

**SCHEME OF EXAMINATION OF TWO YEARS INTEGRATED
CERTIFICATE COURSE IN PHYSICAL EDUCATION (C.P.ED.)
EXAMINATION DIVIDED INTO FOUR SEMESTERS**

from the session 2011-12

1st Semester

Time: 3 hours

Paper	Nomenclature	Marks theory		Min. pass marks	Max. marks
		Internal	External		
I	English	10	40	17	50
II	Psychology with special reference to Physical Education	20	80	35	100
III	Foundation of Physical Edu.	20	80	35	100
	Total	50	200		250

Total: - 250

2nd Semester

Paper	Nomenclature	Marks theory		Min. pass marks	Max. marks
		Internal	External		
IV	Computer	10	40	17	50
V	Elementary Anatomy & Physiology	20	80	35	100
VI	Management in Physical Edu.	20	80	35	100
	Total	50	200		250

Total:- 250

Sessional marks: 50

Practical external: 300

There shall be 50 marks for sessional, comprises of games (20 marks), athletics events (20 marks) and other activities (10 marks) covered in 1st and 2nd semester. Sessional marks will be awarded by two teachers appointed by Chairman UG/PG BOS. In which one teacher (regular appointee as per norm of MDU) will be from the College (concerned) and one from the Department of Physical Education. TA/DA of Dept. teacher will be paid by the College concerned.

Practical: (External)

(A) Games:-

(1) Kabaddi (2) Kho-kho (3) Hockey (4) Volleyball (5) Wrestling,
(6) Cricket (7) Gymnastic

External:100

(B) Athletics teaching lesson of following track & field events

Track Sprints: 100, 200, 400 and hurdles

External:100

Field events:- Long jump, Tripple jump, Shotput & Hammer

(C) Other activities:

Mass P.T., Lazium, Tipri, Yogic Asana

External:100

Motion story

Note:- Division of sessional in practical and internal of theory

Theory	Attendance House examinations	5 marks 5 marks	Total : 10 marks
Practical (games)	Teaching lesson Skill performance Practical note-book Viva-voce exams.	5 marks 5 marks 5 marks 5 marks	Total:- 20 marks
Practical Athletics	Teaching lesson Skill performance Practical note book Viva-voce exam.	5 marks 5 marks 5 marks 5 marks	Total: 20 marks
Practical (other activities)	Command & presentation Teaching aid & dress	5 marks 5 marks	Total:- 10 marks

Practical External

Practical (Games)	Lesson Plan, Demonstration Teaching-Aid Fault correction and teaching progression Viva-voce exam. Including all the games prescribed in the syllabus	10 marks 20 marks 10 marks 40 marks 20 marks	Total: 100 marks
Practical (Athletics)	Lesson Plan, Demonstration Teaching-Aid Fault correction and teaching progression Viva-voce exam. Including all the events prescribed in the syllabus	10 marks 20 marks 10 marks 40 marks 20 marks	Total: 100 marks
Practical (other activities)	Lesson Demonstration Command, Class formation Correction & progression of activity Viva-voce	10 marks 20 marks 50 marks 20 marks	Total: 100 marks

Note:-

1. One supervisory lesson in teaching in every games, athletic events and other activity events will be prepared by the students in their practical note book and checked by the concerned teacher during the session.
2. Practical classes for teaching will be held through out the year. The examination will be held at the end of the (2nd & 4th Semesters).

3. No candidate shall be allowed to appear in the examinations if he/she fails to prepare the teaching lesson of games/athletics/other activities.
4. Final lesson will be prepared on a separate chart for final examination in games, athletics and other activities.
5. The draw for final practical examinations (Athletics, games and other activities) will be drawn ten days before the final examination.

Grand total of 1st+2nd semester + Practical: $250+250+350=850$

**SEMESTER-WISE SYLLABI OF C.P.ED. COURSE
(SEMESTER-1st)
PAPER-I -ENGLISH**

Max. Marks: 50

Internal marks: 10

External marks: 40

Note:- Paper setter is required to set ten questions from five units, two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit.

