

**Preamble:** Diploma in Physical Education (D. P. Ed.) two years (Four Semesters) is a professional programme meant for preparing physical education teachers for elementary stage of school education from Class I to VIII.

### **D. P. Ed. Intake, Eligibility and Admission Procedure**

#### **D. P. Ed. Intake:**

There shall be a basic unit of 50 students for each year.

#### **D. P. Ed. Duration:**

The D. P. Ed. programme shall be of duration of two academic years, that is, four semesters. However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme.

There shall be at least 200 working days exclusive of period of admission, but inclusive of (as per The Gazette of India page no. 124)examination with at least 36 working hours in a week (five or six days a week).

#### **D. P. Ed. Semesters:**

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100actual teaching days. The odd semester may be scheduled from May/June to November/December and even semester from November / December to May/June. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

#### **D. P. Ed. Pattern of Question Papers:**

Question Papers shall have five questions corresponding to four units of each theory course.

#### **D. P. Ed.: Format of Question Paper for 4 Units.**

Each question paper shall have five questions. The pattern will be as follows:

<b>Question No.</b>	<b>Description</b>	<b>Marks</b>
1	Answer in detail (Long Question) Or Answer in detail (Long Question) (From Unit 1)	15
2	Answer in detail (Long Question) Or Answer in detail (Long Question) (From Unit 2)	15

3	Answer in detail (Long Question) Or Answer in detail (Long Question)	15
4	Answer in detail (Long Question) Or Answer in detail (Long Question)	15
5	Objective Type Questions (10 out of 12 Que.) (3 Questions. from each unit)	10
<b>Total</b>		<b>70</b>

### **D. P. Ed. Evaluation:**

Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are:

One Test	15 Marks
Seminar / Quiz	5 Marks
Assignments	5 Marks
Attendance	5 Marks
Total	30 Marks

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

### **D. P. Ed. Minimum Passing Standard:**

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e. 12 marks out of 30 marks and 28 marks out of 70 marks respectively for theory courses.

**SCHEME OF EXAMINATION****SEMESTER - I**

<b>Paper</b>	<b>Subject</b>	<b>Internal</b>	<b>External</b>	<b>Total Marks</b>
	<b><u>THEORY (400)</u></b>			
T-101	History and Principles of Physical Education	30	70	100
T-102	Foundations of Physical Education	30	70	100
T-103	Basic Anatomy and Physiology	30	70	100
T-104	Recreation & Value education	30	70	100
	<b><u>PRACTICAL (400)</u></b>			
PC-101	Swimming/ Gymnastics/ Track and Field	30	70	100
PC-102	Flag Hosting/ March Past/ Lezium/ Dumb-bell s/ umbrella/ Tipri/ Wands/ Hoop	30	70	100
PC-103	Relay Games/ Group Games/ Minor Games/ Lead-up Games	30	70	100
PC - 104	Badminton/ Tennis/ Table-Tennis/ Squash	30	70	100
	<b>Total</b>	<b>240</b>	<b>560</b>	<b>800</b>

**SEMESTER -II**

<b>Paper</b>	<b>Subject</b>	<b>Internal</b>	<b>External</b>	<b>Total Marks</b>
	<b><u>THEORY (400)</u></b>			
T-201	Yoga Education	30	70	100
T-202	Health Education& Environmental Studies	30	70	100
T-203	Methods of Physical Education	30	70	100
T-204	Adapted Physical Education & corrective exercises	30	70	100
	<b><u>PRACTICAL (300)</u></b>			
PC-201	Swimming/ Gymnastics/ Track and Field	30	70	100
PC-202	Baseball/ Basketball/ Cricket / Football/ Handball	30	70	100
PC-203	Shooting/ Aerobics/ Calisthenics/ Yoga/ Indigenous Sports –	30	70	100
	<b><u>TEACHING PRACTICE (100)</u></b>			
TP – 201	Teaching Practice (Classroom 5 Lessons and outdoor 5 Lessons)	30	70	100
	<b>Total</b>	<b>240</b>	<b>560</b>	<b>800</b>

**SEMESTER-III**

Paper	Subject	Internal	External	Total Marks
<b><u>THEORY (400)</u></b>				
T-301	Sports Training	30	70	100
T-302	Child Psychology and Sociology	30	70	100
T-303	Information Technology in Physical Education	30	70	100
T-304	Youth Leadership & Social Welfare	30	70	100
<b><u>PRACTICAL (300)</u></b>				
PC-301	Swimming/ Gymnastics/ Track and Field	30	70	100
PC-302	Hockey/Netball/ Softball/ Volleyball/	30	70	100
PC-303	Boxing/ Fencing/ Judo/ Karate/ Martial Arts/ Taek-won-do/	30	70	100
<b><u>TEACHING PRACTICE (100)</u></b>				
TP - 301	Teaching Practice	30	70	100
<b>Total</b>		<b>240</b>	<b>560</b>	<b>800</b>

