

Scheme of Examination of M.P.E. (F) (Semester 3rd)
2015-16

Paper	Nomenclature of paper	Marks		Practical marks	Total marks
		Theory			
		External	Internal		
I	Sports Psychology	80	20	-	100
II	Physiology of Exercise	80	20	-	100
III	Research Method in Physical Education	80	20	-	100
IV	Evaluation techniques in Physical Education	80	20	-	100
V	Science of Coaching Athletics (Theory)	80	20	-	100
VI	Science of Coaching Game (Theory)	80	20	-	100
	Coaching lesson -Games	-	-	100	100
	Coaching Lesson- Athletics	-	-	100	100
	Total:	480	120	200	800

Activities to be taken up during 3rd & 4th Semesters

The students will choose any one game as their specialization out of HOCKEY, BOXING, WRESTLING, HANDBALL, BASKETBALL, VOLLEYBALL, BADMINTON, KABADDI, KHO-KHO and FOOTBALL. Minimum 05 students must opt for a Game to run the option. Athletics will be compulsory for all students.

In case of M.P.E. 3rd & 4th Semesters for specialized games and athletics, the Coaching Skills will be divided by the teacher concerned and the same will be informed to the Department and the students. The students will be evaluated at the end of 3rd & 4th semester accordingly.

Note:- The practical classes shall be held as per the scheme of each semester. The final practical examinations for each semester shall be conducted by external & internal examiners at the end of each semester.

M.P.E. (F) (4th Semester)

2015-16

Paper	Nomenclature of paper	Marks		Practical marks	Total marks
		External	Internal		
VII	Scientific Principle of Sports Training	80	20	-	100
VIII	Applied Statistics	80	20	-	100
IX	Athletics care & Rehabilitation	80	20	-	100
X	Optional Anyone of the following : a) Sports Journalism b) Yogic Science c) Value & environmental Education	80	20	-	100
		-	-	-	
XI	Class Room Theory Lesson (Practical)	-	-	100	100
XII	Teaching & Coaching Athletics (Track & Field)	-	-	100	100
XIII	Teaching & Coaching Game (Major & Minor indoor & outdoor)			100	100
	Total	320	80	300	700

Grand Total (3rd & 4th Semesters) 800+700=1500

Note: -. To start the optional paper, minimum five students must opt for an optional paper.

Distribution of marks for Practical to be conducted by the External & Internal Examiners

Semester 3rd & 4th (Coaching Lessons)

100 marks

(a)	Coaching Lesson in Game/Athletics (Fault detection, Removal of Fault, Corrective Exercise, Teaching Aids for Corrective Exercise)	40 marks
(b)	Viva (Marking, Rules and Regulations and Officiating)	40 marks
(c)	Final Lesson Plan	10 marks
(d)	Note-book of Lesson Plan	10 marks

Note:-

1. Each candidate will be evaluated in one Skill given under various heads i.e. Games & Athletics in each semester.
2. The Draw of skill will be drawn **seven days** before the practical examination.
3. Since this is a professional course aimed at improving the standards of games and sports, therefore, special attention be given to practical aspect covering various areas. For this, 10 hours per week must be devoted to the practical lessons of teaching/coaching, out of which two hours will be for teaching/coaching lessons under the supervision of the concerned teacher. To fulfill this aim, the students shall be required to prepare & take one supervisory teaching/coaching lesson in each of the activities given under Games & Athletics.
4. The Chairperson/HOD will certify on the student's note-book that all requirements pertaining to teaching/coaching practice have been fulfilled by the student. The same has to be verified by the teacher concerned before it is submitted to the Chairperson/HOD.
5. The student is free to choose any one of the events for the examination lesson i.e Pole-vault, Hammer Throw, Hurdles and triple jump, as these involve difficult skills to demonstrate and teach.
6. Duration of Practical examination will be 3 hours per group followed by Viva-voce.
7. Final lesson for practical examination will be prepared on a separate chart.
8. For M.P.E. Semester 3rd & 4th the students will prepare five coaching lessons in their specialized game and Athletics of different Games/Athletic skills in each semester.
9. Each & every student will take part in the intra-mural activities and have the following dress-code for practicals/Intra murals. The colour for different courses will be different:

M.P.E. (Semester-3rd) 2015-16**Paper-I Sports Psychology**

Max. Marks: 100
 External Marks: 80
 Internal Marks: 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

1. Introduction of Sports Psychology:
 - Meaning of Sports Psychology
 - Scope of Sports Psychology
 - Development of Sports Psychology
 - Relationship of Sports Psychology with other Sports Sciences.
2. Importance of Sports Psychology for Physical Education and Coaches

UNIT-II

1. Cognitive Processes in Physical Activities:
 - Meaning of Cognition
 - Characteristics of cognitive processes in Sports
2. Sensation & Perception
3. Thinking
4. Imagination

UNIT-III

1. Memory, Mental activity of athlete, Mental activity and sports related goals.
 - Attention
 - Meaning
 - Dimension
 - Distractibility in Attention
 - Strategies to develop Attention
2. Motor Learning
 - Meaning of Motor Learning
 - Factors Affecting Motor Learning

- Motor development in various periods of childhood & adolescence.

UNIT-IV

1. Psychological aspects of Regulation
 - Meaning of Action Regulation.
 - Psychological Characteristics of Physical Activities
 - Action programme in different games and sports
 - Importance of action regulation
2. Personality
 - Meaning of personality
 - Personality traits of sports persons
 - Relationship of personality to sports performance
 - Personality differences among various sports group

REFERENCES

1. Alderman, R.B. Psychological Behaviour in Sports, (Philadelphia: London, Saunders Company, 1974).
2. But Susan Dorcas, Psychology of Spors (Network: Van Nastrand Reinhold Company) Edn. 2.
3. Cratty Brayant, J.Movement Behaviour and Motor Learning. (Philadelphia: Lea and Febiger, 1973)
4. Craty Bryant, j Psychology and Physical activity (New Jersey Englewood Cleffs, prentice Hall Inc. 1965)
5. Cratty Bryant, J. Psychological Proportion and Athletics Excellence, (New York: Movement publications Inc. 1978).
6. Gold Stejn and Joffery J. (Ed.) Sports Games and Play Social and Psychological view points (Lowerence Eribanm Associates, Publishers R.J. 1979).

