

## **Ordinance of Bachelor of Physical Education (B.P.E) 2014-15**

The common ordinance for UG Courses of the University will applicable on Bachelor of Physical Education (B.P.E).

**Scheme of Examination of Bachelor of Physical Education (B.P.E. Three year Course) 2014-15**

**B.P.E. Part I**

**Semester-1<sup>st</sup>**

Paper Code	Name of Paper	Marks Theory		Practical	Max Marks
		External	Internal		
BPE-101	History and Principals of Physical Education And Sports	80	20	-	100
BPE-102	Basics of Computer	40	10	-	50
BPE-103	Theory of Games: Judo, Kabaddi & Volleyball,	40	10	25	75
BPE-104	Theory of Athletics: Races(Sprints), Long Jump, Shot put	40	10	25	75
BPE-105	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 each semester i.e. (1st & 2nd) shall be conducted by external & internal examiners at the end of each semester. However, separate examination for each semester will be conducted as per syllabus of each semester. Minimum 5 students must obt an optional paper to run the option

**(Semester-2nd )**

Paper Code	Name of Paper	Marks Theory		Practical	Max Marks
		External	Internal		
BPE-201	Environment Education	80	20	-	100
BPE-202	Computer Applications-II	40	10	50	100
BPE-203	Theory of Games: Baseball, Badminton & Weightlifting	40	10	25	75
BPE-204	Athletics High Jump, Long Races, Discus Throw	40	10	25	75
BPE-205	English and Communication skills	50	20	-	70
	Total	250	70	100	420

Note:- The practical classes shall be held as per the scheme of each semester. But, final practical examinations for each semesters i.e. (1st & 2nd) shall be conducted by external & internal examiners at the end of each 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.P.E 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.P.E 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 Bachelor of Physical Education (B.P.E Three year Course) 2014-15**

**B.P.E. Part II (Semester 3rd)**

Paper Code	Nomenclature of Paper	Marks Theory		Practical	Max Marks
		External	Internal		
BPE-301	Kinesiology	80	20	-	100
BPE-302	Theory of Games: Football, Handball, Swimming	40	10	25	75
BPE-303	Theory of Athletics: Throws Javeline Throw, Triple Jump, Middle Races	40	10	25	75
BPE-304	Gymnastic and other Activities	-	-	50	50
	<b>Total</b>	<b>160</b>	<b>40</b>	<b>100</b>	<b>300</b>

Note:- The practical classes shall be held as per the scheme of each semester. But, final practical examinations each semesters i.e. (3rd & 4th) shall be conducted by external & internal examiners at the end of semester. However, separate examination for each semester will be conducted as per syllabus of each semester. Minimum 5 students must obt an optional paper to run the option

**(Semester-4th)**

Paper Code	Nomenclature of Paper	Marks Theory		Practical	Max Marks
		External	Internal		
BPE-401	Basics Anatomy and Physiology	80	20	-	100
BPE-402	Health Education, First-aid and safety measures	60	15	25	100
BPE-403	Theory of Games: Table Tennis, Kho Kho Cricket	40	10	25	75
BPE-404	Sports Sociology	40	10	25	75
BPE-405	Athletics – Steeple Chase, Road Races	40	10	25	75
	<b>Total</b>	<b>260</b>	<b>65</b>	<b>100</b>	<b>425</b>

Note:- The practical classes shall be held as per the scheme of each semester. But, final practical examinations for each semesters i.e. (4th) shall be conducted by external & internal examiners at the end of semester. However, separate examination for each semester will be conducted as per syllabus of each semester. Minimum 5 students must obt an optional paper to run the option

**Notes:**

1. Supervisory lessons in teaching one each from every game & athletics events and other activities 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.P.E. 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.P.E 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, & other activity will be drawn 10 days before the final examinations. Other Activities:- Mass Pitty, Dumbles, Plzium, Action, Song & Tippri.
7. Practical for Gymnastic and Other activity will be held at the end of 4th semester in B.P.E 2nd year.