**SEMESTER-IV**

Paper	Subject	Internal	External	Total Marks
<b><u>THEORY (400)</u></b>				
T-401	Sports Injuries and Rehabilitation	30	70	100
T-402	Organisation and Administration of Physical Education	30	70	100
T-403	Test and Measurement in Physical Education	30	70	100
T-404	Nutrition and Naturopathy	30	70	100
<b><u>PRACTICAL (200)</u></b>				
PC-401	Swimming/ Gymnastics/ Track and Field- (One Practical Test out of these.)	30	70	100
PC-402	Hockey/Netball/ Softball/ Volleyball/Base Ball/ Basket Ball/ Cricket / Foot Ball/ Hand Ball/ Boxing/ Fencing/ Judo/ Karate/ Martial Arts/ Taek-won-do/ Badminton/ Tennis/ Table-Tennis/ Squash –	30	70	100
TP-401	Teaching Practice -	30	70	100
TP-402	Teaching Practice	30	70	100
<b>Total</b>		<b>240</b>	<b>560</b>	<b>800</b>



**Semester-I**  
**Theory Course- T-101**  
**D.P.Ed. – Outline of Syllabus**

**History and Principles of Physical Education**

**External marks: 70**

**Internal marks: 30**

**Time: Three hours max**

**Note:** Paper setter is required to set 2 questions from each unit I to IV. Unit V will consists of 12 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question each from unit I to IV having 15 marks each. Unit-V is compulsory and the students have to answer 10 questions out of 12 of one mark each.

**Unit-I**

Meaning and Definition of Education and Physical Education  
 Aim and Objectives of Physical Education  
 Role of Physical Education in General Education

**Unit-II**

Historical Development of physical education in India and World

**Unit-III**

Policies, Schemes, Awards, Honors and Awardees, Trophies/ Cups in Physical Education and Sports at State/National level

**Unit-IV**

Institutes for Physical Education and Sports in India:

- i. YMCA
- ii. LNUPE
- iii. SAI
- iv. NSNIS
- v. IOA
- vi. AIU
- vii. SGFI

**References:**

- 1 Mohan V.M. Principles of Physical Education (P.E., Series No., 1) (Hindi) Delhi, Metropolitan Book Dep.) 1969.
- 2 Nixon, E.E. & Cozen, F.W. An Introduction to Physical Education, Philadelphia. W.B. Saunders Co. 1969.
3. Obertuffer; Delbert Physical Education. New York, Harper & Brothers Publisher, 1970.
4. Sharman, J.R. Introduction to Physical Education, New York, A.S. Barnes & Co. 1964.
5. William J.F. The Principles of Physical Education, Philadelphia, W.B. Saunders Co 1964.
6. Deshpande, S.H. Physical Education in Ancient India. Amravati, Degree College of Physical Education 2014

**Theory Course– T-102****Foundations of Physical Education****External marks: 70****Internal marks: 30****Time: Three hours max**

**Note:** Paper setter is required to set 2 questions from each unit I to IV. Unit V will consists of 12 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question each from unit I to IV having 15 marks each. Unit-V is compulsory and the students have to answer 10 questions out of 12 of one mark each.

**Unit-I**

Physical Education in relation to Humanities:

- i. Pedagogy
- ii. Psychology
- iii. Sociology
- iv. Statistics

**Unit-II**

Physical Education in relation to Science Disciplines:

- i. Anatomy
- ii. Physiology
- iii. Anthropometry
- iv. Kinesiology
- v. Biomechanics
- vi. Nutrition

**Unit-III**

Heredity Traits, Muscle Tone, Athletic Heart, Unsynchronized development, Reciprocal Innervations, Reflex arc, Vital Capacity, Growth and Development at various levels – pre-adolescence, adolescence, adulthood, Differences in boys and girls, Classification of body types

**Unit-IV**

Learning – meaning and definition, Theories of Learning – Trial and Error Theory, Conditioned Response Theory, Insightful Learning, Laws of Learning, Law of Readiness, Law of Use and Disuse, Law of Effect, Law of Recency, Law of Frequency, Types of Learning – primary, associate, concomitant, Transfer of Learning, Learning Curve

**References:**

1. R.H.Tiwari, Prachin Krishna Sahitya me Sharirik Shikshan Darshan, (Hindi) Delhi, Bharatiya Book Corporation 2005.
2. Harold M. Barrow, Man and Movement: Principles of Physical Education. . 2<sup>nd</sup> edition, London Kempton pub. 1977
3. Ramesh Chandra Pradhan, Foundation of Physical Education New Delhi sports pub. 2011.
4. Retune B. Frost, Physical Education Foundation Practices Principles, London, Addison-Worley. Pub. Cont. 1975.
5. Sharma S. N., Philosophical and Sociological Foundation of Education New Delhi, Kanishka pub. Distributors 1995.
6. D. G. Wakharkar, Physical Education and Sports In India, Amravati Shree H.V.P.M. Pub., 1988.
7. Bucher Charles A, Foundation of Physical Education St. Louis: The C.V. Mosby Co., 1972.