M.P.E. (Semester-3rd) 2015-16
Paper-II (Physiology of Exercise)

Max. Marks: 100
External Marks: 80
Internal Marks: 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

1. Other Physiological aspects of Exercise and Sports.
 - 1.1. Concept of Physical Fitness and physical training, warming-up, conditioning and fatigue.
 - 1.2. Physiological aspects of development of strength, endurance, skill, speed, agility and coordination.

UNIT-II

1. Sports and Nutrition:
 - 1.1. Basic concept of a balanced diet.
 - 1.2. Appropriate diet before, during and after athletic performance.
 - 1.3. The effect of alcohol drugs and smoking on athletic performance.
2. Energy cost of various sports activity:
 - 2.1. Definition of Energy cost,
 - 2.2. Energy cost of various sports activities assessing them.

UNIT-III

1. Work and Environment:
 - 1.1. Work capacity under different environment. Conditions (Hot, humid, cold & high altitude).

UNIT-IV

1. Obesity and Wight Control:
 - 1.2. Definition of obesity.
 - 1.3. Measurement of body fat by various methods (under water weight and skin fold measurement).

- 1.4. Body weight control
- 1.5. Positive and negative energy balance.

REFERENCE:

1. Guyton, Arthur C. Text Book of medical physiology. (Philadelphia: W.B. Saunder company, 1976).
2. Morehouse, L.E. and Miller, A.T. physiology of Exercise. (Saint Louis: The C.V. Mosby Company, 1976).
3. Karpovich, P.V. and Sinning, Wayne E. Physiology of muscular Activity (Philadelphia: W.B. Saunders Company, 1971). 7th Ed.
4. Bourne, Geoffery H. The Strucrure and Functon of Muscles: (London Academic Press 1973).
5. Astrand, P.O. and Rodahi. Karri. Text Book of work Physiology. (Tokyo McGraw Hill kogakusha, Ltd. 1979).
6. mathew, D.K. and Fox, E.L. Physiology Basis of Physical Education and Athletics (Philadelphia: W.B. Saunders Company, 1976).

M.P.E. (Semester-3rd) 2015-16
 Paper-III (RESEARCH METHODS IN PHYSICAL EDUCATION)
 Max. Marks: 100

External Marks: 80
 Internal Marks: 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-1

1. Introduction
 - 1.1. Definition of Research.
 - 1.2. Need and importance of Research in Physical Education and Sports.
 - 1.3. Scope of Research in Physical Education and Sports
 - 1.4. Types of Research-Basic, Applied and Action Research.
2. Research Problem
 - 2.1. Meaning of the term.
 - 2.2. Location and criteria of Selection of Problem.
 - 2.3. Formulation of a Research Problem.
 - 2.4. Limitations and Delimitaitons.

Unit-II

3. Survey of Related Literature
 - 3.1. Need for surveying related literature.
 - 3.2. Literature Sources.
 - 3.3. Library Reading.
4. Historical Research
 - 4.1. Meaning and definition of Historical Research.
 - 4.2. Historical Sources.
 - 4.3. Evaluation of Historical data.

Unit-III

5. Survey Studies.
 - 5.1. Meaning of Survey.
 - 5.2. Tool of Survey Research.
 - 5.2.1. Questionnaire and Interview.
 - 5.2.2. Meaning of Questionnaire and Interview.

- 5.2.3. Construction, Appearance and Development of Questionnaire.
- 5.2.4. Procedure of conducting interview.
- 5.2.5. Suggestions to enhance response.
- 6. Case Studies.
 - 6.1. Meaning of Case Studies.
 - 6.2. Objectives.
- 7. Normative Survey.
 - 7.1. Meaning of Normative Survey.
 - 7.2. Factors affecting Normative Survey.

Unit-IV

- 8. Philosophical Research.
 - 8.1. Meaning of Philosophical Research.
 - 8.2. Tool of Philosophical Research.
 - 8.3. Steps in Critical Thinking.
- 9. Experiment Research
 - 9.1. Meaning of Experiment Research.
 - 9.2. Experimental Designs
 - 9.2.1. Types of Designs.
 - 9.2.2. Suitability of Designs.
- 10. Research Proposal
 - 10.1. Meaning and Significance of Research Proposal.
 - 10.2. Preparation of Research Proposal.
- 11. Research Report
 - 11.1. Meaning of Research Report.
 - 11.2. Qualities of a good Research Report.
 - 11.3. Part of a Research Report.

References:-

1. Thomas Jerry R. and Nelson, Jack K. Research Process in Physical Activity: Human Kinetics, Champaign, Illinois : 2001
2. Baumgartner, Ted A. and Clinton H. Strong conduction and Reading Research in Health and Human Performance. Brown and Benchmark, 1994.
3. Clarke, H.H. and Clarke. K. H Research Processes in Physical Education.
4. Englewood cliffs: N.J. Prentice Hall. 1984
5. Yoginder Prasad Sharma. Physical Education and Research Methodology: Reliance publishing House. New Delhi, 1997
6. Sharma, Sita Ram, Research Methodology in Physical education and sports: Book Enclave – Jaipur,1997.
7. Kamlesh, M.L. Methodology of research in Physical Education and sport : Metropolitan. New Delhi, 1986.
8. Kothari, C. R. Research Methodology methods and techniques. Ed.2 :Wishwa Parkahwan. Chennai, 1995.
9. Clarke, David H and Clarke, H. Hariison/Research Process in physical education Englewood cliffs, N. J. Prentice Hall Inc. 1984.

