Javelin Throw

UNIT-III

- Fundamentals of 1500 mtrs, Pole-vault and Javelin Throw
- Teaching Stage of 1500 mtrs,
- Teaching Stage of Pole-vault (Approach run, Take-off, Bar clearance, landing in different techniques)
- Teaching Stage of Javelin Throw (Grip, release of javelin initial stance and approach run)

References:

1. Dr. A.K.Srivastava "Teach yourself" Javelin Throw published by Sports Publications 2010.
2. Dr. A.K. Srivastava "Teach yourself" Pole-vaulting published by Sports Publication 2010
3. William J Bowerman, William H. Freeman "High performance Training for Track and Field published by Leisure Press USA 1991
4. Mukesh Kumar "Sports and Games" published by Sports Publication 1995.

B.Sc. Sports Science Part-III (Semester 6th) 2013-14
Foundation of Sports Training-I

Theory marks: 80
Internal Assess: 20
Time: 3 hours

Note:- (a) **For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 16 marks. It will comprise of 8 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 16 marks each.

(b) **for candidates**

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

- Meaning, definitions,
- Aims and objectives of sports training,
- Principles of sports training
- Importance of Sports Training

UNIT-II

- Training load, load adaptation, overload and recovery, factors of load.
- Circuit training, interval training, (Fartlek training, plyometric training, Sprint training.

UNIT-III

- Development of Motor components: Speed, Strength, endurance, flexibility, agility.

UNIT-IV

- Periodization: Meaning and definition of periodization, importance of periodisation single, double and triple, periodization, long term and short term plan, planning for competition main and build up competitions.

Reference:

1. Batty, B: Article and Motor Development in infants and Children, Prentice Hall, 1979.
2. Dick, F.W : Sports Training Principles Lepus, London 1980.
3. Jenson, C.R. Bischer, A.G. Scientific Basis of Athletic Conditioning Lea and Bebiger, Philedephic, 1972.
4. Matweyew, L.P: Fundamentals of Sports training (Translation from Russian) Mir Publishers, Moscrow, 1981
5. Pyke, Frank, S: Towards better Coaching, Australian Government Publishing Service, Canberra, 1980.

B.Sc. III Sports Sciences (Semester 6th) 2013-14
Sports Sociology-II

Theory marks: 40
Internal Assess: 10
Time: 3 hours

Note:- (a) **For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 4 questions.
2. Question No. 1 will be compulsory and will carry 8 marks. It will comprise of 4 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 8 marks each.

(b) **for candidates**

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

- Meaning, Definition of Sports Sociology, Importance of Sports.
- Physical Education and Sports as a Social Phenomenon.

UNIT-II

- Social Institutions: Role of Social Institution in participation in games and sports, Socialization through sports, Sports as regulating institution of society. Sports & Religion how influence in each other.

UNIT-III

- Women in Sports: Social myths related with women.
- Attitude of Society towards sports man and Sports women
- Future of women participation in sports.

UNIT-IV

- Meaning, Definition and characteristics of leadership, qualities of a leader, leadership training in Physical Education, Need and Importance of leadership in Physical Education.

References

1. Cratty B.J., Social dimension of Physical activity, Prentice Hall.inc. B.J.
2. Cratty B.J., Social Psychology in athletics, Prentice hall, inc. F.J. (1981)
3. Martens, Social Psychology and Physical Activity, Harper and Raw Pub. (1975)
4. Singer, R.N., Physical Education-an integrate approach, Rolt, Rivehert & Winsi R.4, (1972).

B.Sc. III Sports Sciences (Semester 6th) 2013-14
Theory of Games-III

Theory marks: 40
Internal Marks: 10
Time: 2 hours

(a) For paper setter

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 questions.
2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) for candidates

1. Attempt four questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

- History of Softball, Basketball & Wrestling
- Technical officials and their duties of Softball, Basketball and Wrestling
- Protective Equipments of : Softball, Basketball and Wrestling

UNIT-II

- Dimension and Marking of Softball, Basketball and Wrestling
- Rules and regulations of Softball, Basketball and Wrestling

UNIT-III

- Fundamental Skills of Softball, Basketball and Wrestling
- Preparation of Score sheet of Softball, Basketball and Wrestling
- Major injuries and their prevention of Softball, Basketball and Wrestling

References:

1. Dr. A.K. Srivastava, Dr. Sharad Chandra Mishra, Ram Gopal, R.Jain, Priyanka Narang, Kunal Nagi, "Sports and Games" in Encyclopedia volume 5 published by Sports Publication 2010
2. Harphool Singh "Teaching and Coaching Modern Wrestling: Published by Lokesh Thani 1996.
3. J.P.Sharam "Basket Ball, published by Khel Sahitya Kendra 2007.
4. Tibora Barna "Wrestling made easy" Published by FILA Budapest, Hungry 2011
5. Ashok Kumar "Sports and Games" in International Encyclopedia published by Mittal publication 2000.