**Semester-I**  
**Theory Course T-103**  
**Basic Anatomy and Physiology**

**External marks: 70**  
**Internal marks: 30**  
**Time: Three hours max**

**Note:** Paper setter is required to set 2 questions from each unit I to IV. Unit V will consists of 12 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question each from unit I to IV having 15 marks each. Unit-V is compulsory and the students have to answer 10 questions out of 12 of one mark each.

**Unit-I**

Meaning and Definition of Anatomy and Physiology

**Unit-II**

Definition and Description of Cell, Tissue, Organ and System, Bones and Joints –Structure & Classification

**Unit-III**

Brief description of Skeletal System, Muscular System, Respiratory System, Cardiovascular System, Nervous System, Digestive System, Excretory System, Endocrine System and Reproductive System

**Unit-IV**

Effect of Exercise on Cardio-Respiratory and Muscular Systems

**References:**

1. Gupta Manju and Gupta M.C. Body and Anatomical Science [Hindi] Delhi. Swaran Printing Press, 1980.
2. Gupta A. P. Anatomy and Physiology (Hindi), SumitPrakashan, Agra 2010.
3. Sharma, R.D. Health and Physical Education [Hindi] Gupta Prakashan, 1979.
4. Singh, Sujan. Anatomy of Physiology and Health Education. Ropar. Jeet Publications, 1979 [Hindi].
5. Pearce Evelyn, C. Anatomy and Physiology for Nurses [Hindi] London, Faber & Faber Ltd. 1962.
6. Karpovich. Peter V. Physiology of Muscular Activity London. W.B. Saunders Co. 1059.
7. Morehouse, L.E. & Miller, J. Physiology of Exercise St. Louis The C.V. Mosby Co. 1967.
8. Lamb, G.S. Essentials of Exercise Physiology. Delhi, Surjeet Publication, 1982.



**Theory Course T-104****Recreation & Value Education****External marks: 70****Internal marks: 30****Time: Three hours max**

**Note:** Paper setter is required to set 2 questions from each unit I to IV. Unit V will consists of 12 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question each from unit I to IV having 15 marks each. Unit-V is compulsory and the students have to answer 10 questions out of 12 of one mark each.

**Unit-I**

Meaning and Importance of Recreation, Types of recreation and Leisure Time Sports Activities – indoor, outdoor, active, passive, commercial, rural, Hobbies: as a leisure time activity and their educational values.

**Unit-II**

Various agencies which provide recreation in India, Qualities of a good recreation, Qualification of recreation leader.

**Unit-IV**

Inculcation of Human Values, Ethical values, Spiritual values through Sports

**Unit-IV**

Social values, ethical values of officials and coaches on sports ground, ethical behavior in sports and sportsman spirit, ethical judgment.

**References:**

1. Bucher Charles A, Foundation of Physical Education St. Louis: The C.V. Mosby Co., 1072.
2. Johnson, R.C. Measurements in Physical Education & Athletic, New York, Mac. Milan & Co. 1980.
3. Mohan V.M. Principles of Physical Education (P.E., Series No., 1) (Hindi) Delhi, Metropolitan Book Dep.) 1969.
4. Nixon, E.E. & Cozen, F.W. An Introduction to Physical Education, Philadelphia. W.B. Saunders Co. 1969.
5. Obertuffer; Delbert Physical Education. New York, Harper & Brothers Publisher, 1970.
6. Sharma, V.M. & Tiwari, R.H.: Teaching Methods in Physical Education (Hindi) Amaravati, Shakti Publication. 1979.
7. Sharman, J.R. Introduction to Physical Education, New York, A.S. Barnes & Co. 1964.
8. William J.F. The Principles of Physical Education, Philadelphia, W.B. Saunders Co. 1964.
9. Jackson Roger, Sports Administration Manual, Canada, Roger Jackson & associate Ltd., 2005

**Semester-I****External marks: 70****Internal marks: 30****Practicum-PC-101**

- **Swimming/ Gymnastics –**
  - Basic Skills and
  - competition rules and procedure,
  - competition structure.
- **Track & Field -**
  - Marking of Track,
  - Events included in Track,
  - Basic Skills,
  - Rules and Regulations of different events,
  - competition structure.

**Semester-I Practicum- PC-102**

- **Flag Hosting/ March Past/ Lezium/ Dumb-bell/ umbrella/ Tipri/ Wands/ Hoop –**
  - Basic Skills
  - Rules and procedure,
  - competition structure.

**Semester-I Practicum- PC-103**

- **Relay Games/ Group Games/ Minor Games/ Lead-up Games –**
  - Basic Skills
  - Competition rules and procedure,
  - Competition structure.

**Semester-I Practicum- PC-104**

- **Badminton/ Tennis/ Table-Tennis/ Squash –**
  - Basic Skills
  - Competition rules and procedure,
  - Competition structure.

**Semester-II Theory- T-201**  
**Yoga Education**

**External marks: 70**

**Internal marks: 30**

**Time: Three hours max**

**Note:** Paper setter is required to set 2 questions from each unit I to IV. Unit V will consists of 12 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question each from unit I to IV having 15 marks each. Unit-V is compulsory and the students have to answer 10 questions out of 12 of one mark each.