M.P.E. (Semester-3rd) 2015-16

Paper-IV (EVALUATION TECHNIQUES IN PHYSICAL EDUCATION)

Max. Marks: 100

External Marks: 80

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-1

1. Measurement of Strength and Skill.
 - 1.1. Kraus-Weber test and muscular fitness.
 - 1.2. Instrument for measuring strength.
 - 1.3. Roger's physical fitness index and suggested changes in the PFI Test.
 - 1.4. Volleyball - Brady volleyball, Russel and Lange test.
 - 1.5. Basketball - Johnson test, Knox test.
 - 1.6. Soccer - McDonald test and Johnson test.
 - 1.7. Badminton – Mille Volley test, Lockhart McPherson test.
 - 1.8. Field Hockey Dribbling and Goal Shooting test, Mehrotra test battery in Hockey.

Unit-II

2. Measures of Posture and Anthropometry
 - 2.1. Measure of Posture - IOWA Posture Test (Curelonh's)
 - 2.2. Anthropometrics Measurements –
 - 2.2.1. Girth Measurements – upper arm, fore arm, calf, chest.
 - 2.2.2. Width Measurements – Biacromial chest, Illiocrystal, Bieficondylar (Femur and Humerus). Height Measurement – Stature and sitting height.
 - 2.2.3. Somatotype – Scheldon's Technique an Inroduction.

Unit-III

3. Measurement of Social efficiency and Psychological Factors
 - 3.1. Social Efficiency and Attitude Scales:
 - 3.1.1. Cook socio-metric status index.
 - 3.1.2. Edgerton Attitude Scale for high school Freshman Boys.
 - 3.1.3. McMohan Sportsmanship Questionnaire.
 - 3.2. Psychological Factors:
 - 3.2.1. Anxiety Scale-SCAI (Marten and Others)
 - 3.2.2. Cattell's 16-PF Personality Questionnaire and Sybil B. G.
 - 3.2.3. Self Motivation Inventory (SMF).

Unit-IV

4. Medical Examination
 - 4.1. Testing personnel, Time and testing, Economy of testing, test records.

- 4.2. Preparation of report.
- 4.3. Construction of table groups.
- 4.4. Purpose of reporting justification and Particular phases of the Programme, worth of a change Methodology.

References:-

1. Barrow M. Harold and McGhee, Rosemary. A Practical approach to Measurement in Physical Education. (Philadelphia: Lea and Febiger, 1979). Edn. 3rd.
2. Bosco S. James and Gustafson F. William, Measurement and Evaluation in Physical Fitness and Sports. (New Jersey: Englewood Cliffs, Prentice hall, 1983).
3. Clarks, H. David and Clarke Hanison. H. Application of Measurement of Physical Education (Englewood Cliffs. Prentice Hall, Inc., 1987) Edn. 6.
4. Hubbard W. Alfred (Ed.) Research method in health Physical Education and Recreation 3rd revised Edn. (Washington: D.C. American Association of Health, Physical Education and Recreation.
5. Johnson L. Barry and Nelson K. Jack, Practical measurement for Evaluation in physical education, 1st Indian Reprint, (Delhi: Surjeet Publication, 1982) Edn. 3rd.
6. Larson, L. A. and Yawn, R. C. Measurement and Evaluation in physical education and recreation education (St. Louis L. C. V. Moshy Com., 1957)
7. Larson, L.A. Encyclopedia of sports sciences and medicine education and recreation 3rd revised Edn. (Washington: D.C. American Association of health, Physical education and recreation, 1973).
8. Mathews, Donald K. Measurement in physical education (London: W.B. Saunders Co., 1973) Edn. 5.
9. Philips D. Allen and Honark E. James. Measurement and evaluation in physical education, New work: Willey and sons, 1073.

Paper-V Semester 3rd

Science of Coaching Athletics

Time: 3 hours

Max. Marks: 100
External marks: 80

(a) For paper setter

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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 question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents**UNIT-I**

- History of Athletics in India & Olympics
- Teaching, Training and Coaching of Athletes
- Selection of an Athlete
- Organization and Administration of Athletic Meet.

UNIT-II

- Track and Field Marking with Layout of Field Events
- Rules and Regulations of Track and Field Events
- Duties and Powers of Officials.

UNIT-III

- Concept of Warming-UP Meaning, Types, its Significance and Factors Affecting Warming Up, Cool Down & its Significance
- Definition of following Athletic Terminology
(i) Jogging (ii) Striding (iii) Second Wind (iv) Soreness of Muscles (v) speed Play or Fartlek (vi) Stitch in the Side (vii) Sprinting
- Training Methods -Components and Significance: (i) Interval training (ii) Acceleration Sprints (iii) Continuous Running (iv) Hollow Sprints (v) Repetition Running (vi) Sprints (vii) Fartlek or Speed Play (viii) Circuit Training

UNIT-IV

- Physical Requirements & Mechanics involved in the techniques at different stages of :
a) Sprinting (Crouch Start: Supporting Phase, Driving Phase, Recovery Phase, Finish)

- b) Hurdles (Approach, Take off, Flight, Landing, Stride in between Hurdles)
- c) High Jump (Approach Run, Take off, Bar Clearance, Landing)
- d) Javelin Throw (Holding & Carrying, Approach Run, Transitional Steps, Throwing Stance, Release and Recovery)
- e) Long Jumps (Approach Run, Take off, Flight, Landing)
- f) Hammer Throw: (Handhold, Starting Position, Preliminary Swing, Turns, Release and Recovery)

PERIODIZATION

- Concept of Periodization: Meaning, Types and Objectives
- Division of Training Aspects for Different Events for Different Periods of Training.
- Preparation of a Weekly Training Programme for
 - a) Track Events (b) Jumps (c) Throws

Suggested Readings

1. Vidyasagar; (1979) Training systematic in throwing NS NIS Patiala, India
2. Gerry A. Can (1995) : Fundamentals of Track and field Theodore b Rangansa, 62 A Gokhale Road Dada, Bombay, India.
3. Fox L. Edward: The Physiological Basis of Physical Education and Athletics, Web. Wme Brown Publishers Debuque Iowa 4th Edition.
4. Ketluyn Lsttgous: Kinsiology, Scientific Basis of Hima Helga Dustch Mention Eight Edition Wn. C.Brown, communications, Ltd., Dubuque, IA, USA.