B.Sc. III Sports Sciences (Semester 6th) 2013-14
Theory of Athletics-IV

Theory marks: 40
Internal Marks: 10
Time: 2 hours

(a) For paper setter

1. Paper setter will set 7 questions in all, out of which students will be required to attempt 4 questions.
2. Question No. 1 will be compulsory and will carry 10 marks. It will comprise of 5 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of three units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 10 marks each.

(b) for candidates

1. Attempt four questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

- Teaching & Coaching of :Triple Jump and Hammer Throw
- Selection of an athlete for : Tripple Jump and Hammer Throw
- Safety Equipment used in Tripple Jump and Hammer Throw

UNIT-II

- Dimension and marking of Tripple Jump and Hammer Throw
- Rules & regulations of Tripple Jump and Hammer Throw
- Technical officials and their duties in Tripple Jump and Hammer Throw

UNIT-III

- Fundamental Skill of Tripple Jump and Hammer Throw
- Techniques of Tripple Jump and Hammer Throw
- Major Injuries and their prevention in Tripple Jump and Hammer Throw

References:

1. Ashok Kumar "Sports and Games in International Encyclopedia volume 3 published by Mittal Publication 2000.
2. William J.Bowerman, Willaim, H. Freeman "High Performance Training for Track and Field" published by Leisure Press USA 1991.
3. Mukesh Kumar "Sports and Games" Published by Sports Publications 1995.

SCHEME OF EXAMINATION OF B.A.I (PHYSICAL EDUCATION)

2011-12

Semester 1st

Paper	Nomenclature	Total marks		Practical Marks	Max. Marks
		External	Internal		
I	Principles and foundations of Physical Education	60	15	-	75
II	Games (Practical) Volleyball, Softball, Judo, Cricket	-	-	12	12
III	Athletics (Practical) Shot-put, 100 mtr race, 5000 mtr race	-	-	13	13
	Total	60	15	25	100

Semester 2nd

Paper	Nomenclature	Total marks		Practical Marks	Max. Marks
		External	Internal		
IV	Health and Yoga	60	15	-	75
V	Games (Practical) Basketball, Netball, Boxing & Gymnastic	-	-	12	12
VI	Athletics (Practical) Discus Throw, 110 mtr. Hurdle, 10000 mtr.	-	-	13	13
	Total	60	15	25	100

Note: -

The practical classes shall be held as per the scheme of each semester. But, final practical examinations for both the semesters i.e. (1st & 2nd) shall be conducted by external & internal examiners at the end of 2nd semester. However, separate examination for each semester will be conducted as per syllabus of each semester.

Note:-

The students are required to prepare seven lesson plans (Games-4, Athletics-3) on the events mentioned in the syllabi in each semester i.e. I & II (total 14 in each year). The Games, event of Athletics will be allotted for the final practical lesson on the basis of draw of lot which shall take place 15 days before final practical examinations. All the lesson plans prepared by the students must be signed by the concerned teacher.

SCHEME OF EXAMINATION OF B.A.II (PHYSICAL EDUCATION)

2012-13
Semester 3rd

Paper	Nomenclature	Total marks		Practical Marks	Max. Marks
		External	Internal		
VIII	Physical Activity & Health	60	15	-	75
IX	Games (Practical) Handball, Baseball, Wrestling & Badminton	-	-	12	12
X	Athletics (Practical) Javelin throw, Long jump, 4x100 mtr relay race	-	-	13	13
	Total marks	60	15	25	100

Semester 4th

Paper	Nomenclature	Total marks		Practical Marks	Max. Marks
		External	Internal		
XI	Physical Fitness & Yoga	60	15	-	75
XII	Games (Practical) Korfball, Lawn-tennis, Weightlifting, Swimming	-	-	12	12
XIII	Athletics (Practical) Hammer throw, 800 mtr race, High Jump	-	-	13	13
	Total	60	15	25	100

Note: -

The practical classes shall be held as per the scheme of each semester. But, final practical examinations for both the semesters i.e. (3rd & 4th) shall be conducted by external & internal examiners at the end of 4th semester. However, separate examination for each semester will be conducted as per syllabus of each semester.

