

**Rashtra Sant Tukadoji Maharaj  
Nagpur University, Nagpur**

**CBCS: Bachelor of Physical  
Education and Sports  
(B.P.E.S.) CURRICULUM  
(Three Years Degree Course)**

**Proposed Direction, Regulations and  
CBCS B.P.E.S. Curriculum  
Semester - I to VI**

**Effect From:- 2022-2023**

Following Direction shall be called “Direction regarding Credit based Semester Pattern Scheme and Examination leading to B.P.E.S., first to last semester in Credit based Semester Pattern in the Faculty of Interdisciplinary Studies, Board of Physical Education and Recreation, Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur.

### **1. Eligibility**

A student who passed 12<sup>th</sup> Standard Examination of the Maharashtra State of Board Secondary and Higher Secondary Education with English as one of the subjects of passing or an Examination recognized as equivalent thereto from any Other Statutory Board.

Or

A student who passed 12<sup>th</sup> Standard Examination of the Maharashtra State of Board Secondary and Higher Secondary Education with English or any Indian Language or any examination recognized as equivalent thereto in such subject and with such standards of attainments as may be prescribed.

### **2. Duration:**

The B.P.E.S. programme shall be of duration of three academic years, i.e. six semesters.

### **3. The CBCS System:**

All Programmes shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

### **4. Course:**

The term course usually referred to, as ‘papers’ is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ tutorials/laboratory work/ field work/ outreach activities/ project work/ vocational training/viva/ seminars/ term papers/assignments/ presentations/ self-study etc. or a combination of some of these.

## **5. Courses of Programme:**

The B.P.E.S. Programme consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the B.P.E.S. Programme.

Theory: Core Course and Elective Course

Practical: Practical Course

## **6. Semesters:**

An academic year is divided into two semesters. Each semester will consist of 15 weeks of academic work equivalent to 90 actual teaching days. The odd semester may be scheduled from April/May to November/December and even semester from November / December to April/May. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

## **7. Working days:**

There shall be at least 180 working days per year exclusive of admission and examination processes etc.

## **8. Credits:**

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half / two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing a B.P.E.S. Programme is 144 credits and for each semester 24 credits.

## **9. Examinations:**

- i. There shall be examinations at the end of each semester, for first semester in the month of November /December, for second semester in the month of April / May, for third semester in the month of November /December, for fourth semester in the month of April / May, for fifth semester in the month of November /December, for sixth semester in the month of April / May. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November /December or April / May.

- ii. A candidate should get enrolled /registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

#### 10. Condonation :

Student must have 75% of attendance in each course for appearing the examination. Students who have 74% to 65% of attendance shall apply for condonation in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendance shall apply for condonation in prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 50% of attendance are not eligible to appear for the examination.

11. **Pattern of Question Papers:** Question Papers shall have five questions corresponding to four units of each theory course.

#### **B.P.E.S.: Format of Question Paper for 4 Units.**

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

Question No.	Description	Marks
1	Answer in detail (Long Question) (Form Unit 1) Or Answer in detail (Long Question) (Form Unit 1)	14 Marks
2	Answer in detail (Long Question) (Form Unit 2) Or Answer in detail (Long Question) (Form Unit 2)	14 Marks
3	Answer in detail (Long Question) (Form Unit 3) Or Answer in detail (Long Question) (Form Unit 3)	14 Marks
4	Write short notes: any two out of four (Form Unit 4)	14 Marks
5	M.C.Q. Type Questions (07 out of 12 Que.) (3 Questions from each unit)	14 Marks
TOTAL		70

## 12. Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. 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
Assignments	10 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.
- The internal marks will be communicated to the University at the end of each semester, but before the semester end examinations / as instructed by the University. These marks will be considered for the declaration of the results.
- The record of the internal marks, evaluation and results should be maintained for a period of one year by the respective institute/college for verification by the competent authority.

## 13. Internship and its Evaluation

During the fifth semester, students opt for “Internship” will have to undergo an internship of minimum 3 weeks i.e. (minimum 70 hours) with any School, Sports Club, Association, College, University, Industry, Social Organization etc. A student has to complete internship in between period of after examination of second semester and before examination of fifth semester. Student has to take any one activity out of four activities (Teaching / Coaching / Training / Officiating). Student should submit an Internship

Completion Certificate issued by the above competent authority under which the internship is undertaken before examination of fifth semester. The respective college will assess and evaluate the same as per following table.