Paper-VI (a) Semester 3rd
Science of Teaching & Coaching game (Hockey)

Time: 3 hours
Max. Marks: 100
External marks: 80
Internal marks: 20

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 question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I History and Development of Hockey in Asia and Olympic
Teaching Training and Coaching of Hockey

Selection of Hockey Team

Organizing Hockey Tournament

UNIT-II

Layout of Hockey Ground and its Dimension

Rules and Regulations of Hockey

Duties and Powers of Officials

Size and weight of Equipments

Protective Equipments

UNIT-III

Importance of Warming Up and Cool Down

Preparation of Team, Before During and After the Game

Technical and Tactical Preparation of Different Position

Team Tactics, Formation of Attack and Defence System of Play

PERIODISATION OF TRAINING

Annual Training Plan

Training During Competition Period

Training During Preparatory Period

Training During Transitional

Weekly Training Plan

UNIT-IV

A -Individual Skills: Teaching and Analysis

i) Hitting (ii) Dribbling, (iii) Stopping (iv) Reverse flick (v) Pushing (vi) Dodging (vii) Scoping (viii) Hitting on the Wrong Foot

B -Passes:

i) Forward Pass (ii) Back Pass (iii) Side Pass (iv) Cross Pass (v) Through Pass (vi) Scoop Pass (vii) Deflected Pass (viii) Flick Pass

Suggested Readings:

Horst Wein (1973) Transferred by: The Science of Hockey Devid Belchamber. M.A.

Lokesh Thani (1995): Skill in Tectics Hockey

Matin Khan: To Hell with Hockey (1982) the life story of Lympian Aslam Sher Khan

Jan Taylor with David Viar: (1988) Taylor on Hockey

Paper-VI (b) Semester 3rd
Science of Teaching & Coaching game (Handball)

Time: 3 hours
 Max. Marks: 100
 External marks: 80
 Internal marks: 20
 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 question from each unit.
 Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Brief History and Development of Handball in Haryana, India, Asia and Olympic
- Requirements of Handball: Playing Court, Playing Time, Time Out, The Ball, The Team Substitution and Equipments.
- Rules and their Interpretation and their Application in the Game of Handball.
- Officials and their Duties: Referees, The Time Keeper and the Score Keeper.

UNIT-II

Attack and defensive techniques:

- Passes: Over Arm, Under Arm, Wrist Pass, Back Hand, Chest Pass, Jump Pass and Lower Pass.
- Bouncing/Dribbling:- Low and High
- Faking-Body Fake, Arm Swing Fake, Rotation Fake, Passing Fake and Shooting Fake.
- Goal Shooting-Over Arm, Under Arm, Jump, Falling and Dive Shots
- Checking on the Ground and in the Air
- Defensive Blocking of:- Over Arm, Under Arm, Curved and Jump Shots

UNIT-III

Attacking and Defensive Tactics:-

- The Counter Attack: Simple, Extended and Complete Fast Break
- Organization of Attack: (a) Individual: Winger, Pivot, Back Court and Centre Back Player, (b) Group:- Parallel Thrust, Waving, Changing Position/Crossing and Blocking/Freeing Oneself. (c) Attack Against Different Defense Systems- Against Man to Man, against Zone and Against Combined Defense.
- Delaying the Attack and Moving Back Quickly
- Man to man Defense Full and Half Court Processing

UNIT-IV

Different Kind of Defense

- One Defense: 6:0, 5:1, 4:2, 3:3, 3:2:1
- Combined Defense:-
- 5+1 and 1+5 Defense
- 4+2 and 2+4 Defense
- Preparation, Observation and Evaluation of Handball Game
- Periodization of Handball Training- Competitive, Preparatory and Transitional Period.
- Planning: Annual Training Plan and Weekly Training Plan.

Suggested Readings

1. ix Rules of the Game, International Handball Federation Post Box 312 Ch 4020 Basel, Switzerland
2. Playing Handball by Zoltan MARCZINKA (1993) a COMPREHENSIVE Study of the Game International Handball Federation, Tirio Budapest-Publishing Company.
3. Study Material Handball, German College of Physical Education Culture Leipzig Germany
4. Team Handball, Steps to Success (1997) Reita E. Clanton and Mary Phyl Dright Human Kinetics

Paper-XVII (c) Semester 3rd
Science of Teaching & Coaching game (Basketball)

Time: 3 hours
Max. Marks: 100
External marks: 80
Internal marks: 20

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 question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- History and Development of Basketball Game
- Fundamental of Basket Ball Game (Teaching and their Importance) Dribbling, Passing and Receiving, Shooting and Rebounding.
-

UNIT-II

- Dimensions of the Basketball Court, Dimension of the Blackboard. Specification of the Basketball Ring, Upright and Ball. Equipments of the Basketball Game.

UNIT-III

Administration of the Basketball game

- Officials, Table Official, Commissioner and the Duties and ; Power of the Official, Playing Regulation, Violations in Basketball Game Fouls and Penalty in Basketball Game.