**Scheme of Examination of Bachelor of Physical Education (B.P.E Three year Course) 2014-15**

**B.P.E. Part III (Semester 5th)**

Paper Code	Nomenclature of Paper	Marks Theory		Practical	Max Marks
		External	Internal		
BPE-501	Yoga	40	10	25	75
BPE-502	Sports Management	40	10	-	50
BPE-503	Theory of Games: Hockey, Boxing & Tennis	40	10	25	75
BPE-504	Theory of Athletics: Triple Jump, Relays, Hammer Throw	40	10	25	75
	Total	160	40	75	275

Note:- The practical classes shall be held as per the scheme of each semester. But, final practical examinations for each semesters i.e. (5th) shall be conducted by external & internal examiners at the end of semester. However, separate examination for each semester will be conducted as per syllabus of each semester. Minimum 5 students must obt an optional paper to run the option

**(Semester 6th)**

Paper Code	Nomenclature of Paper	Marks Theory		Practical	Max Marks
		External	Internal		
BPE-601	Foundations of Sports Training	80	20	-	100
BPE-602	Sports Psychology	40	10	-	50
BPE-603	Theory of Games: Softball, Basketball & Wrestling,	40	10	25	75
BPE-604	Officiating & coaching	80	20	-	100
BPE-605	Athletics Hurdles, Polevault	40	10	25	75
	Total marks	280	70	50	400

Note:- The practical classes shall be held as per the scheme of each semester. But, final practical examinations for each semesters i.e. (6th) shall be conducted by external & internal examiners at the end of semester. However, separate examination for each semester will be conducted as per syllabus of each semester. Minimum 5 students must obt an optional paper to run the option

**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.P.E 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.P.E 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.P.E (Sem. 1<sup>st</sup>) 2014-15**

History & Principal of Physical Edu, & Sports

BPE- 101

Theory. 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.

***Course Contents***

**UNIT-I**

- Concept of Physical Education: Meaning, Definition & Scope
- Aims & Objectives of Physical Education
- Relationship of Physical Education & Recreation
- Contribution of Physical Education towards General Education
- Foundation of Physical Education
- Biological Activity, its Need, Principles of Use and Disuse.

**UNIT-II**

- History of Physical Education in Ancient Greek, Comparative Study of Spartan Athenian Education.
- The Origin and Development of Olympic Games.
- Development of Asian Games
- Age & Sex Difference
- Classification of Physique



### UNIT-III

- Physical Education in Germany, Sweden & Denmark (Emphasis only on contribution of Basedaw, Guts-Muths, John Speiss, Machtegal, Long).
- Present status of Physical Education & Recreation in Russia and Japan.
- History of Physical Education in India (Pre- Independence & Post Independence Era).

### UNIT-IV

- Critical Appreciation of following:
- Haryana Sports Department
- IOC Policies of Developing of Physical Education & Sports
- Modern Olympics
- South Asian Federation Games
- Sports Authority of India.

### **Suggested Readings**

1. Charles & Bucher, Foundations of Physical Education.
2. Harold M. Barrow, Man & His Movement Principles of Physical Education.
3. J.F.Williams, Principles of Physical Education.
4. Cowel & France, Philosophy and Principles of Physical Education.
5. D.G. Wakhakar, Manual of Physical Education
6. M.L.Kamlesh & M.S.Sangral, Principles & History of Physical Education.
7. Upadyke Johnson, Principles of Modern Physical Education, Health & Recreation.

**B.P.E. (Sem. 1st ) 2014-15**

**Basics of Computer**

**B.P.E- 102**

**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.P.E (Sem. 1st) 2014-15**

**Theory of Games**

**BPE- 103**

**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. Leibu, H.C. and Massumith, I - Basic book of sports, Englewood Cliffs. M.D. Prepfitece Hall.