<b>Internship (Any One)</b>	<b>Criterion</b>	<b>Total Hours</b>	<b>Marks</b>
1. Teaching	Taking Assembly	-----	20
	Sports and Games Period	70 Hours	50
	Organization of any Sports Event	-----	30
	Total		100
2.Coaching	Coaching Camp at Club Level or Coaching to Club Team at Tournament	3 Weeks or 70 Hours	60
	Coaching Camp at District Level or Coaching to District Team at Tournament	3 Weeks or 70 Hours	70
	Coaching Camp at State Level/Inter-Collegiate level or Coaching to State Team/Inter-Collegiate Team at Tournament	3 Weeks or 70 Hours	80
	Coaching Camp at National/University / International Level or Coaching to National / University / International Team at Tournament	3 Weeks or 70 Hours	100
3.Training	Training Camp at Club Level or Trainer of Club Team at Tournament	3 Weeks or 70 Hours	60
	Training Camp at District Level or Trainer of District Team at Tournament	3 Weeks or 70 Hours	70
	Training Camp at State Level/ Inter-Collegiate level or Trainer of State Team/ Inter-Collegiate Team at Tournament	3 Weeks or 70 Hours	80
	Training Camp at National/University / International Level or Trainer of National /University / International Team at Tournament	3 Weeks or 70 Hours	100
4.Officiating	Officiating at Club Level (Two Tournament)	-----	60
	Officiating at District Level (Two Tournament)	-----	70
	Officiating at State Level/ Inter-Collegiate level (Two Tournament)	-----	80
	Officiating at National /Inter-University / International Level Tournament	-----	100

**14. 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 and practical courses.

**15. Grading System:**

The marks secured by a student from maximum 100 will be converted into letter grade. The grade points are the numerical equivalent of letter grade assigned to a student in 07 points scale as given below in table.

<b>Range of Marks Obtained out of 100</b>	<b>Grade Point</b>	<b>Letter Grade</b>	<b>Description</b>
90-100	10	A+	Outstanding
80-89	9	A	Excellent
70-79	8	B+	Very Good
60-69	7	B	Good
50-59	6	C+	Above Average
40-49	5	C	Average
Below 40	0	F	Fail/ Dropped
	0	AB	Absent

**16. Calculation of Semester Grade Point Average (SGPA) and Cumulative Grade Point Average (CGPA):**

Once the marks of the CIA (Continuous Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded as per details provided from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA). These two are calculated by the following formula:

$$SGPA = \frac{\sum_{i=1}^n CiGi}{\sum_{i=1}^n Ci}$$

$$CGPA = \frac{\sum_{j=1}^N SGPA_j}{N}$$

Where  $C_i$  is the Credit earned for the course in any semester;  $G_i$  is the Grade point obtained by the student for the course  $i$  and  $n$  number of courses obtained in that semester is SGPA of semester  $j$  and  $N$  number of semester. Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester.

- i. The SGPA and CGPA shall be rounded off 2 decimal points and reported in the transcript.
- ii. The CGPA will be calculated as the average of the SGPA of the six semesters.
- iii. Calculation of Percentage from CGPA.

$$\text{Percentage (\%)} = \text{CGPA} \times 10$$

**Note:**

- i. SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.
- ii. CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.
- iii. The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.
- iv. For the award of the class, CGPA shall be calculated on the basis of:
  - Marks of each Semester End Assessment and
  - Marks of each Semester Continuous Internal Assessment for each course.
 The final Class for B.P.E.S. Degree shall be awarded on the basis of last CGPA (grade) from all the one to six semester examinations.

**17. Classification of Final Results:**

1. For the purpose of declaring a candidate to have qualified for the Degree of Bachelor of Physical Education and Sports in the First class / Second class / Pass class or First class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses, Elective Course and Practical Courses will be the criterion.



2. Promotion of the student from semester 1 to 2, 2 to 3, 3 to 4, 4 to 5, 5 to 6 shall be as per the provision of Ordinance No. 10 of university.

**Or**

**However, for the second semester final examination to sixth semester final examination , a student will not be allowed to appear till the students passes 50% of all the courses (core courses, elective courses, practical courses) of previous semesters i.e. Semester I to Semester V.**

3. The class of passing and grade obtained in examinations will be given by combining the marks obtained by the students in all the end semester final examinations (Semester I to VI) held by the university.