UNIT-IV

- Team Defense, Offense, Fast Break, Team Tactics Team/Talent, Signal of the Official in Basketball Game.

REFERENCE

1. The complete handbook of individual skills: Robert Fox
2. Handbook of official Basketball rules-BFI
3. Complete Book of Basketball – Theory Balron berg.

Paper-VI (d) Semester 3rd**Science of Teaching & Coaching game (Volleyball)**

Time: 3 hours
 Max. Marks: 100
 External marks: 80
 Internal marks: 20

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 question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents**UNIT-I**

- Origin of Game
- History of Volley Ball
- Ancient History of Volley Ball
- Haryana History of Volley Ball
- Role of Haryana's People for the Development of Volley Ball Game.

UNIT-II

- Length and Width of Volley Ball Court.
- Height of Volley Ball Net
- Length and Width of Volley Ball Net
- Total Number of Volley Ball Players
- Interpretation of Rules

UNIT-III

- Smash (ii) Blocking (iii)Lifting (iv) Underhand (v) Upper Hand Service

Strategy and Tactics

- Rotation
- Placing of Libero
- Placing of Players
- Dropping

UNIT-IV**Duties and Power of Officials**

- Number of referee
- Duties of empire
- Duties of Lineman
- Technical Officials

Suggested Readings

1. Keith Nichollos: (1967-76) Modern Volley Ball
2. S.K. Sagar: Play Better Volley Ball
3. S.K.Sagar: Skill & Tests
4. Deepak Jain: Teaching and Coaching Volley Ball Science of Teaching and Coaching.

Paper-VI (e) Semester 3rd
Science of Teaching & Coaching game (Badminton)

Time: 3 hours
Max. Marks: 100
External marks: 80
Internal marks: 20

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 question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Brief History and Development of Badminton in India Asia and Olympic.
- Teaching, Training and Coaching of Badminton
- Selection of a Badminton Player
- Organizing Badminton Tournament, Types of Tournament

UNIT-II

- Layout of Badminton Court and its Dimensions
- Rules and Laws of Badminton
- Duties and Power of Official
- Size and Weight of Equipments

UNIT-III

- Technical and Tactical Preparation of Different Strokes.
- Preparation of a Player Before during and After the Game
- Tactical Formation of Attack and defense
- Importance of Warming Up and Cool Down.

UNIT-IV

Teaching and Analysis:

- Service (2) Drive (3) Over Lead (4) Drop (5) Smesh (6) Net Shots (7) Under Arm Back Hand

Periodization of Training

- Training During Preparation Period
- Training During Completion Period
- Training During Transitional Period
- Organizing Training Sessions.

Suggested Readings

1. Deepak Jain- Teaching and Coaching Badminton.
2. Lokesh Thani- Skills and Tactics
3. R. Stanton Hales: Badminton (Sixth Edition)
4. Judy Hash Nandan C.M. Jones, Beginning Badminton Science of Teaching and Coaching.

Paper-VI (f) Semester 3rd
Science of Teaching & Coaching game (Kabaddi)

Time: 3 hours
Max. Marks: 100
External marks: 80
Internal marks: 20

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 question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Define Kabaddi, Types of Kabaddi, Style and Formation of Kabaddi-Origin of Kabaddi.
- History of Kabaddi in India and Abroad, Origin of Kabaddi in Modern Time and Ancient Time.
- Scope of Kabaddi in India, Asian Games, World Championship, Common Wealth and Olympic Games.
- Kabaddi Tournament in India.
- Selection of Kabaddi Team. Methods for Selection of Kabaddi Team.
-

UNIT-II

- Dimension of Kabaddi Ground/Court and its Measurement in Different Style/Types/Kinds.
- Methods and Techniques to Formation of the Kabaddi Ground/Court
- Official and Formation of Kabaddi to Conduct the good Competition/Tournaments of Championship and Duties & Uses of all the Official.
- Responsibility & Duties of the Team Manager, Coach and Captain of the Kabaddi Team During, After and Before the Competition

UNIT-III

- Rule and Regulation of Kabaddi
- Duration, Time and Period of the Kabaddi Matches in Men, Women, Junior & Sub Junior Level.
- Famous Kabaddi Players, Teams, Arjuna Awardee, Trophies etc.
- Uniform, Diet Special Training & Coaching for Outstanding Kabaddi Players/Team
- Daily Training Schedule/Time Table of Kabaddi Team
-

UNIT-IV

- Training & Coaching, Describe Specific Trg. And General Training & Coaching for Kabaddi Players.
- Technique of Training, Tactic & Skill of Training of Kabaddi
- Defensive & Offensive Kabaddi Technique
- Describe in Details About the Specific Training for Kabaddi Team.

Suggested Readings

1. John W. Dann: Scientific Principle of Coaching
2. Prentice Hall eglewood Clifs, JJ.
3. VN.Rao: Kabaddi.

Paper-VI (g) Semester 3rd
Science of Teaching & Coaching game (Kho-Kho)

Time: 3 hours
Max. Marks: 100
External marks: 80
Internal marks: 20

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 question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Define Kho-Kho Game
- Origin of Kho-Kho, Native Place/Land and its Birth in Ancient Time
- History of Kho-Kho & its Scope in India and Abroad.
- Prepare Sports Sheet

UNIT-II

- Dimension of Kho-Kho Ground/Court and its Measurement
- Methods and Techniques to Formation of the Kho-Kho Ground/Court.
- Officials During the Kho-kho Match
- Duties of all Officials During and After the Match
- Role & Duties of Kho-kho Team Captain, Coach and Team Manager and their Responsibilities During, After and Before the Completion.