UNIT-I

- Explanation with reference to the context two passages with internal choice from the books collection of essays (ideas Aglow).

UNIT-II

- One essay type question from ideas Aglow

UNIT-III

- Items based on exercises given in prescribed text book of grammar
- The focus will be on: Tenses, Articles, Auxiliaries/Modals & Prepositions

UNIT-IV

- Comprehension of an unseen passage with four questions at the end.

UNIT-V

- Paragraph writing (one out of five) OR Report writing on an event.
- Letter/Application writing (with internal choice) OR Translation (from Hindi to English) of Passage consisting of 8 to 10 sentences.

REFERENCE

1. High School English Grammar- by Wren & Martin revised by N.DV. Prasad Rao, Published by S.Chand, Delhi.
2. Advanced English Grammar by Martin Hewings, Published by Cambridge University Press, New Delhi.

C.P.Ed. (P) (Semester 1st)

**PAPER-II –
PSYCHOLOGY WITH SPECIAL REFERENC TO PHYSICAL EDUCATION**

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

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

UNIT-I

- **Meaning, Importance of Psychology in Physical Education**
- **Body and Mind relationship and its importance**
- **The meaning and Role of Heredity and environment in Physical Education**

UNIT-II

- **Meaning, importance and Role of Motivation in Physical Education & Sports**
- **Nature of Motivation, Factor influencing motivation, motivation and sports performance, motivation techniques.**
- **Meaning and Definition of learning, Laws of learning, Theories of learning**
- **Plateau in learning, Transfer of learning.**

UNIT-III

- **Psychological demands of sports activities**
- **Meaning and significance of perception, reaction time, movement time, reflex and response in sports.**
- **Basis of Psychological preparation of sportsmen.**

UNIT-IV

- **Meaning, nature and kinds of anxiety. Anxiety and performance, Management of Anxiety**
- **Emotions and their implications in sports**
- **Definition of Adjustment: personal and social adjustment; causes of Mal adjustment.**
- **Role of Physical Education in preventing maladjustment and promoting adjustment.**

UNIT-V

- **Meaning, Definition and Types of personality**
- **Personal traits and their relationship to sports**
- **Role of Physical Education and sports in development of personality**

REFERENCES

1. Bhatia, Hans Raj, Test Book of Education Psychology, Delhi: Macmillan,2003.
2. Rouben.B.Frost : Psychological concepts applied to Physical Education and Coaching, Edition, Wesley Publishing Co.London.

3. Dridge & Hung : Psychological foundations of Education. Harper and Row Publishers.
4. Jain, D., Introduction to Psychology, New Delhi: K.S.K, 2003.
5. Kamlesh, M.L. Education Sports Psychology, New Delhi, Friends Pub., 2006.
6. Kamlesh, M.L., Key Ideas in Sport Psychology, New Delhi, Friends Pub. 2007
Kutty, S.K Foundations of Sports & Exercise Psychology, New Delhi: Sports, 2004.
7. Robert.S. Weinberg - Foundations of Sports and Exercise Psychology (Third Edition)
Daniel Gould
8. Jack H. Liewellyn - Psychology of Coaching : Theory and Application (Surjeet Publisher
New
Judy A. Blucker Delhi)
9. Jashwant Kaur Virk - Psychology of Teaching and Learning (Twenty First Century
Publication.

C.P.Ed. (P) (SEMESTER 1st)
PAPER-III -FOUNDATION OF PHYSICAL EDUCATION

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

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

UNIT-I

- Definition, Meaning and Scope of Physical Education
- Aim & objectives, need of Physical Education
- Relationship between Education, Physical Education
- Health Education and Recreation and its contribution in these fields.

UNIT-II FOUNDATION OF PHYSICAL EDUCATION

- Biological activity, its need, Principles of use and disuse
- Growth and Development
- Age and Sex differences
- Classification of Physique
- Principles of motor learning skills
- Development of Social qualities (Through Physical Education)
- Psychological aspects of Physical Education.

UNIT-III

- History of Physical Education in India, Greece, Germany, Sweden. USA and Russia.
- Modern Trends of Physical Education in India: I.O.a. National Associations/Federations
- SAI and its schemes
- Awards Arjuna Award, Dronacharya Award, Padamsri Award and Bhim award.