**B.P.E (sem. 1st) 2014-15**

**Theory of Athletics**

**BPE- 104**

**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 events**

- (i) Sprints 100,200 meters
- (ii) Long Jump
- (iii) Shot Put

**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. Long Jump & Shot Put.

### **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

**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 - Environment Studies**

- nature, Scope and Importance
- Need for public awareness
- Natural resources – renewable and non-renewable
- Over utilization of various resources and consequences
- role of individual in conservation of natural resources

**Unit-II - Ecosystem**

- Concepts, structure and functions of ecosystem
- Energy flow, food chain, food web and ecological pyramids
- Types of ecosystem-forest ecosystem, grassland aquatic ecosystem



- Environment pollution – definition, cause & effects and control measures
- Types of pollutions – air pollution, water pollution, soil pollution

### **Unit-III - Basic issues and environment**

- Sustainable development
- Urban problems related to energy
- Water conservation, rain water harvesting
- Climate change, global warming, acid rain, ozone depletion

### **Unit-IV – Environment Protection Act**

- Air (prevention and control of pollution) Act
- Water (prevention and control of pollution) Act
- Wild life and forest conservation Act

### **Ref.**

1. Shankar. (2001), “Environment Economics”, Oxford University Press, New Delhi
2. Pearce, D.W & R Turner (1991) “Economics of Natural Resources and Environment”, John Hopkins Press, Baltimore.

**B.P.E ( Sem. 2nd ) 2014-15**

Computer Application

BPE- 202

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.P.E (Sem. 2nd) 2014-15**

Theory of Games

BPE - 203

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) 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.P.E (sem. 1st) 2014-15**

**Theory of Athletics**

**BPE- 204**

**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 events**

- (i) Long Races
- (ii) High Jump
- (iii) Discus Throw

**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. Long race & High Jump & Discus Throw.

### **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

**B.P.E (Sem. 2nd ) 2014-15**

English & Communication Skills

BPE -205

Total marks - 100

Theory marks - 50

Internal marks - 20

Time: 3 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 20 marks. It will comprise of 5 short answer type questions of 4 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.

**UNIT-I - Literature**

**Poems:-**

- Nature (H.W Long fellow)
- Dreams (Langston Hughes).
- The Road not taken (Robert Frost)
- Eagle (Alfred Tennyson)

**Story:-**

- One Friday Morning (Langston Hughes)
- A cup of tea (Katherine Mansfield)
- The last leaf (O'Henry)

**UNIT-II – Language through Literature**

- Vocabulary, comprehension
- Notice writing, report writing, E-Mail Writing



-Personal Letter and official letter

### **UNIT-III – Grammar**

-Tenses, Noun, Verb & adjective

-Articles

-Connectors

-Punctuation

### **UNIT-IV – Visual Study**

-Bhag Milkha Bhag

-Pan Singh Tomar

*(Examiners are instructed to ask questions like theme, character, incident and anything regarding their experience of watching the film.)*

**B.P.E (Semester 3rd) 2015-16**

**KINESIOLOGY**

B.P.E - 301

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**

- 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. Deltoid, Latissimus Dorsi, Pectoralis major, supra spinatus, pectoralis minor, Trapezius and levator scapulae, Biceps Brachii, Brachialis and Triceps
- Lower extremity: Hipjoint, Kneejoint & Ankle joints, Gluteus Maximus, Gluteus medius, Gluteus minimus, Hamstring (Group), quadriceps (Groups), Gastrocnemius, Sartorius.
- The spinal column.

### **UNIT-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 Glasgow, 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 Hinsin, Kinesiology, Web Dubugue Lown 1977.

**THEORY OF GAMES**

**B.P.E- 302**

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

**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 & regulaltions

### **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. Leibu, H.C. And Massumith, Book of sports, Englowood Cliffs, MD. Prephilice Hall.
3. Dr. Faaune Hero-The Modern Olympic games Budapost, 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.