#### **18. Promotion to Higher Semester (A.T.K.T.):**

The unsuccessful candidate of any semester examination shall be ALLOWED TO KEEP THE TERM (ATKT) in accordance with the following table:

Admission to Semester	The Student Should Have Attended the Session Satisfactorily and Appeared for the Examination	Students Should Have Passed in at least 50% of the Passing Heads of the Examinations, Fraction, if any, to be Ignored (Theory and Practical being Separate Passing Heads
I <sup>st</sup> Semester	-----	-----
II <sup>nd</sup> Semester	I <sup>st</sup> Semester	50% Courses of I <sup>st</sup> Semester
III <sup>rd</sup> Semester	II <sup>nd</sup> Semester	50% Courses of I <sup>st</sup> Semester and 50% Courses of II <sup>nd</sup> Semester
IV <sup>th</sup> Semester	III <sup>rd</sup> Semester	50% Courses of III <sup>rd</sup> Semester
V <sup>th</sup> Semester	IV <sup>th</sup> Semester	a) Should Have Passed the Examinations of I <sup>st</sup> Semester and II <sup>nd</sup> Semester b) 50% Courses of III <sup>rd</sup> Semester and 50% Courses IV <sup>th</sup> Semester
VI <sup>th</sup> Semester	V <sup>th</sup> Semester	50% Courses of V <sup>th</sup> Semester

**Note: \* A Student admitted to Final Semester can appear for Final Semester Examination however the result of the Final Semester Examination will be withheld unless the student clears all the lower examinations of the B.P.E.S. Course.**

### **19. Provision for Multiple Exit and Multiple Entry**

The B.P.E.S. Program offered under this direction provides an opportunity to students for multiple exits from the program as per following conditions:

- a. A student can exit the program after successful completion of I<sup>st</sup> and II<sup>nd</sup> semester courses and obtaining 48 credits. Such a student is eligible to be awarded “Certificate in Physical Education and Sports” by the University.
- b. If a student exit the program after successful completion of III<sup>rd</sup> semester and IV<sup>th</sup> semester courses and obtaining 96 credits. Such a student is eligible to be awarded “Diploma in Physical Education and Sports” by the University.
- c. The student who has completed the 3 years program and earned 144 credits will be considered eligible for award of “Bachelor of Physical Education and Sports” degree by the University.
- d. A student who wishes to exit the program before completion of 3 years is required to apply to the university through the Principal.
- e. A student who opted for exit from the program before completion of 3 years (a and b) above shall be eligible for admission to next year of the program in any subsequent academic session. However, if at the time of admission, if this scheme of examination is not in force, the student will have to complete the program according to the provisions made under the direction prevailing at the time of such admission.

### **20. Provision for Transfer of Credits:**

- a. If a student is willing to take Elective Course i.e. from SWAYAM Online Learning Platform then, student have to mention this while submitting the examination form to the University for respective semester.
- b. A certificate of completion of such an Online Course shall be submitted by the student to the University through college before end term evaluation.
- c. Such a Certificate shall mandatorily have a number of credits, duration of the course and grades/marks obtained by the student and shall preferably have a QR code for verification.

- d. The college shall submit the grades and marks obtained by the student to the University along with Internal Assessment marks for the concerned examination.
- e. If a student has opted for an Online Course in a particular semester and failed to submit the certificate within prescribed time, the student will be marked for 'Absent' for a particular course in that examination. Such a student will required to fill in the examination form in the consecutive attempt and submit the passing certificate in order to get his/her corrected result.

## **21. Award of the B.P.E.S. Degree:**

A candidate shall be eligible for the award of the degree of the B.P.E.S. only if he/she has earned the minimum required credit of the programme prescribed above.

## **22. Revision of Syllabi:**

1. If needed syllabi of every course can be revised by the Board of Physical Education and Recreation, Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur.
  2. Revised Syllabi of each semester should be implemented in a sequential way.
- In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
  - All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.
  - During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
  - In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

### Semester – I

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
TC-101	Language (English/ Hindi/ Marathi)	3	3	30	70	100
TC-102	Elements of Physical Education	3	3	30	70	100
TC-103	General Science	3	3	30	70	100
Elective Course (Any One)						
EC-101	Health Education	3	3	30	70	100
EC-102	SWAYAM (Any One Course)					
Part B: Practical Course						
PC-101	Major Game: Kabaddi / Volleyball / Baseball / Netball (Any Two)	6	3	30	70	100
PC-102	Formal Activity : Dumbbells, Wands, Ring, Indian Club, Flag (Any Two)	6	3	30	70	100
PC-103	Lezim (Sadi) and Lathi Kathi	6	3	30	70	100
PC-104	Drill & Marching, Flag Hosting, Band	6	3	30	70	100
Total		36	24	240	560	800

Note: Total Number of hours required to earn 3 credits for each Theory Course are 180 hours per semester whereas to earn 3 credits for each Practical Course are 360 hours per semester.