UNIT-IV CRITICAL APPLICATION OF THE FOLLOWING

- Haryana State Department
- IOC Policies for developing Physical Education and Sports
- Compulsory Programmes of Physical Education and Sports for Schools

UNIT-V

- The Historical Development of ancient Olympic games
- The origin and development of Modern Olympic games
- The development of Asian Games, National Games
- The Development of S.A.F. games and common wealth games.

REFERENCES

- 1. Bhatia K.K. and Narang Principles of Education (Methods and Techniques) Ludhiana, Parkash Brothers Educational Publishers.**
- 2. Gupta Rakesh, Akhlesh, Santosh Sharma, Professional Preparation and Curriculum Design in Physical Education.**
- 3. M.L.Kamlesh & M.S. Sangral: Principles & History of Physical Education**
- 4. Harold M.Barrow: Man and His Movements Principles of Physical Education**
- 5. J.E. William: Principles of Physical Education.**

**C.P.Ed.(P) (Semester 2nd)
Paper-IV -Computer**

Max Marks: 50
Internal Marks: 10
External Marks: 40
Time: 3 hours

Note:-

Paper setter is required to set ten questions from five units, two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit.

All questions carry equal marks.

UNIT-I

- Definition of Computer, Characteristics of Computer, types of computer, Basic utility of Computer in Physical Education

UNIT-II

- Components of Computer, CPU (Central Processing Unit), Visual Display Unit (VDU), Key Board, Mouse, Printers and Scanners.

UNIT-III

- Concept of Memory, RAM & ROM, Examples of Input/Output devices, Types of storage devices, Floppy disk, Hard disk, CD-Rom and DVD, Units of memory, Bits, Bytes, Kilobytes, Megabytes.

UNIT-IV

Basic Concept of Operating system and its function

- Introduction of Windows-using mouse and moving icons on the screen, my computer, Recyclebin, status bar, start menu & menu selection, window explorer to view files, folder and directories, creating & renaming of files & folders.

UNIT-V

- Introduction of word processor, types of word processors, creating & saving a document, Editing & formatting a documenting including changing colour, size, font.

Reference:

1. Introductory information technology: by Sunita Arora.
2. Essential of Computer and Network Technology by Dr. N.S.Gill (Khanna Book Pub. Co. New Delhi.
3. Fundamental of Computers by V.Rajaram (Prentice Hall India)
4. Computer Fundamentals by B.Ram.

C.P.Ed.(P) (SEMESTER-2nd)
PAPER-V -ELEMENTARY ANATOMY & PHYSIOLOGY

External marks: 80

Internal Marks: 20

Time: 3 hours

Note:-

Paper setter is required to set ten questions from five units, two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit.

All questions carry equal marks.

UNIT-I

- **Meaning & Definition of Anatomy and Physiology; need of its teaching in Physical Education.**
- **Cell structure; properties of living matter**
- **Role of Anatomy and Physiology in Physical Education.**

UNIT-II

- **The Skeleton system: Its structure; its functions, Pelvic Gurdle male and female, Spinal column.**
- **The Joints and their movements; shoulder joint, Elbow joint, hip joint, knee joint and ankle joint.**

UNIT-III

- **The muscular system: structure of muscles, different types of muscles; functions of muscles;**
- **Effects of exercise on the muscular system; fatigue; staleness, muscular cramps**

UNIT-IV

- **The circulatory system: Functions of circulatory system; Anatomy & Physiology of Heart; Blood Vessels, Blood Pressure, various types of circulations. Effect of Exercise on circulatory system.**

UNIT-V

- **The Anatomy of Digestive system: Effects of exercise on Digestive system**
- **The Respiratory system; Effects of Exercise on the Respiratory System.**
- **The Anatomy of Kidney and its functions**
- **Glands and their functions**