**Unit-I**

Meaning, Definition, Importance and Types of Yoga; Development of Yoga in India

**Unit-II**

Effect of yogasana on various systems of body; Types and importance of asanas with special reference to physical education and sports

**Unit-III**

Ashtang Yoga – Yama, Niyama, Asana, Pranayama, Pratyahar, Dharna, Dhyana, Samadhi

**Unit-IV**

Shatkarmas and Bandha Mudra

**References:**

1. Duggal, Satyapad: Teaching Yoga (the Yoga Institute, Santacruz, Bombay, 1985)
2. Swami Satyananda : Yoga Education for Children Saraswati (Bihar School of Yoga, Munger, 1990)
3. Gawande, E.N.: Value oriented Education (Sarup & sons, New Delhi – 110002)
4. Nagendra, H.R. and Nagarathna R: New Perspectives in Stress Management (V. K. Yogas, Bangalore, 1988)
5. Udupa, K.N.: Stress and its Management by Yoga (Motilal Banarsidass, Delhi)
6. Ghorote, M.L.: Applied Yoga, Lonavala.

**Health Education & Environmental Studies****External marks: 70****Internal marks: 30****Time: Three hours max**

**Note:** Paper setter is required to set 2 questions from each unit I to IV. Unit V will consists of 12 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question each from unit I to IV having 15 marks each. Unit-V is compulsory and the students have to answer 10 questions out of 12 of one mark each.

**Unit-I**

Meaning, Definition, Importance and Dimensions of Health; Principles of Health Education

**Unit-II**

Common Health Problems in India, Communicable and Non-Communicable Diseases, Hygiene – Personal, Mental, Sleep, Food, Occupational Health, Cleanliness and awareness through educational activities (SSA)

**Unit-III**

Environmental Studies – Meaning, natural and men made Hazards and Education

**Unit-IV**

Natural Calamities – Prevention and Safety Measures during natural calamities, WHO, UNICEF, UNIESCO and other agencies

**References:**

- 1 Moss and et. At. "Health Education" (National Education Association of U.T.A.)
- 2 Nemir A. "The School Health Education" (Harber and Brothers, New York).
- 3 Frank H. Walter H., Turners School Health Education, the C.V. Mosby Company, Saint Louis-1976
- 4 Agrawal, K.C. Environmental Biology (Bikaner: Nidhi publishers Ltd.) 2001.
- 5 Miller T.G.Jr., Environmental science (Wordsworth publishing Co.)
- 6 Odum,E.P. fundamental of Ecology (U.S.A.: W.B. Saunders Co.) 1971.
- 7 Townsend C. Essentials of Ecology (Black well science)

**Semester-II Theory- T-203****Methods of Physical Education****External marks: 70****Internal marks: 30****Time: Three hours max**

**Note:** Paper setter is required to set 2 questions from each unit I to IV. Unit V will consists of 12 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question each from unit I to IV having 15 marks each. Unit-V is compulsory and the students have to answer 10 questions out of 12 of one mark each.

**Unit-I**

Meaning, Definition, Importance and Factors Influencing Method of Teaching

**Unit-II**

Principles of Presentation Technique and Class Management in physical education; Commands, Class Formation

**Unit-III**

Methods of teaching for different kinds of physical activities (Calisthenics, Gymnastics, Minor Games, Major Games, Rhythmic Activities); Principles of Teaching (Simple and complex, Part and whole, Learning by doing, Intrinsic and extrinsic motivation, Frequency and duration in instructional periods, Recognition etc)

**Unit-IV**

Lesson Plan – Concept, Objectives, Types of Lesson Plan; Preparation of Lesson Plan in Physical Education

**References:**

1. Bossing, N.L. Progressive, Methods & Teaching Secondary Schools.
2. Knap, C. &Hagma. E.P. Teaching Methods for Physical Education, New York: McGraw Hill Book Co. Inc 1958.
3. Kozman H.C. Cassidy R. & Jackson C. Methods in Physical Education London: W.B. Saunders Co. 1960.
4. Pandey, L.K. Methods in Physical Education (Hindi) Delhi, Metropolitan Book Depot, 1977.
5. Sharma, V.M. & Tiwari, R.H.: Safal Path Niyojan, (Hindi) Amaravati, Shakti Publication. 1979.
6. Tirunarayanan, C. &Hariharan, S. Methods in Physical Education Karaikudi: South India Press, 1969.

**Semester-II Theory- T-204****External marks: 70****Internal marks: 30****Time: Three hours max**

**Note:** Paper setter is required to set 2 questions from each unit I to IV. Unit V will consists of 12 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question each from unit I to IV having 15 marks each. Unit-V is compulsory and the students have to answer 10 questions out of 12 of one mark each.