## Semester – II

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
TC-201	Anatomy and Physiology	3	3	30	70	100
TC-202	Educational Psychology	3	3	30	70	100
TC-203	Principal and History of Physical Education	3	3	30	70	100
Elective Course (Any One)						
EC-201	Recreation in Physical Education	3	3	30	70	100
EC-202	SWAYAM (Any One Course)					
Part B: Practical Course						
PC-201	Major Game: Kho-Kho / Hockey / Throw ball / Handball (Any Two)	6	3	30	70	100
PC-202	Mass PT, Table Exercise, Suryanamaskar	6	3	30	70	100
PC-203	Ground Gymnastic	6	3	30	70	100
PC-204	Athletics: Running Event	6	3	30	70	100
Total		36	24	240	560	800

Note: Total Number of hours required to earn 3 credits for each Theory Course are 180 hours per semester whereas to earn 3 credits for each Practical Course are 360 hours per semester.

### Semester – III

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
TC-301	Physiology of Exercise	3	3	30	70	100
TC-302	Method in Physical Education-I	3	3	30	70	100
TC-303	Adapted Physical Education	3	3	30	70	100
Elective Course (Any One)						
EC-301	Counselling and Guidance	3	3	30	70	100
EC-302	SWAYAM (Any One Course)					
Part B: Practical Course						
PC-301	Major Game: Table Tennis / Badminton / Ball Badminton / Squash (Any Two)	6	3	30	70	100
PC-302	Lezim (Ghati and NFC)	6	3	30	70	100
PC-303	Athletics: Jumping Event	6	3	30	70	100
PC-304	General Lesson	6	3	30	70	100
Total		36	24	240	560	800

Note: Total Number of hours required to earn 3 credits for each Theory Course are 180 hours per semester whereas to earn 3 credits for each Practical Course are 360 hours per semester.

### Semester – IV

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
TC-401	Kinesiology	3	3	30	70	100
TC-402	Yoga	3	3	30	70	100
TC-403	Method in Physical Education-II	3	3	30	70	100
Elective Course (Any One)						
EC-401	Remedial and Corrective Physical Education	3	3	30	70	100
EC-402	SWAYAM (Any One Course)					
Part B: Practical Course						
PC-401	Major Game: Wrestling / Judo / Boxing / Taekwondo / Karate (Any Two)	6	3	30	70	100
PC-402	Parallel Bar and Vaulting Box (Boys) Balance Beam and Dance or Aerobics (Girls)	6	3	30	70	100
PC-403	Yoga (Yogasan,Pranayam,Yogic Kriyas)	6	3	30	70	100
PC-404	Lesson on Games and Sports	6	3	30	70	100
Total		36	24	240	560	800

Note: Total Number of hours required to earn 3 credits for each Theory Course are 180 hours per semester whereas to earn 3 credits for each Practical Course are 360 hours per semester.

### Semester – V

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
TC-501	Test and Measurement in Physical Education	3	3	30	70	100
TC-502	Fundamentals of Computer in Physical Education	3	3	30	70	100
TC-503	Sports Sociology	3	3	30	70	100
Elective Course (Any One)						
EC-501	Management in Physical Education	3	3	30	70	100
EC-502	SWAYAM (Any One Course)					
Part B: Practical Course						
PC-501	Major Game: Cricket / Basketball / Lawn Tennis / Softball / Korfball (Any Two)	6	3	30	70	100
PC-502	Internship (Teaching/ Coaching/ Training/ Officiating)	6	3	100	---	100
PC-503	Athletics: Throwing Event	6	3	30	70	100
PC-504	Lesson on Specialised Games or Sports	6	3	30	70	100
Total		36	24	240	560	800

Note: Total Number of hours required to earn 3 credits for each Theory Course are 180 hours per semester whereas to earn 3 credits for each Practical Course are 360 hours per semester.