**B.P.E (Semester 3rd) 2015-16**

**THEORY OF ATHLETICS**

**B.P.E- 303**

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, 1500 meter**
- (ii) **Triple Jump**
- (iii) **Javelin Throw**

**UNIT-I**

- History of athletics in India.
- Teaching & training of athlete (Track & Events)

**UNIT-II**

- Dimension, rules & regulations of track & field events given below.  
400, 800 meters, 1500 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
- 1500 meter race running with finish technique.
- Triple Jump
- Javelin Throw

### **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.

**OTHER ACTIVITIES**

**B.P.E- 304**

Practical marks: 50

Only Practical's

The draw for final examination (athletics & games, & other activity will be drawn 10 days before the final examinations.

Other Activities:-

1. Mass
2. Pitty,
3. Dumbles,
4. Plzium,
5. Action Song
6. Tippri.



**B.P.E (Semester 4th) 2015-16**

**BASICS OF ANATOMY AND PHYSIOLOGY**

**B.P.E- 401**

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**

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 and their types, tissues, organs and system of body.

**Unit-II**

Anatomy of muscular system, structure of muscles and their kinds. Properties of muscles. Muscle work and, fatigue, anatomy of respiratory organs, tissue and pulmonary 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.

**Definition of Exercises, Type of Exercises, Benefits of Exercises. Meaning of Physiology & Exercise Importance & Function of Exercise Physiology in the Field of Physical Education and sports. Long Term and Short term effects of exercise on various system of the body's.**

**Ref.:-**

1. Introduction to anatomy & physiology - Dr. Shemsher Singh.
2. Lawrence, Thomas Gordan; Your health and Safety, Har Schiver. Alices; 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.P.E (Semester 4th) 2015-16**

**HEALTH EDUCATION, FIRST AID AND SAFELY MEASURES**

**B.P.E.- 402**

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 Co1976.

**B.P.E (Semester 4th) 2015-16**

**THEORY OF GAMES**

**B.P.E- 403**

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) Kho-Kho (3) Wrestling (4) Cricket**

**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. Leibu, H.C. And Massumith, Book of sports, Englowood Cliffs, MD. Prephilice Hall.
3. Dr. Faaune Hero-The Modern Olympic games Budapost, 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. Bow land B.J. Handball a complete Guide London: Faber & Faber Ltd., 24, Rosset Square, 1970.

**B.P.E (Semester 4th) 2015-16**

**Sports Sociology**

**B.P.E- 404**

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.
4. Singer, R.N., Physical Education-an integrate approach, Rolt, Rivehert & Winsi R.4, (1972).



## **B.P.E (Semester 4th) 2015-16**

### **Athletics**

### **BPE- 405**

**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 events**

(i) Steeple Chase

(ii) Road Races

#### **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-I I**

Fundamentals of various events.

(i) Steeple Chase

(ii) Road Races

### **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

## **B.P.E (Semester 5th) 2016-17**

### **Yoga**

#### **B.P.E- 501**

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 5 questions.
4. 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.
5. 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 5 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**

- Historical Background of Yoga
- Definition of Yoga and its Objectives
- Importance of Yoga in the Modern Society
- Yogic diet, Suitable place for Yoga

#### **UNIT-II**

- Meaning & Importance of Astang Yoga
- Pranayam, its types and techniques, Benefits of Pranayam, Shitali, Sheetkari, Kumbak, Kapal Bhatti
- Types of Yoga\_ Hath Yog, Karam Yog, Bhakti Yog, Raj Yog and Mantra Yog

### UNIT-III

- Effect of Yogic Exercises: Digestive System, Respiratory System and Circulatory System.
- Internal Purification/Satkarms -Jal Neti and its benefits & technique, Sutar Neti and its technique and benefits and Vaster Dhوتي and its technique & benefit.
- Asanas: Types of Asnas, their benefits (How Asana are useful) prevention of diseases through Asana.