UNIT-III

- Rules & Regulation of Kho-kho.
- Duration, Time and Period of the Kho-kho Matches in Men, Women & Junior Sections.
- Runner & Charger Technique & Try
- Special Try for Kho-kho Players.
- Uniform, Diet, Special Training for Kho-Kho Players.

UNIT-IV

- Kho-kho Tournament in India and Other Countries in the World
- Selection of Kho-Kho Team, Methods of Selection.
- Famous Kho-kho Players. Arjuna Awardies, Trophies etc.

- Uniform, Diet, Training & Coaching for Kho-kho Team Daily Training Schedule/Time Table of Kho-Kho Team.
- Importance of Warming Up & Cooling Down in Kho-Kho.

Suggested Readings

1. A.S. Barhas Co., New York Sentence of Coaching
2. John V. Dunn- The art of officiating sports
3. Prentice Hall, Eglewood cliffs N.J.

Paper-VI (h) Semester 3rd
Science of Teaching & Coaching game (Football)

Time: 3 hours
Max. Marks: 100
External marks: 80
Internal marks: 20

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 question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

Course Contents

UNIT-I

- Brief History and Development of Football in India, Asia and Olympic
- Teaching, Training and Coaching of Football
- Selection of Football Team
- Organizing Football Tournament.

UNIT-II

- Layout of Football Ground and its Dimensions.
- Rules and Regulations of Football Game
- Duties and Power of Officials
- Size and Weight of the Equipments

UNIT-III

- Importance of Warming Up and Cool Down
- Preparation of Team, Before, During and After the Game.
- Technical and Tactical Preparation of Different Positions
- Team Tactics, Formation of Attack and Defense, System of Play.

UNIT-IV

Individual Skills (Teaching and Analysis)

1. Kicking (2) Stopping (3) Heading (4) Trapping (5) Dribbling (6) Trackling (7) Throwing (8)
Civil

Pass

1. Forward Pass (2) Side Pass (3) Chip (4) Head Pass (5) Short Pass

Periodization of Training

1. Annual Training Plan
2. Training During Preparatory Period
3. Training During Competition Period
4. Training During Transitional Weekly Training Plan.

Suggested Readings

1. Kamlesh M. 21 Sangui, M.S.Method in Physical Education Parkash Brother Jalandhar.
2. H.C. Bulk Rules of games of Sports.

Paper-XVII (i) Semester 3rd
Science of Teaching & Coaching game (Wrestling)

Time: 3 hours
Max. Marks: 100
External marks: 80
Internal marks: 20

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 question from each unit.
Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

- Origin of Wrestling in Modern & Ancient Time
- Role of FILA (International Federation of Associated Wrestling Styles) and (WFI) Wrestling Federation of India
- Define Wrestling
- Types of Wrestling Style
- Scope of Wrestling in India
- Achievement of India in Asian, Commonwealth, World Championship & Olympic games
- Wrestling Tournaments in India.

UNIT-II

- Structure of Wrestling Mat and Platform
- Officials in Wrestling, Officials Dress
- Competition Procedures, Drawing of lots
- General Duties of Mat Chairman, Referee, Judge and Jury of Appeal
- Medical, Weighting, Wrestler/Competitors Dress
- Duties of a Coach in Wrestling Bout
- Age and Weight Categories (Male & Female)

UNIT-III

- Rules & regulations and their interpretation
- Duration of Wrestling bout for Junior, Sub-junior and Seniors (Free Style & Greco Roman)
- Famous Wrestlers of India
- List of Arjun Awardee, Padam Shree, Rajiv Gandhi Khel Ratan & Bhim Awardee
- Famous Dronacharya Awardee, Coach in India

UNIT-IV

- Point for Action & Holds
- Evaluation of Importance of the Action & Holds
- Danger position & fall
- Prohibitions and illegal holds
- Basic Vocabulary
- Preparation of Score Sheet in Free Style & Greco-roman Styles
- Diet of a Wrestler
- Training & Coaching in Wrestling
- Teaching Techniques, Tactics and Skill of Wrestling
- Defensive & Offensive Wrestling
- Importance of Warming up and Cooling down in Wrestling

REFERENCE BOOK

1. International Wrestling Rules- FILA
2. Training & Coaching-FILA

Paper-VI (i) Semester 3rd
Science of Teaching & Coaching game (Boxing)

Time: 3 hours
Max. Marks: 100
External marks: 80
Internal marks: 20

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 question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

UNIT-I

- Historical Development of Boxing in India and Olympics
- Rules and Regulations and their interpretations
- Terminologies used in Boxing
- Selection of a boxer or boxing squad

UNIT-II

- Organizing and management of boxing competitions
- Duties and powers of referee, judge, jury, time keeper and doctor
- Target area in Boxing, Scoring Blows, decisions in Boxing
- Boxer dress and boxing equipments
- Draws, Weight in, Medical in Boxing Men/Women

UNIT-III

- Psychological preparation of a boxer at competition site, before and after bout
- Preparation of Maneuver boxer, knockout boxer, tempo boxer, universal boxer
- Weight control, mean and methods of control
- Role of a Coach/teacher at the competition sites
- Role of seconds before, during and after the bout

UNIT-IV

- Individual skill (teaching and analysis)
- Straight punches to head and Straight punches to body
- Hocks to head and Hocks to body
- Uppercuts to head, Uppercuts to Body
- Combination of punches
- Long term plan

- Short duration plan
- Weekly and daily plan
- Individual training plan

REFERENCES

- 1.** Indian Boxing year-by year **-Clary Miller**
- 2.** Boxing Skills for fun and fitness-**David James**
- 3.** Boxing the Inside Story- **Gilbert Odd**
- 4.** Naval Boxing USA

M.P.E. (Semester-4th) 2015-16
Paper-VII (Scientific Principle of Sports Training)
Max. Marks: 100

External Marks: 80
Internal Marks: 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

1. Introduction
 - 1.1. Definition, aims and characteristics of sports training .
 - 1.2. Principles of sports training specificity, overload, and reversibility.
 - 1.3. Massed and distributed practice.