Note:-

The students are required to prepare Seven lesson plans (Games-4, Athletics-3) on the events mentioned in the syllabi in each semester i.e. 3rd & 4th. The games, event of Athletics will be allotted for the final practical lesson on the basis of draw of lot which shall take place 15 days before final practical examinations. All the lesson plans prepared by the students must be signed by the concerned teacher.

SCHEME OF EXAMINATION OF B.A.III (PHYSICAL EDUCATION)

2013-14
Semester 5th

Paper	Nomenclature	Total marks		Practical Marks	Max. Marks
		External	Internal		
XIV	Socio-Psychological Foundations of Physical Education	60	15	-	75
XV	Games (Practical) Hockey, Kabaddi, Water polo & Table Tennis	-	-	12	12
XVI	Athletics (Practical) 1500 mtr, 400 mtr. Hurdle, Tripple Jump	-	-	13	13
	Total marks	60	15	25	100

Semester 6th

Paper	Nomenclature	Total marks		Practical Marks	Max. Marks
		External	Internal		
XI	Organization & Management of Physical Education	60	15	-	75
XII	Games (Practical) Football, Kho-Kho, Chess, Kabaddi (Haryana Style)	-	-	12	12
VI	Athletics (Practical) 3000 mtr, 4x400 relay races, Pole vault	-	-	13	13
	Total	60	15	25	100

Note: -

The practical classes shall be held as per the scheme of each semester. But, final practical examinations for both the semesters i.e. (5th & 6th) shall be conducted by external & internal examiners at the end of 6th semester. However, separate examination for each semester will be conducted as per syllabus of each semester.

Note:-

The students are required to prepare seven lesson plans (Games-4, Athletics-3) on the events mentioned in the syllabi in each semester i.e. 5th & 6th. The Games, events of Athletics will be allotted for the final practical lesson on the basis of draw of lot which shall take place 15 days before final practical examinations. All the lesson plans prepared by the students must be signed by the concerned teacher.

Paper-I PRINCIPLES AND FOUNDATIONS OF PHYSICAL EDUCATION

Ext. Marks: 60

Int. marks: 15

Time: 3 hours

Note:- (a) **For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 12 marks. It will comprise of 6 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 12 marks each.

(b) **for candidates**

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

- Definition, Objectives, Scope & Importance of Physical Education.
- Historical development of Ancient Olympic
- Historical development of national games of India.

UNIT-II

- Biological Basis of Physical activity
(a)-Exercise: Types of Exercise (b) Growth and Exercise, (c)Exercise and well being, (d) Body types
- Growth of Physical Education in India:
(i) LNUPE (ii) SAI NSNIS (iii) YMCA (iv) IOA

UNIT-III

- Modern Olympic Revival and progress
- Performance of Indian Players in Modern Olympic and Asian games.

UNIT-IV Sports Awards in India

- (a) Arjuna Award (b) Daronacharya Award (c) Khel Ratan Award (d) Bhim Award (Haryana) (e) Maulana Abdul Kalam Azad Trophy

REFERENCES

1. Foundations of Physical Education, Chales A. Bucher
1. Foundations of Physical Eduction, M.L.Kamlesh
2. History and Principles in Physical Education, Dr. Karan Singh
3. Essentials of Physical Education, Dr. Ajmer Singh
4. Foundations of Physical Education, Dr. A.K.Uppal.

Paper-II

B.A.I Semester -II
HEALTH AND YOGA

Ext. Marks: 60
Int. Marks: 15
Time: 3 hours

Note:- (a) **For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 12 marks. It will comprise of 6 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 12 marks each.

(b) **for candidates**

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

- Meaning, Importance of Health and Health Education in Modern Society.
- Guiding Principle of Health Education.