**Adapted Physical Education & Corrective Exercises****Unit-I**

Adapted Physical Education- Meaning, Definition, Objectives and Importance

**Unit-II**

Concept and Significance of Good Posture; Effect of Bad Posture on our Body; Postural Deformities and their Remedies; Corrective Exercises for Postural Illnesses and Deformities

**Unit-III**

Classification of various disabilities – physical, mental, visual, hearing, behavioral; Principles of adapted physical education programme

**Unit-IV**

Co-curricular activities for the disabled – Indoor/ Outdoor programmes, rhythm and dance activities, aquatic activities, fitness testing of disabled child

**References:**

1. Author David Jean Pyfer, Adapted Physical Education and Recreation V. 5<sup>th</sup>ed. S.T Louis Mostly College pub. 1985.
2. Pomerocy Janet, Recreation for the Physically Handicapped N. York The Macmillan Comfogy 1964
3. Gandhi P. K. & S.R. Mohisini, The Physically handicapped and the Government Delhi Seema pub. 1982
4. Graham Uplon , Physical and creative activities for the mentally Handicapped New York. Cambridge university press.
5. Bryant J. craatty, Adapted Physical Education for Handicapped Children and Youth, London Lever Pub. Comfort 1980

**Semester-II****External marks: 70****Internal marks: 30****Practicum PC-201**

- Swimming**
  - o Basic Skills
  - o Competition rules and procedure,
  - o Competition structure.
- Gymnastics**
  - o Basic Skills
  - o Competition rules and procedure,
  - o Competition structure
- Track & Field**
  - o Marking of Field,
  - o Events included in Field,
  - o Basic Skills,
  - o Rules and Regulations of different events,
  - o Competition structure.

**Semester-II****Practicum PC-202**

- Ball Games (Any one)** Baseball/ Basketball/ Cricket / Football/ Handball –
  - o Basic Skills and
  - o Rules of the Game,
  - o competition structure and procedure

**Semester-II Practicum PC-203**

- Shooting/ Aerobics/ Calisthenics/ Yoga/ Indigenous Sports - Kabaddi/ Kho-Kho/Mallkhambh –**
  - o Basic Skills and
  - o Rules of the Game and
  - o competition structure and procedure,
  - o Yoga – Basic Yogic Asanas (at least 10) and Pranayams

**Semester-II****Teaching Practice TP-201**

- Conducting Lessons in Classroom
- Conducting Lessons on Yoga/ Aerobics/ Calisthenics

**Semester-III Theory – T-301**  
**Sports Training**

**External marks: 70**

**Internal marks: 30**

**Time: Three hours max**

**Note:** Paper setter is required to set 2 questions from each unit I to IV. Unit V will consists of 12 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question each from unit I to IV having 15 marks each. Unit-V is compulsory and the students have to answer 10 questions out of 12 of one mark each.

**Unit-I**

Meaning, Definition, Importance, Characteristics and Principles of Sports Training

**Unit-II**

Training Load and Adaptation Process; Overload – Causes, Symptoms and Preventive Measures

**Unit-III**

Definition, Types and Factors Affecting Flexibility, Strength, Endurance, Speed and Coordinative Abilities

**Unit-IV**

Methods of developing various Fitness Components – Flexibility, Strength, Endurance, Speed and Coordinative Abilities, methods of talent identification and nurturing of talent.

**References:**

1. Harre, Dietrich, Principles of Sports Training (Berlin: Speculated, 1982).
2. Dick W. Frank. Sports Training Principles (London: Lepus Books, 1980).
3. Jensen, R. Clayne, and Fisher A.G. Scientific Basis of Athletic Conditioning (Philadelphia: 1979).
4. Matvyew, L.P. Fundamental of Sports Training (Moscow: Progress Publishers, 1981).
5. Cratty, J. Brayant Perceptual and Motor Development in Infants and Children (N.J.: Englewood Cliffs, Prentice Hall, Inc. 1979).
6. Singh, H. Sports Training, General Theory and Methods (Patiala: NSNIS, 1984).
7. Uppal, A.K., Sports Training (New Delhi: Friends Publication, 1999).



**Semester-III Theory – T-302****Child Psychology and Sociology****External marks: 70****Internal marks: 30****Time: Three hours max**

**Note:** Paper setter is required to set 2 questions from each unit I to IV. Unit V will consists of 12 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question each from unit I to IV having 15 marks each. Unit-V is compulsory and the students have to answer 10 questions out of 12 of one mark each.