### UNIT-IV

- Mudra & Bandha:- Jalander Bandh, Mula Bandh and Uddyuan Bandh, their Benefits and technique
- Gyan Mudra, Prana Mudra, their techniques and benefits
- Famous Yogis: Maharishi Patanjali, Grokh Nath, Swami Daya Nand, and Arvind Ghosh
- Famous Institutions: Gurukul Kangri Haridwar, Viveka Na

### Reference Book:

- YOGA PHILOSOPHY – **S.N. Dasgupta**
- BHARAT KA MAHAN YOGI - **Vishwnath Mukherjee**
- TEXT BOOK OF YOGA - **Yogeshwar**
- ANATOMY & PHYSIOLOGY – **J.P. Brothers**
- ANATOMY & Physiology for Nurses
- PATANJALI YOGA PRADEEP- **Geeta Press Gorakhpur**

## YOGA (Practical)

**Max. Marks: 25**

All Students are required to prepare a Yoga Note-book regarding Prayanam, Surya Namaskar, Bandh & Shutkarma alongwith seven important Asanas i.e **VAAJR ASANA, TAR ASANA, SURYA NAMASKAR, SHAVA ASANA, BHUJANG ASANA, HAL ASANA, CHAKAR ASANA, PADAM ASANA, SARWANG ASANA AND NOKA ASANA.**

**B.P.E (Semester 5th) 2016-17**

**Sports Management**

**B.P.E- 502**

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**

- Defining sports organization, administration and management
- Functions of sports management – planning, organizing, staffing, directing, controlling
- Types of management

**UNIT-II**

- Managerial skills for managerial tasks - personal, interpersonal, conceptual, technical and conjoined
- Office management – meaning, nature and functions of office management
- Financial management – intro, scope and objectives, principles of F.M in physical education and sports

**UNIT-III**

- Management of facilities – intro, administration and general principles of planning, types of facilities, facility requirement, construction of sports infrastructures, outdoor (marking of standard track) and indoor.

#### **UNIT-IV**

-Supervision – Intro, aim & objectives, nature & scope, Principles and techniques, need & importance.

Evaluation - intro, concept, nature, purpose, need & importance of evaluation for a teacher and an administrator of physical education and sports, steps & guidelines for an effective evaluation programme.

#### **References:**

1. Bill, Karan, “Sports Mangement” 2009, learning matters ltd
2. Brar, R.S and Joshi Rosy “Sports Management” 2007, kalyani Publishers, New Delhi
3. Brar, Racchpal Singh et al, Fundamentals of physical Education. Kalyani Publishers, New Delhi.
4. Kamlesh, M.L. “Management concepts in Physical”.2000, Metropolitan Books co.

**B.P.E (Semester 5th) 2016-17**

**Theory of Games-III**

**B.P.E- 503**

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, Boxing & Lawn Tennis

**UNIT-II**

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

**UNIT-III**

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

**References:**

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

**B.P.E (Semester 5th) 2016-17**

**Theory of Athletics-IV**

**B.P.E- 504**

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
- Triple Jump and Hammer Throw, Relays
- Qualities of good Athletics Coach
- Development of Athletics in India

**UNIT-II**

- Dimension, Rules & Regulations of following events
- Triple Jump and Hammer Throw, Relays
- Duties of technical officials in
- Triple Jump and Hammer Throw, Relays
- Equipments & their specifications used in



-Triple Jump and Hammer Throw, Relays

### **UNIT-III**

- Fundamentals of Triple Jump and Hammer Throw, Relays

- Teaching Stage of Triple Jump

- Teaching Stage of Relays

- Teaching Stage of Hammer Throw

### **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.P.E (Semester 6th) 2016-17**

**Foundation of Sports Training**

**B.P.E- 601**

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
4. Matweyew, L.P: Fundamentals of Sports training (Translation from Russian) Mir Publishers, Moscrow,
5. Pyke, Frank, S: Towards better Coaching, Australian Government Publishing Service, Canberra, 1980.

**Sports Psychology**

B.P.E- 602

Theory marks - 40

Internal assessment -10

Time: 3

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.
4. 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.
5. 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 5 marks each.