## Semester – VI

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
TC-601	Organisation and Administration in Physical Education	3	3	30	70	100
TC-602	Principles of Officiating and Coaching	3	3	30	70	100
TC-603	Sports Injuries and Rehabilitation	3	3	30	70	100
Elective Course (Any One)						
EC-601	Principles of Sports Training	3	3	30	70	100
EC-602	SWAYAM (Any One Course)					
Part B: Practical Course						
PC-601	Officiating of Specialised Games or Sports	6	3	30	70	100
PC-602	Malkhamb (Boys) / Balance Beam (Girls)	6	3	30	70	100
PC-603	Massage and First Aid	6	3	30	70	100
PC-604	Lesson on Athletics	6	3	30	70	100
Total		36	24	240	560	800

Note: Total Number of hours required to earn 3 credits for each Theory Course are 180 hours per semester whereas to earn 3 credits for each Practical Course are 360 hours per semester.

**23:** As soon as possible after the examination, the board of examination shall publish a list of successful examinee and the degree shall be awarded on the basis of First to Six semester taken together.

**24.** I further direct that the aforesaid Direction shall come into force from the date of issuance and shall remain in force till the relevant Ordinance comes into force in accordance with the provisions of Maharashtra Universities Act, 1994 and the relevant provisions published by this Direction shall be repealed from the existing Directions.

Nagpur

**Dated:**     /     /

Vice-Chancellor,  
RTM, Nagpur University

**Semester- I**  
**Theory Courses**  
**TC-101 Language**  
**English**

**Unit I – Prose**

1. The Thief – Ruskin Bond
2. Between the Mosque and the Temple – Boman Desai
3. A Letter by Hazlitt to His Son – William Hazlitt
4. Education Provides a Solid Foundation – A.P.J. Abdul Kalam

**Unit - II - Personalities**

1. Ramchandraro Kirloskar and Laxmanrao Kirloskar
2. Sudha Murty
3. Muhammad Yunus

**Unit – III – Poetry**

1. In the Bazaars of Hyderabad – Sarojini Naidu
2. Daffodils – William Wordsworth
3. To Autumn – John Keats
4. The Highwayman – Alfred Noyes

**Unit – IV – Grammar and Composition**

1. Comprehension
2. Letter Writing (Application with Resume, Placement of Order, Complaint Letter)
3. Synonyms and Antonyms

**References :**

1. A Novel Beginning by Orient Black Swan

# हिंदी

## इकाई — I — निबंध

सामान्य विषय पर निबंध।

निबंध साहित्य : परिभाषा, स्वरूप, तत्व एवं प्रकार।

## इकाई — II - गद्य विभाग

- |    |  |   |                   |
|----|--|---|-------------------|
| 1. | संत साहित्य की ऐतिहासिक भूमिका (निबंध) | — | रामविलास शर्मा    |
| 2. | सलाम (कहानी)                           | — | ओमप्रकाश वाल्मीकि |
| 3. | आवाज का नीलाम (एकांकी)                 | — | डॉ. धर्मवीर भारती |
| 4. | पहिला सफेद बाल (व्यंग्य)               | — | हरिशंकर परसाई     |

## इकाई — III — पद्य विभाग

- |    |                       |   |                  |
|----|-----------------------|---|------------------|
| 1. | मनुष्यता              | — | मैथिलीशरण गुप्त  |
| 2. | जीवन नहीं मरा करता है | — | गोपालदास 'नीरज'  |
| 3. | जो शिलाएँ तोड़ते हैं  | — | केदारनाथ अग्रवाल |
| 4. | हँसो हँसो जल्दी हँसो  | — | रघुवीर सहाय      |

## इकाई — IV दुत वाचन

- |    |                              |   |                        |
|----|------------------------------|---|------------------------|
| 1. | नमक का दारोगा (कहानी)        | — | प्रेमचंद               |
| 2. | चोरी और प्रायश्चित (आत्मकथा) | — | महात्मा गांधी          |
| 3. | माँ पर नहीं लिख सकता कविता   | — | डॉ. चन्द्रकांत देवताले |
| 4. | एक अजीब — सी मुश्किल         | — | कुँवर नारायण           |