UNIT-II

- Importance of Light and Cross ventilation at School & Home
- Meaning of Personnel Hygiene and its Importance
- Meaning & Importance of personal hygiene. Personal hygiene of the following:
 - a) Teeth (b) Ears (c) Eyes (d) Skin (e) Nail & Fingers

UNIT-III

- Meaning of Communicable diseases
- Mode of transmission & prevention of the following:
 - (i) HIV/AIDS (ii) HEPATITIS-B & C (iii) MALARIA (iv) TUBERCULOSIS (v) CHOLERA

UNIT-IV

- Meaning, types & aims of yoga
- Procedure and benefits of following Asans:
 5. Surya Namaskar: Bhujang Asan, Hal Asan, Dhanur Asan, Ardh Machhender Asan, Chakar Asan, Matsay Asan, Karan Peera Asan, Mayur Asan and Setu Bandh Asan

REFERENCES:

Health the basis of life: Dr. John Maclay
Natural Health & Yoga, Brij Bhushan
Health Education, S.K.Mangal
Essential of Physical Education, Dr. Ajmer Singh & Dr. Bains

PRACTICAL WORK

The practical of B.A.I (Semester 1st & 2nd) shall consist of 50 marks (25 marks for each semester). The following events of Athletics and games activities will be the part of practical:

Games: Semester 1st: Basic Gymnastics, (Formation of class, Command and assembly)
Kho-kho, Hockey and Volleyball

Athletic events:

Sprint upto 400 mtrs, Shot-put and Long-jump

Practical work for B.A. I Semester-II

Games: Kabaddi, Basketball, Football and Wrestling

Athletics: Discus throws, Relay Races, Tripple Jump

Distribution of marks shall be as under:

Games:- 25 marks (10 marks for performance on the basis of his/her position in event/game in AIU Championship, further authenticity of concerned performer will be verified by the Principal of concerned College at the time of practical.)
10 marks for presentation & viva
05 marks for lesson plan

Athletics:-

25 marks (10 marks for performance) on the basis of his/her position in event/game in AIU Championship further authenticity of concerned performer will be verified by the Principal of concerned College at the time of practical.)
10 marks for presentation & viva
05 marks for lesson plan

Note:-

1. The students are required to prepare seven lesson plans (Games-4, Athletics-3) on the events mentioned in the syllabi of semester I & II on the loose sheets. There is no need of practical note book. The game, event of Athletics will be allotted for the final practical lesson on the basis of draw of lot which shall take place before 15 days of final practical examinations. All the lesson plans prepared by the students must be signed by the concerned teacher.

2. The practical classes shall be held through out the year. However, final practical examinations for both the Semesters i.e. (1st & 2nd) shall be conducted at the end of 2nd semester.

B.A. II (Semester 3rd)
Paper: - Physical Activity and Health

Internal: 15 marks
External: 60 marks
Time: 3 hours

Note:- (a) **For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 12 marks. It will comprise of 6 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 12 marks each.

(b) **for candidates**

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I Health and Health Education

- Concept of Health, Meaning and definitions of Health and Health Education, Aim and Objectives of Health Education, Health and Physical Fitness. WHO, UNICEF, Role of Physical Activity towards different dimension of health.

UNIT-II Food and Nutrition:

- Balance diet, Factors affecting diet, Elements and functions of the balanced diet. Nutritional tips, Vegetarian verses non vegetarian diet.

UNIT-III Posture

- Posture: Concept of posture, value of posture, causes of poor posture, types of postural deformities, their causes and precautions

First-Aid

General Principles of first aid, Common first-aid measures for:

- a) Snake biting (b) Choking (c) Drawing (d) Fainting
(e) Fracture (f) Burns (g) Poison and Unconsciousness (h) Heat Stroke

UNIT-IV Exercise and life style disease

- Exercise and life style disease
- Exercise and obesity
- Exercise & Heart disease
- Exercise & diabetes

REFERENCES:

1. **Stainbaus, A.H.**, Towards an understanding of Health and Physical Education, W.M.C. Brown Co. 1963.
2. Bogart, L.J., Nutrition and Physical fitness, Sauners.
3. Verma, KK, Health and Physical Education, Prakash Publications, Jalandhar.
4. W.H. Aykroid, The Nutritive value of Indian Foods and planning and satisfactory diet, New Delhi, Indian Council of Medical Research 1963.
5. Bograt, L.J., Company Nutrition and Physical Education.

B.A. II (Semester 4th) Physical Fitness & Yoga

Internal: 15 marks
External: 60 marks
Time: 3 hours

Note:- (a) **For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 12 marks. It will comprise of 6 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 12 marks each.