**Unit-I**

Meaning, Definition and Nature of Psychology, Sports Psychology and Educational Psychology

**Unit-II**

Stages of Growth and Development of Children - Physical, mental, social and communication skill development and psycho-motor learning at different stages

**Unit-III**

Meaning, Definition and Importance of Sociology and Sports Sociology; Culture and Sports, Socialization and Sports, Gender and Sports

**Unit-IV**

Motivation – Meaning, Types and Role of motivation in teaching physical activities; social acceptance and cognitive process of physical activities, Motive, Incentive and Achievement

**References:**

1. Blair, Jones and Simpson, Educational Psychology, McMillan Co., New York, 1962.
2. Cratty, B. J., Psychology and Physical activity. Eaglewood Cliffs. Prentice Hall, 1968.
3. Crow and Crow, Educational Psychology. Eurasia Publishing House, N. Delhi, 1979.
4. Kamlesh, M.L. Psychology in Physical Education and Sport. Metropolitan Book Co., Delhi. 1998.
6. Mathur, S.S., Educational Psychology. Vinod PustakMandir, Agra, 1962.
7. Skinner, Charles. E., Education Psychology. Prentice Hall of India, N. Delhi, 1984.
8. Loy, John W., Kenyon, gerald S. & McPherson, Barry D. Sports Culture and Society (Philadelphia: Lea &Febiger, 1981).
9. Ball, Donald W. and Loy John W. Sport and Social Order; Contribution to the sociology of sport, (London: Addison Wesley Publishing Co., Inc., 1975).
10. Loy John. W. McPherson, Barry D., and Kenyon Gerald, Sport and Social System (London: Addison Wesley Publishing Company Inc., 1978).
11. Edward Larry. Sociology of Sport (Illinois: The Dorsey Press, 1973).
12. Cratty, Brayant J. Social Dimensions of Physical Activity New Jersey: Englewood Cliffs, Prentice Hall Inc., 1967.

**Semester-III Theory – T-303****Information Technology in Physical Education****External marks: 70****Internal marks: 30****Time: Three hours max**

**Note:** Paper setter is required to set 2 questions from each unit I to IV. Unit V will consists of 12 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question each from unit I to IV having 15 marks each. Unit-V is compulsory and the students have to answer 10 questions out of 12 of one mark each.

**Unit-I**

Introduction to Computer System: Definition, Characteristics, Principles, Parts of Computer and their functions, Generations, Input and Output Devices, Software and Languages of Computer, Operating Systems, Memory

**Unit-II**

WINDOWS: Meaning and Features of Windows, Graphic user Interface, Screen to Start and Shutdown Computer, Creating Folders and Short cut Icons. Saving, Copying and Deleting Files, Loading Software. Use of Note Pad and Paint Brush MS OFFICE: including MS Word, MS Excel and MS Power point

**Unit-III**

Computer Applications in Physical Education: principles of development of self instruction materials special reference to school children, principles of designing e-learning modules

**Unit-IV**

Computer Assisted Instruction & Web Based Instruction; Use of Educational Software and CD's. Use of computers in Library, Administration, Guidance and Examination

**References:**

- 1 Chauhan Sunil, Saxena Akash, Gupta Kartika, Foundation of Computer, (Firewall Media, 2006)
- 2 Computer Fundamentals. Pradeep K. Sinha & Priti Sinha, 4th edition, BPB Publication
- 3 Computers in Your Future, Marilyn Meyer & Roberta Baber, 2nd edition, Prentice Hall India
- 4 Computers Today. Suresh K. Basandra, Galgotia publication, upgraded edition-2008
- 5 Irtegov, D. Operating System Fundamentals. Firewall Media. 2004.
- 6 Milke, M Absolute Beginner's Guide to Computer Basics, Pearson Education Asia 2007.
- 7 NIIT Basics of Networking Prentice – Hall of India Pvt. Ltd, 2004

**Youth Leadership & Social Welfare****External marks: 70****Internal marks: 30****Time: Three hours max**

**Note:** Paper setter is required to set 2 questions from each unit I to IV. Unit V will consists of 12 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question each from unit I to IV having 15 marks each. Unit-V is compulsory and the students have to answer 10 questions out of 12 of one mark each.

**Unit-I**

Youth Leadership through sports, NYK, NGO, NSO, NCC and NSS

**Unit-II**

Camping – Meaning, Definition, Significance of Camping; Types of Camps – Selection and layout of camp sites, Administrative issues of leadership Camp

**Unit-III**

Planning, execution and administration of Camp Programme and Activities, Camp Fire, Stunts and Contest, Cook Out, Trekking, Hiking, Treasure Hunt, Citizenship Training, Camp Games, Mock Games, Evaluation of Camp Work

**Unit-IV**

Contribution of Leadership Activities in personality development and Social Welfare

**References:**

1. Cratty, B. J., Psychology and Physical activity. Eaglewood Cliffs. Prentice Hall, 1968.
2. Crow and Crow, Educational Psychology. Eurasia Publishing House, N. Delhi, 1979.
3. Kamlesh, M.L. Psychology in Physical Education and Sport. Metropolitan Book Co., N. Delhi.1998.
4. Skinnner, Charles. E., Education Psychology. Prentice Hall of India, N. Delhi, 1984.
5. Loy, John W., Kenyon, gerald S. & McPherson, Barry D. Sports Culture and Society (Philadelphia: Lea &Febiger, 1981).
6. Ball, Donald W. and Loy John W. Sport and Social Order; Contribution to the sociology of sport, (London: Addison Wesley Publishing Co., Inc., 1975).
7. Loy John. W. McPherson, Barry D., and Kenyon Gerald, Sport and Social System (London: Addison Wesley Publishing Company Inc., 1978).
8. Edward Larry. Sociology of Sport (Illinois: The Dorsey Press, 1973).
9. Cratty, Brayant J. Social Dimensions of Physical Activity New Jersey: Englewood Cliffs, Prentice Hall Inc., 1967.