REFERENCES

- 1. Willion J.F.: Anatomy and Physiology, London W.B. Saunders.**
- 2. Clarke David H. Exercise Physiology Englewood Cliffs. N.J. Prentice Hall Inc. 1975**
- 3. Pearce, Evelyu C- Anatomy and Physiology for Nurses London, Faber & Faber Ltd.**
- 4. Morehouse and Miller- Physiology of Exercise St. Louis The C.V. Mosby Company, 1975**

C.P.Ed.(P) -SEMESTER-2nd
PAPER-VI- Management of Physical Education and Sports

External marks: 80

Internal marks: 20

Time: 3 hours

Note:-

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

UNIT-I

- **Meaning, Importance and scope of Physical Education and Sports Management.**
- **Factors influencing Management**
- **Meaning & Importance of Teaching methods**
- **Factors affecting teaching methods and various methods of teaching**

UNIT-II

- **Meaning and types of class-Management in Physical Education and Sports**
- **Factors affecting class Management.**
- **Meaning and value of lesson plan games, Athletics, Gymnastics, indigenous activities.**

UNIT-III

- **Meaning and importance of tournaments**
- **Types of tournaments: Knockout, league, knockout-cum-league, league-cum-knockout and their advantages and disadvantages**
- **Meaning of intramurals, their objectives and advantages, inter school tournaments**
- **Organization of Athletic Meet**

UNIT-IV

- **Meaning, Importance and Principles of Administration, organizations and supervision**
- **Factors affecting Good management**
- **Qualities and qualification of Good Physical Education, Teachers and Supervisor**
- **Playgrounds: Area, Location, Layout and care of sports equipment and playfields.**

UNIT-V

- **Need and importance of curriculum planning**
- **Time-table, Factor affecting time-table, objectives, Principles and Precautions in preparing time-table**
- **Importance and criteria for a good Budget**
- **Procedure for purchase of sports equipment, maintaining stock registers and write off**
- **Type of Registers, their importance and maintenance**

REFERENCES

- 1. P.M. Loseph: Organization of Physical Education**
- 2. Suraj Singh: Administration of Physical Education**
- 3. D.G. Walherkar: Manual of Physical Education**
- 4. Bucher, C.R. Administration of Physical Education and Athletic Programme**
- 5. Huges, W.L. Administration of Physical Education.**

SCHEME OF EXAMINATIONS OF C.P.ED. (F)

Semester 3rd & 4th (2011-12)

Semester-3rd

Time: 3 hours

Paper	Nomenclature	Marks theory		Min. pass marks	Max. marks
		Internal	External		
VII	Environmental Science* (qualifying paper)	10	90	35	100
VIII	Introduction of Sports Training	10	90	35	100
IX	Officiating & Coaching	10	90	35	100
	Total:	20	180		

Total: - 200

* Qualifying only & will not be included in grand total.

4th Semester

Time: 3 hours

Paper	Nomenclature	Marks theory		Min. pass marks	Max. marks
		Internal	External		
X	Kinesiology, Corrective Exercises and Rehabilitation in Games & Sports	10	90	35	100
XI	Health & adapted Physical Education	10	90	35	100
	Total:	20	180		

Total: - 200

There shall be 50 marks for sessional, comprises of games (20 marks), athletics events (20 marks) and other activities (10 marks) covered in 1st and 2nd semester. Sessional marks will be awarded by two teachers appointed by Chairman UG/PG BOS. In which one teacher (regular appointee as per norm of MDU) will be from the College (concerned) and one from the Department of Physical Education. TA/DA of Dept. teacher will be paid by the College concerned.

Practical:

Games: Teaching skills of following Games & Sports

Football, Basketball, Judo, Handball, Weight Lifting, Chess **External: 100**

Athletics: Teaching skills of following Track & field events

Middle and long Distance, Relay races/jumps, Long jump
Tripple Jump, High Jump **External: 100**

Other Activities

Action Song, Dumbles, Clubs & March Pass **External: 100**

Total: - 350

Note:- Distribution of marks for sessional in practical & internal of theory and external practical will be based on the pattern of C.P.Ed. Semester I & II

Grand total of two year C.P.Ed. course: (1st +2nd+3rd+4th semester + Practical)