Unit-II

2. Training load and adaptation
 - 2.1. Loading – Definition, internal and external load.
 - 2.2. Components of load – Intensity of loading density of loading, duration and extent.
 - 2.3. Progressive and fluctuation method of load.
 - 2.4. Over load – Symptoms, causes and remedies.

Unit-III

3. Motor Fitness Variable
 - 3.1. Physical Fitness Components – Definition, importance, classification and determining factors of speed, Endurance, Basic Endurance, Flexibility and Coordinative abilities.
 - 3.2. Fitness and training.
 - 3.3. Basic types of training – resistance training, circuit training, interval training, fartlek training, pressure training, poly metrics, pressure training.

Unit-IV

4. Technical and Tactical Training
 - 4.1. Definition of techniques and tactics.
 - 4.2. Aims of technical training.
 - 4.3. Classification of technique.
 - 4.4. Training tactics.
 - 4.5. Principles of tactical preparation.

References:-

1. Hardayal, Singh, Science of sports Training, New Delhi : D.V.S. Publications, 1994
2. Dick, Frank , Science of Sports training, London : Henry Kimpton Publisher Ltd., 1980
3. Fox, Edward, Richard, Boners and merie foss. The Physiological basis for exercise and sport, U.S.A. : WCB, Brown and benchmark Publisher, 1993
4. Uppal, A.K. Principles of sports training friends, Publication: Delhi, 2001
5. Bompa, Tudor, Periodisation of strength, Veritas Publication, Canada : 1996
6. Paish, Wilf, Complete Manual of sports science, London : A and C Black Publisher Ltd., 1998.
7. Bompa, Tudor, O. periodization: Theory and methodology of training Champaign HumanKinetics Inc., 199

M.P.E. (Semester-4th) 2015-16
 Paper-VIII (Applied Statistics)
 Max. Marks: 100

External Marks: 80
 Internal Marks: 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

What is statistics? Definition and use in physical and sports. Research measure of central tendency – Mean, Median, Mode, Definition meaning, characteristics, uses and computation from ungrouped and grouped data.

Percentiles and quartiles – Meaning, importance, computing percentile from grouped data. Measures of Variability – Range, Quartile deviation, standard deviation, Meaning, computation from grouped and ungrouped data. Use and characteristics of measures of Variability.

Unit-II

Normal Curve – Definition and Principles of normal curve, relation between binominal and normal curve, properties of normal curve, Skewness, Kurtosis, Standard Scale –Z, T, 6 sigma, 7 sigma.

Statistics Inference: Reliability validity limits, factors affecting reliability, T, F and Z statistics, Null hypothesis, Type 1 and type II errors, Two and one tailed tests, significance level.

Unit-III

Sampling – Sample and stratified random sampling, standard error, sampling errors. Correlation- Meaning , magnitude, computing Product Moment Method (Ungrouped and grouped data), rank difference method, level of significance for correlation coefficients.

UNIT_IV

One way and two way analysis of variance (introduction), LSD and Scheffer's test
Research proposal and preparation of Research Report.
Brief Introduction to Computer application

Reference:

1. Best, John W. Research in Education, New Delhi Prentice Hall of India (P) Ltd. 1963.
2. Clarke David H. and Clarke H. Harrison, research Process in Physical Education, recreation and Health, Englewood Cliffs, new Jersey Prentice Hall Inc. 1979.
3. Clarke H. Harrison, the Application of Measurement in Health and Physical Education New York, prentice Hall Inc. 1979.
4. Good V. Caster and Scates douglas e., Methods of research Application-Century, New York, 1954.
5. Mauly George J., The science of Educational Research, New Delhi Eurasia Publishing House (P), 1963.
6. Robson M Brar T.S. and Uppal A.K. Thesis format, Gwalior, LNCPE, 1979.

M.P.E. (Semester-4th) 2015-16
Paper-IX (Athletics Care & Rehabilitation)
Max. Marks: 100

External Marks: 80
Internal Marks: 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

Concept of Athletic Trainer and Sports Physician;
Role of Physical Education Teacher/Coaches in Athlete's Care and Rehabilitation;
Team Medical Care, its concept and approaches
Age determination in talent search scheme
Hygiene in Camps and Competitions.

UNIT-II

Definition of Macro trauma and Micro trauma, Tissue reponse to stress, Inflammation and different steps of wound healing Overuse trauma, Problem common sites and their management.

Common regional injuries and their management)Head & Neck, Face, Thorax, Abdomen, Pelvis, upper Limbs and Lower Limbs (shoulder, elbow, wrist, hip, knee and Ankle Joints).

UNIT-III

Therapeutic Modalities & Rehabilitation

Brief description of therapeutic modalities used in rehabilitation

Different forms of Hydrotherapy and Thermootherapy Hot and Cold Packs, Whirlpool, contrast bath, paraffin bath, infrared, short wave Diathermy and Ultra Sound, indication & contraindications of each modality. Cryo Therapy Compression, Cryo Kinetics.

Brief concept of electrical muscle stimulator, dialups wax and laser therapy.

UNIT-IV

Rehabilitation

Definition concept & approach in athletic rehabilitation, action plan of athletic rehabilitation

Role of ice in treatment of sports injury

Pregnancy and exercises

References:

1. Ray, Steven and Irvin Richard, "Sports medicine" (New Jersey: Englewood Cliffs, Prentice Hall, 1983)
2. William J.G.P. Sports Medicine, (London Edward Arnold Publishers) Pandey P.K. and Gupta L.G. Outline of Sports Medicine, (New Delhi: Jaypee Brothers, 1987)
3. Pandey P.K. Know How Medicine (Jalandhar: A.P. Publisher, 1989)

M.P.E. (Semester-4th) 2015-16
 Paper-X –Option-a (Sports Journalism)
 Max. Marks: 100

External Marks: 80
 Internal Marks: 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: Introduction

Meaning and Definition of Journalism, ethic of Journalism-Canons of Journalism- Sports Ethic and Sportsmanship-Reporting Sports Events. National and International sports News Agencies.