**External marks: 70****Internal marks: 30****PRACTICUM – PC-301**

- Swimming**
  - o Basic Skills and
  - o competition rules and procedure,
  - o Competition structure.
- Gymnastics –**
  - o Basic Skills and
  - o competition rules and procedure,
  - o Competition structure.
- Track & Field–**
  - o Marking of Field,
  - o Events included in Field,
  - o Basic Skills,
  - o Rules and Regulations of different events,
  - o Competition structure.

**Semester-III PRACTICUM – PC-302**

- Ball Games: (Any one) Hockey/Netball/ Softball/ Volleyball –**
  - o Basic Skills and
  - o Rules of the Game,
  - o Competition structure and procedure.

**Semester-III PRACTICUM – PC-303**

- Combative Sports (Any one) Boxing/Fencing/Judo/Karate/Martial Arts/Tae-Kwon-do**
  - o Basic Skills and
  - o Rules of the Game,
  - o Competition structure and procedure.

**Semester-III TEACHING PRACTICE-TP-301**

- Coaching Lessons – 5 Lessons on different skills of PC-301
- Coaching Lessons – 5 Lessons on different skills/ tactics of PC – 302 and 303

**Semester-IV Theory – T- 401**  
**Sports Injuries and Rehabilitation**

**External marks: 70**

**Internal marks: 30**

**Time: Three hours max**

**Note:** Paper setter is required to set 2 questions from each unit I to IV. Unit V will consists of 12 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question each from unit I to IV having 15 marks each. Unit-V is compulsory and the students have to answer 10 questions out of 12 of one mark each.

**Unit-I**

Meaning and Causes of Injuries in Sports; General Principles of Preventions of Injuries

**Unit-II**

Common Sports Injuries and their Management (Strain, Muscle and Ligament Sprain, Lower Back Strain, Tennis Elbow, Golfer's Elbow, Runner's Knee, Shin Pain, Blister, Concussion, Abrasion, Laceration, Haematoma, Fracture, Dislocation)

**Unit-III**

Definition of First-Aid, DRABC of First Aid, CPR, First Aid for Hemorrhage, Fracture, Sprain and Strain, Drowning, Heat Stroke and Heat Exhaustion; Concept of PRICE

**Unit-IV**

Rehabilitation – Meaning, Objectives and Types of Rehabilitation; basic introduction and importance of Rehabilitation Modalities – Cold, Heat, Water, Radiation, Hydrotherapy, Cryotherapy, Wax Bath, Diathermy, Ultrasound Therapy, Inferential Therapy, Transcutaneous Electric Nerve Stimulator (TENS)

**References:**

- 1 Ann. Lowlin. Women's Fitness Program Development Human, Kinetics. 2002.
- 2 Bengt O. Eriksson et al, Sports Medicine, Guinness Publication, 1990.
- 3 Christine M. Drews, Physiology of Sports and Exercise, Human Kinetics, USA, 1999.
- 4 David R. Mottram, Drugs in Sports (4th Ed) Routledge Taylor and Francis Group, 2005.
- 5 Erikson, B.O. et al, Sports Medicine, Guinness Pub. Great Britain, 1990.
- 6 Jain, Rachna, Sports Medicine, KSK, New Delhi, 2002.
- 7 Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.
- 8 Khanna, G.L., Exercise Physiology & Sports Medicine, Lucky Enterprises, Delhi, 1990.
- 9 Mathew D.K. & Fox E.L, Physiological Basis of Physical Education and Athletics, W.B. Saunders Co: Philadelphia, 1971.
- 10 Pandey, P.K., Outline of Sports Medicine, J.P. Brothers Pub., New Delhi, 1987.
- 11 Pandey, P.K., Sports Medicine, Khel Sahitya Kendra, New Delhi, 1998.

**Semester-IV Theory – T- 402****Organization and Administration of Physical Education****External marks: 70****Internal marks: 30****Time: Three hours max**

**Note:** Paper setter is required to set 2 questions from each unit I to IV. Unit V will consists of 12 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question each from unit I to IV having 15 marks each. Unit-V is compulsory and the students have to answer 10 questions out of 12 of one mark each.