**(b) For Candidates**

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

Course Contents

**UNIT-I INTRODUCTION**

- Psychology its Meaning & Definition
- Psychology as a Science
- Scope & Importance of Psychology in Physical Education Intelligence
- Concept of Intelligence: Meaning, Definition & Nature
- Types of Intelligence
- Theories of Intelligence

**UNIT-II DEVELOPMENTAL PSYCHOLOGY**

- Nature of Human Growth and Development
- General Characteristics of Physical, Intellect; Emotional and Social Development during Infancy, Childhood & Adolescence.

## **PERSONALITY**

- Concept of Personality: Meaning & Definition
- Types of Personality

## **UNIT-III INDIVIDUAL**

- Individual Differences: Types and Nature
- Determinants of Individual Differences: Heredity and Environment.

## **LEARNING**

- Concept of Motivation: Meaning, Definition, Nature
- Laws & Theories of Learning
- Plateau in Learning & Transfer of Learning

## **UNIT-IV**

- Concept of Motivation: Meaning, Definition & its Nature
- Factors influencing Motivation
- Techniques of Motivation
- Motivation & Sports Performance

## **ANXIETY**

- Anxiety: its Nature and Kinds
- Anxiety and performance
- Management of Anxiety.

## **ADJUSTMENT**

- Concept of Adjustment: Meaning & Definition
- Personal & Social Adjustment
- Causes of Maladjustment
- Role of Physical Education in Preventing Maladjustment & Promoting Mental Health.

## **REFERENCE BOOKS**

1. Crow, Educational Psychology-Little field adams & Co., 1979.
2. J.Ross, Ground work of Education Psychology.
3. Mathur, S.S., Educational Psychology, Vinod Pustak Mandir, Agra-1962.
4. Jack H., Psychology of Coaching: Theory and Application

**B.P.E (Semester 6th) 2016-17**

**Theory of Games-III**

**B.P.E- 603**

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, Hungary2011
5. Ashok Kumar .Sports and Games. in International Encyclopedia published by Mittal publication 2000.



**B.P.E (Sem. 6<sup>th</sup>) 2016-17**

**Officiating & Coaching**

B.P.E- 604

Theory marks - 80

Internal assessment -20

Time: 3

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.
4. 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.
5. 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 5 marks each.

**(b) For Candidates**

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

**UNIT-I**

- Concept of Officiating: Meaning, Definition, Importance and Principles.
- Duties of Officials in General, Pre, During and Post Game
- Relation of Officials with Management, Players, Coaches and Spectators.

**UNIT-II**

- Measurement, Marking, Equipment, Technique and Rule & Regulations of following:
  - 400 meters, 200 mtrs, Track and Field Event
- Preparation of Score Sheet of Track & Field Events
- Layout of Standard Track.
- Preparation of TA/DA bills
- Qualities of a Good Official.

### **UNIT-III**

- Measurement, Marking, Equipment, Basic Fundamentals, Rule & Regulations of following Games:

- Kabaddi, Badminton, Judo, Kho-Kho

- Preparation of Score-Sheet of Kabaddi, Badminton, Judo & Kho-Kho

### **UNIT-IV**

- Methods of Conditioning:

- Interval Method, Circuit Training Method, Weight Training Method, Fartlek Training Method

- Principles of Training

- Doping and its Effects on Sports Performance on the Health of an Athlete.

- Criteria for Selection of College/University Team

- Warming up, Cooling Down and its Physiological Effect.

### **Suggesting Readings**

1. Rules of Games and Sports by YMCA Madras.
2. Athletic training by Cliffs.
3. Rules of Games and Sports by Lokesh Hani.
4. R.L. Anand : Playing field manual NIS Publications.

**B.P.E (6<sup>th</sup> Sem) 2016-17**

**Theory of Athletics**

**BPE- 605**

**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 events**

(i) Athletics Hurdles

(ii) Pole vault

**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.

(i) Athletics Hurdles

(ii) Pole vault

### **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