UNIT- II: Mass Bulletin

Concept of Sports Bulletin; Journalism and Sports education-Structure of Sports Bulletin-Compiling a bulletin-Types of bulletin-Role of Journalism in the Field of Physical Education; Sports as an integral part of Physical Education-Sports Organization and Sports Journalism-General news reporting and sports reporting

UNIT-III Mass Media

Mass Media in Journalism: Radio and T.V. commentary-Running commentary on the radio- Sports expert's comments. Role of Advt. in journalism. Sports Photography: Equipment-Editing – Publishing

UNIT-IV Report Writing on Sports

Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games. Preparing report of an Annual Sports Meet for Publication in News paper, Organization of Press Meet

REFERENCES

Ahiya B.N. (1988) Theory and Practice of Journalism : Set to Indian context Ed3 Delhi: Surjeet Publications.

Ahiya B.N. Chobra SSA (1990) Concise Course in Reporting. New Delhi: Surjeet Publications

Bhatt S.C. (1993) Broadcast Journalism Basic Principles, new Delhi. Haranand Publication Dhananjay

Joshi (2010) value Education in Global Perspective New Delhi Lotus Press.

Padmanabhan. A & Perumal A (2009), Sc. and Art of Living, Madurai: Pakavathi Publication.

Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd.

M.P.E. (Semester-4th) 2015-16
Paper-X –Optiona-b (Yogic Science)

Max. Marks: 100
External Marks: 80
Internal Marks: 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 : Introduction

Meaning and Definition of Yoga. Astanga Yoga: Yama, Niyama, assna, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi, concept of Yogic Practices: Principles of Breathing –Awareness-relaxation, Sequence_Counter pose-Time-place-Clothes, Bathing- Emptying the bowels-Stomach-Diet-No straining-Age-Contraindication-Inverted Asana-Sunbathing.

UNIT-II : Asanas and Pranayam

Loosening Exercise: Techniques and benefits, Asanas: Types-Techniques and Benefits, Assans: Types-Techniques and Benefits, Surya Namaskar: Methods and benefits, Pranayams: Types-Methods and benefits, Nadis: Meaning Methods and benefits, Chakras: Major Chakaras-Benefits of clearing and balancing Chakras.

UNIT-III: Kriyas

Shat Kriyas-Meaning Techniques and Benefits of Neti-Dhoti-Kapalabhati-Trataka-Nauli-Basti, Bandas: Meaning, Techniques and Benefits of Jalendra Bandha, Jihva Bandha, Uddiyana Bandha, Mula Bandha.

UNIT-IV: Mudras

Meaning, Techniques and Benefits of Hasta Mudras, Asamyukta Hastam, Samyukta Hastam, Mana Mudra, Kaya Mudra, Banda Mudra, Adhara Mudra. Meditation: Meaning, Techniques and Benefits of Meditation-Passive and active, Saguna Meditation and Nirguna Meditation.

REFERENCES:

- George Feuerstein, (1975), Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.
- Gore, ((190), Anatomy and Physiology of Yogic Practices, Lonavata: Kanchan Prakashan.
- Helen Purperhart (2004) The Yoga Adventure for Children. Netherlands: A Hunter House Book
- Karberlkar N.V. (1993) Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Parsarak Mandal.
- Swami Kuvalayanda, (1998) asanas. Lonavala: Kaivalyadhama.
- Swami Satyananada Saraswati (1989) Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.
- Swami Sivnanda, (1971) The Science of Pranayama. Chennai: A divine Life Society Publication.
- Thirumalai Kumar. S and Indira S (2011) Yoga in Your Life, Chennai: The Prkar Publication
- Tiwari O.P. (1998) Asanas_ Why and How. Lonavala: Kaivalyadham.

M.P.E. (Semester-4th) 2015-16
Paper-X Optiona-C (Value & environmental Education)

Max. Marks: 100
External Marks: 80
Internal Marks: 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: Introduction to value Education

Values: Meaning, definition, concepts of Values. Value Education: Need, Importance and Objectives, Moral Values: Need and Theories of Values. Classification of Values: Basic Values of Religion, Classification of values.

UNIT-II : Value Systems

Meaning and definition, Personal and Communal Values, Consistency, Internally consistent, internally inconsistent, judging value system, Commitment, Commitment to values.

UNIT-III: environmental Education

Definition, Scope, Need and Importance of environmental studies, Concept of environmental education. Historical Background of environmental education, Celebration of various days in relation with environment, Plastic recycling & prohibition of plastic bag/cover. Role of School in environmental conservation and sustainable development, Pollution free eco-system.

UNIT-IV: Rural Sanitation and Urban Health

Rural Health Problems, Causes of Rural Health Problems, Points to be kept in Mind for improvement of Rural Sanitation, Urban Health Problems Process of Urban Health, Services of Urban area, Suggested Education Activity, Services of Urban Slum Area, Sanitation at Fairs & Festivals, Mass Education.

References:

Miller T.G. Jr., Environmental Science (Wadsworth publishing Co.)
Odum, e.P. Fundamentals of Ecology (USA W.B. Saunders Co.) 1971

Rao, MN & Datta, A.K. Waste Water Treatment (Oxford & IBH Publication Co. Townsend C. and others, Essentials of Ecology (Black well Science)
Mc Kinney, ML and Schoel, R.M. environmental Science System and Solution (Web enhanced Ed.)
1996.