(850+750)=1600

C.P.Ed. (F) (Semester 3rd)
Paper-VII -ENVIRONMENT SCIENCE

Total Marks: 100
Theory Marks: 90
Inter Assessment: 10
Time: 3 hours

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

UNIT-I

NATURAL PROCESS

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

UNIT-II

PUBLIC HEALTH

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

UNIT-III

WATER RESOURCES AND AIR RESOURCES

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

UNIT-IV

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

UNIT-V

ENVIRONMENTAL MANAGEMENT AND PUBLIC PARTICIPATION:

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

REFERENCES

1. Aggarwal, K.C. 2001 Environmental Biology, Nidi Pub. Ltd., Bikaner.
2. Bharucha, Frach. The Biodiversity of India. Mapin Publishing Pvt. Ltd. Ahmedabad 380013. India. Email: mapin@icenet.net ®

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

C.P.Ed.(F) (SEMESTER-3rd)
PAPER-VIII -Sports Training for fitness & Competitions

Theory marks: 90
Inter. Assessment:10
Time: 3 hours

NOTE:-

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

UNIT-I

- **Meaning and Definition of Sports training and coaching.**
- **Aims, objectives of sports training**
- **Characteristics of sports training**
- **Training load & its factors: Load volume, Load intensity, Principles of Loading**

UNIT-II

- **Meaning & Definition of Physical fitness**
- **Aims & Objectives of Physical fitness**
- **Components of Physical fitness**
- **Physical fitness and Recreational activities**

UNIT-III

- **Strength: Meaning, Forms, factors determine strength training methods, Principles of strength training**
- **Speed: Meaning, forms of speed, factor determine speed, speed training**
- **Endurance- Meaning & significance, forms of Endurance, training methods used for Endurance**

UNIT-IV

- **Flexibility: Meaning & objectives, factors affecting flexibility, methods of increasing flexibility**
- **Types of co-coordinative abilities and their importance**
- **Periodization, Meaning & types of periodization, contents of training for different periods.**

UNIT-V

- **Kinds of motions and Newtons Laws of motion**
- **Distance and displacement: speed: velocity and acceleration**

- Centripetal and Centrifugal forces
- Types of Spin and their effect.

REFERENCES

- i) **Dick, F.W., Sports Training Principles**
- ii) **Hardyal- Sports Training**
- iii) **Bunn J.W- Scientific Principles of coaching, Englewood cliffs prentice Hall**
- iv) **Brook, J.D. Whiting H.T.A.-Human Movement of field of study**
- v) **Cooper, K.H.: The Aerobic way, Bantom books inc. 1978.**

C.P.Ed.(F)- SEMESTER-3rd
Paper-IX -Officiating and Coaching in Competitive Sports

Theory marks: 100

Internal Marks: 10

Time: 3 hours

NOTE:

Paper setter is required to set ten questions from five units, two questions from each unit. Candidate is required to attempt five questions in all selecting one question from each unit.

All questions carry equal marks.

UNIT-I

- Meaning, Importance and Principles of officiating
- Qualities of a good officials
- Relationship of officials with management, players, coaches and spectators
- Routine pre-game and post game duties of an official

UNIT-II

- Dimensions of the following Games and Athletics Events
- Games: Badminton, Basketball, Cricket, Football, Handball, Kabaddi, Kho-kho, Hockey, Volleyball, Judo, wrestling,
- Athletics:- Sprints, Middle, Long Races and Relay races
- Throws:- Javeline, shot-put and Discuss
- Jump: Long jump, High Jump and Tripple jump

UNIT-III

- Rules and Score sheets of the following games & Athletics Events and their interpretation:

Games:- Basketball, Cricket, Fottball, Handball, Kabaddi, Kho-kho- Hockey, Volleyball, Judo, Wrestling.
Athletic Event:- Sprints, middle, Long Races, Relay Races.

UNIT-IV

- Meaning and Principles of Coaching, qualities, qualification and responsibilities of a good coach
- Methods of conditioning (Circuit Training, Fartlak, luterval Training and weight training, principles of training.
- Warming up, cool down and their affects on body, Doping and its effect of an performance.