(b) **for candidates**

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I Physical Education

- Meaning and importance of Physical Education.
- Aims and objectives of Physical Education.
- Relationship of Physical Education with General Education.
- Need of Physical Education in the modern society

UNIT-II Physical Fitness

- Meaning and Components of Physical fitness, (Speed, strength, Endurance, Flexibility, Agility). Factors influencing Physical fitness.
Warming up - cooling down
 - a) Types of warming up
 - b) Guiding principles of warming up
 - c) Importance of warming up and cooling down

UNIT-III Yogic Kriyas

- Meaning and objectives of Sudhi Kriya, Types of Sudhi Kriya, (Neti, Dhauti, Nauli, Basti, Kapalbhathi, Trataka).
- Physiological values of sudhi kiryas.

UNIT-IV Camping

- Meaning of camping
- types of camping

- Educational values of camping
- Role of following agencies in promotion of games and sports**
 - a) All India Council of Sports (AICS)
 - b) International Olympic Committee (IOC)
 - c) Young Women Christian Association (YWCA)
 - d) Sports Physical Aptitude Test (SPAT)

REFERENCES:

1. Charles A. Buchen: Foundation of Physical Education (The C.V. Masby Company 1973 st. Luois)
2. Kamlesh M.K & M.S., Principles and History of Physical Education (Praksh Brothers, 1978)
3. N.M.Gora, Anatomy and Physiology of Yogic practices, Kanchan Prakasan Lonavala-410403
4. Ajmer Singh & Others, Physical Education and Olympic movement.
5. Joshi, K.S., Yoga and Personality, Udayana, Publication, Allahabad.

B.A. III (Semester 5th)
Socio-Psychological Foundation of Physical Education

Internal: 15 marks
 External: 60 marks
 Time: 3 hours

Note:- (a) **For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 12 marks. It will comprise of 6 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 12 marks each.

(b) **for candidates**

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

U-I Psychological aspect of Physical Education

- Learning of sports activity, Psycho-Physical Unity of human being, Law of learning, their application to situations on play ground. Theories of play, Individual differences, Adjustment, Motivation.

UNIT-II Sports Socializing Agency:

- Sports as medium of socialization, Effects of socio-economic status on sports, spectators and crowd behaviour (Positive, Negative and Neutral) Sports and Economy. Traditions and their influence on behaviour patterns.

UNIT-III Conditioning

- Need and Importance of conditioning, Methods of conditioning (Circuit Training, Interval training, Fartlek Training, Weight Training)

UNIT-IV Doping

- Types of doping, prevention of doping
- Hazard of smoking and drinking, prevention of smoking and drinking, quitting techniques of smoking and drinking habits.

REFERENCES:

1. Charles, A Bucher, Foundation & Physical Education, The C.V. Nos by company 1961 S.T. Louis.
2. Ball & Lay, Sports and Social Orders
3. Dr. A.K.Uppal, Foundation of Physical Education.

B.A. III (Semester 6th)

Organization and Management of Physical Education

Internal: 15 marks
External: 60 marks
Time: 3 hours

Note:- **(a) For paper setter**

1. Paper setter will set 9 questions in all, out of which students will be required to attempt 5 questions.
2. Question No. 1 will be compulsory and will carry 12 marks. It will comprise of 6 short answer type questions of 2 marks each to be selected from the entire syllabus.
3. Two long answer type questions will be set from each of four units, out of which the students will be required to attempt one question from each unit. Long answer Type questions will carry 12 marks each.

(b) for candidates

1. Attempt five questions in all, selecting atleast one questions from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I Track:

- Need, Importance & characteristics of Track, care and maintenance of Track.
- Conduct of Annual Athletic meet
- Organization and conduct of tournament,

UNIT-II Sports Management

- Meaning, importance and scope of sports management
- Factor influencing sports management
- Qualification and qualities of Physical Education teachers
- Duties of an official (Pre-game, during-game and post-game)

UNIT-III Sports Injuries

- Prevention of sports injury and rehabilitation, sports injury and various factors causing injury, Principles of prevention of sports injury. Meaning and scope of rehabilitation, facilities available for rehabilitation. Role of Physical Education teacher in rehabilitation.

UNIT-IV Professional Preparation

- Meaning of Professional Preparation, Definition and significance of profession preparation in Physical Education. Curriculum Design in Physical Education.

References:

1. Gupta Rakesh, Akhilesh and Santosh Sharma, Professional Preparation & Curriculum Design in Physical Education.
2. P.M. Loseph, Organization of Physical Education.
3. D.G.Waknerker, Manual of Physical Education
4. Kamlesh M.L., Management concept in Physical Education and Sports, New Delhi.
5. Doherty J. Manneth, Modern track and field, Englewood cliffe, N.J. Printice all, Ino.