**Unit-I**

Meaning, importance and principles of administration and organization; Factors influencing good administration; Types and procedure of Administration; Qualifications and qualities of Physical Education teachers

**Unit-II**

Facilities of Physical Education in an ideal school: Play field, Gymnasium, Swimming pool; Purchase & Care of sports equipments, Maintenance of Stock and Stock Registers, Process of Verification, Write-off and Condemnation of Stock

**Unit-III**

Tournaments : Meaning and types of tournaments; Method of drawing Fixtures; Intramural and Extramural; Sports Day/ Play Day

**Unit-IV**

Coaching – Basic Philosophy of Teaching, Training, and Coaching, Qualifications and responsibilities of a coach; Officiating – Meaning, Importance and Principles of Officiating in Sports; Responsibilities of Officials

**References:**

1. Broyles, Frank J. & Rober. Hay D. Administration of sports, Athletic Programme: A Managerial Approach New York Prentice hall Inc. 1979.
2. Bucher. Charles A. Administration of Physical Education and Athletic Programme St.
3. Loulis. The C.V. Mosby Co. 1983
4. Singh, Sujan, Organization of Physical Education RoparJeet Publication, 1973.
5. Thomas J.P. Organization & Administration of Physical Education Madras, Gyanodayal
6. Press, 1967.
7. Voltmer, Edward F. and Esslinger, Arther A. The organization and Administration of
8. Physical Education: New York: Prentice Hall Inc. 1979.

**Semester-IV Theory – T- 403****Test and Measurement in Physical Education****External marks: 70****Internal marks: 30****Time: Three hours max**

**Note:** Paper setter is required to set 2 questions from each unit I to IV. Unit V will consists of 12 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question each from unit I to IV having 15 marks each. Unit-V is compulsory and the students have to answer 10 questions out of 12 of one mark each.

**Unit-I**

Meaning of Test and Measurement; Importance of Test, Measurement and Evaluation in the field of physical education and sports

**Unit-II**

Test Classification and Test Administration, Steps of Test Construction

**Unit-III**

Fitness Testing – Measurement of Various Fitness Components, Height and Weight, Calculation of Body Mass Index (BMI), components of fitness test of school children etc.

**Unit-IV**

Measurement of Anthropometry and Body composition of school children

**References:**

1. ACSM's Health / Fitness Facility Standards and Guidelines, New York: Human Kinetics,
2. 1992.
3. Barrow, Harold M. and McGhee, Rosemary, A Practical Approach to Management in
4. Physical Education" Philadelphia: Lea and Fibiger 1979.
5. Clarke, H. Harrison.: Application of Measurement to Health and Physical Education, New
6. Jersey: Prentice Hall Inc. 1976.
7. Safrit, Margaret J.: Introduction to Measurement in Physical Education and Exercise Science, St. Louis: Mosby, 1995.

**Semester-IV Theory – T- 404****Nutrition and Naturopathy****External marks: 70****Internal marks: 30****Time: Three hours max**

**Note:** Paper setter is required to set 2 questions from each unit I to IV. Unit V will consists of 12 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question each from unit I to IV having 15 marks each. Unit-V is compulsory and the students have to answer 10 questions out of 12 of one mark each.

**Unit-I**

Concept of Nutrition, Types of Nutrients, Balanced Diet, Dietary Aids and Gimmicks

**Unit-II**

Malnutrition and Obesity – Causes and Prevention; Weight Management through Life style Modification.

**Unit-III**

Naturopathy – Meaning, Definition and Principles of Naturopathy; Methods of Nature Cure – Fasting, Mud Therapy and Hydrotherapy

**Unit-IV**

Application of Naturopathy technique for various diseases like cold, cough, fever, asthma, constipation, diarrhea

**References:**

1. Brown, J.E. (2005) Nutrition Now Thomson-Wadsworth.
2. Corbin, C. B., G. J. Welk, W. R Corbin, K. A. Welk (2006) Concepts of Physical Fitness:
3. Active Lifestyle for Wellness. McGraw Hill, New York, USA.
4. Graham, G. (2001) Teaching Children Physical Education : Becoming a Master Teacher.
5. Human Kinetics, Champaign, Illinois, USA. Hoeger, W.W. & S.
6. Hoeger (2007) Fitness and Wellness. 7 th Ed. Thomson Wadsworth, Boston, USA.
7. Kamlesh, M. L. & Singh, M. K. (2006) Physical Education (Naveen Publications).
8. Kansal, D.K. (2008) Text book of Applied Measurement, Evaluation & Sports Selection Sports & Spiritual Science Publications, New Delhi.
9. Lumpkin, A. (2007) Introduction to Physical Education, Exercise Science and Sports Studies, McGraw Hill, New York, U.S.A.



**Semester-IV**

**External marks: 70**  
**Internal marks: 30**

**PRACTICUM- PC-401**

- Swimming/ Gymnastics/Track & Field -**  
Skill proficiency and performance test (One Practical Test out of these.)

**Semester-IV PRACTICUM- PC-402**

- Hockey/Netball/ Softball/ Volleyball/Base Ball/ Basket Ball/ Cricket / Foot Ball/ Hand Ball/ Boxing/ Fencing/ Judo/ Karate/ Martial Arts/ Tae-kwon-do/ Badminton/ Tennis/ Table-Tennis/ Squash –**  
Skill proficiency and performance test (Two Practical Test out of these.)

**Semester-IV TEACHING PRACTICE - TP-401**

- Officiating Lessons – 5 Lessons on different skills of PC-401

**Semester-IV TEACHING PRACTICE - TP- 402**

- Officiating Lessons – 5 Lessons on different skills/ tactics of PC – 402