UNIT-V

- **Periodization and its types Preparation of training Schedule**
- **Factors affecting sports performance**
- **Eligibility rules for inter College tournaments**
- **Preparation of TA/DA bills**

REFERENCE BOOKS

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**

C.P.Ed. (F)-SEMESTER-4th
PAPER-X -Kinesiology, Corrective Exercises and Rehabilitation in games and sports

Theory marks: 90
Internal Marks: 10
Time: 3 hours

NOTE:-

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

UNIT-I

- Definition, Scope, Importance and application & Kinesiology in Physical Education & Sports
- Anatomical Position of Body: Body Plans and axes
- Terminology of various types of movements around joints, factors affecting range of motion
- Methods of assessing joints range of motion, techniques of increasing joint range of motions, structural and functional classification of Muscles, Gradation in the strength of muscular contraction, methods of studying action of motions.

UNIT-II

- Structure and movements of following joints: Shoulder, Hip, Elbow, Knee
- Basic concept of force, motion, Newton's Laws, equilibrium and centre of gravity.
- Characteristics and functions of Shoulder and Shoulder Girdle Muscles; Deltoid, Pectorals major, supra spinatus, trepezius

UNIT-III

- Elbow Joint: Biceps Brachi, Brachialis and Triceps
- Hip and Knee joint: Quadriceps, Hamstring, Sartorius and Gastrocnemius
- Other Muscles: Rectus Abdominus, Sternocleidomastoid.

UNIT-IV

- Meaning of rehabilitation, planning of a rehabilitative programme for an injured athlete. Principles of rehabilitation, the role of Physical exercise in the prevention of debilitating conditions of diseases associated with an injured athlete. Treatment of rehabilitative programme of Sprain, strain, muscle pull and muscle soreness.

UNIT-V

- Meaning of exercise therapy, kinds & utility of corrective exercise therapy in sports and Physical-Education corrective exercise therapy for back pain, spondylolyses, arthetics, kyphosis & lordosis

REFERENCES

1. Wells & Luttgenes: Kinesiology
2. Rosche, P.J. Burk, Kinesiology and application Anatomy, Lea and Febiger, 1970.
3. Dyson, J., the Mechanizes of Athletics, University of London Press Ltd., Warevoel Squire, London.
4. Rosche, P.J. Burk, Kinesiology and Applicatn Anatomy, Lea and Febiger, 1967.

C.P.Ed. (F)-SEMESTER-4th
PAPER-XI -Health & Adapted Physical Education

Theory marks: 90
Internal Marks: 10
Time: 3 hours

NOTE:

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

UNIT-I

- **Meaning of health, importance of health, factors influencing health status, characteristics of healthy individual. Health yesterday & today. New directions of health – health promotion, Happiness- A key to well being**

UNIT-II

- **School health programme & Health environment. School building, light, ventilation, and sanitation. School Canteen, School health examination, academic programme, Balance diet, Mid day school diet programme, Eating for health**

UNIT-III

- **Method of Education in Health. Health instruction audio-visual method. Health organizations-W.H.O. Red-cross, Govt health agencies. Control & prevention of following disease: (i) Cholera (ii) Small pox (iii) Typhoid (iv) Malaria (v) Influenza**

UNIT-IV

- **Meaning & Definition of Adapted Physical Education. Need & Importance of Adapted Physical Education (APE) in modern society. Scope of APE objectives and aims of Adapted Physical Education (APE.) Brief history of Adapted Physical Education (APE).**

UNIT-V

- **Programme, organization and management in Adapted Physical Education/Sports qualities of Adapted Physical Educator. Role of Adapted Physical Educator in Adapted Physical Education & Sports.**

REFERENCES

1. **Adapted Physical Education & Sports Fourth Edition- Joseph-D. Winnick- Human Kinetics.**
2. **Developmental and adapted physical activity assessment. Michael Horvart, E. Block, Luke, E. Kelly-Human Kinetics.**
3. **Our Health is in our Hands, B.S.Rathee, Dr. Jagir Nain and Professor (Mrs) Santosh Sharma.**