## Reference :

साहित्य सृजन — डॉ. मधुलता व्यास, डॉ. राजेंद्र मालोकर

## मराठी

### गद्य विभाग :

- |    |   |   |                           |
|----|---|---|---------------------------|
| 1. | पाखाला बाळक पांगुरवणे                     | — | म्हाईभट                   |
| 2. | शिक्षण                                    | — | महात्मा फुले              |
| 3. | तरूणांनो निर्भय बना, शुर बना!             | — | स्वामी विवेकानंद          |
| 4. | कोकराची कथा                               | — | अरविंद गोखले              |
| 5. | नववर्षाच्या उदयाचलावर उद्योगाचे ध्वजारोपण | — | राष्ट्रसंत तुकडोजी महाराज |

### पद्य विभाग :

- |    |                      |   |                                  |
|----|----------------------|---|----------------------------------|
| 1. | माय मराठी            | — | मुकंदराज                         |
| 2. | ज्ञानेश्वरांचे अभंग  | — | (अ) घनु वाजे घुणुघुणा (विराण्या) |
|    |                      | — | (आ) पैल तो गे काउ कोंकताहे       |
| 3. | दवाचे थेंब           | — | केशवसुत                          |
| 4. | भंगू दे काठिण्य माझे | — | बा.सी.मर्ढेकर                    |
| 5. | चार शब्द             | — | नारायण सुर्वे                    |

### व्यावहारिक मराठी :

1. व्यावहारिक मराठी : स्वरूप आणि भूमिका
2. भाषिक संवादव्यवहाराची मूलतत्वे

### Reference :

अभ्यास ग्रंथ — साहित्यरंग भाग १ — राघव पब्लिशर्स अँड डिस्ट्रीब्युटर्स

**Semester- I**  
**Theory Courses**  
**TC-102 ELEMENTS OF PHYSICAL EDUCATION**

**•LEARNING OUTCOMES**

**After completing this course, the students will be able to**

- Understand the Concept of Physical Education.
- Understand the various terms in Physical Education
- Understand the Development of Physical Education and sports in India
- Describe the Professional Organisations.
- Understand the Government Efforts in physical education and sports

**Unit – 1**

1) Physical Education:

- Definition.
- Meaning and Scope, Misconceptions about Physical Education.
- Aims and Objectives of Physical Education
- Principles of Physical Education

2) Meaning of various terms and general contents used in Physical Education:

Gymnastics, Athletics, Formal Activities, Indigenous Activities, Games, Minor Games, Aquatics, Rhythmic, Yoga, Hiking, Picnic, Camping

**Unit – 2**

A brief survey of Growth and Development of Physical Education and sports in India :

1) Contribution of Vyayamshala and Akhadas.

2) British Period :

- The British Influence-Gymkhana, Sports, Clubs, Military and Physical Training.
- Physical Education in Schools and Colleges
- Influence of Political forces on Physical Education in India,

3) Development of Physical Education in India after Independence

**Unit – 3**

1) Private Efforts

- Sports Federation and Associations.
- International, National and State level Tournaments.
- India's Participation in International Sports.

- Contribution of Institutions Promoting Yoga and Indian Physical Culture.
- 2) Training Institutes and Professional Organizations
- Growth and Development of Physical Education Colleges in India
- Various courses in teacher training programme
- Job opportunities

#### **Unit – 4**

##### **Government Efforts**

- Physical Education, Advisory Bodies and sports councils.
- National Physical Efficiency Drive.
- National Coaching Scheme.
- Physical Education Development Schemes.
- Honour and Incentives to Sportsman :
  - (i) Arjun Award.
  - (ii) National Award.
  - (iii) Chhatrapati Award and Abhimanyu Award
- National College of Physical Education
- National fitness Corps

##### **Reference Books :**

1. Sharirik Shiksha ke Tatva (Hindi Medium) : Dr. Ramesh Chand Kanwar
2. Foundation of Physical Education : Bucher.
3. Introduction to Physical Education : Sharman, J. R.
4. Manual of Physical Education : Wakharkar.
5. A History of-Physical Education : E. A. Khan.
6. An Analytical History of Physical Education ; S. Hariharan and C. Tirunarayan.
7. Principles of Physical Education : Surjan Singh.
8. Elements of Physical Education : Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)

**Semester- I**  
**Theory Courses**  
**TC-103 GENERAL SCIENCE**

**•LEARNING OUTCOMES**

**After completing this course, the students will be able to**

- Understand the Concept of general Physics
- Understand the Concept of general Chemistry
- Understand the Concept of general Biology
- Understand the Concept of Nutrition in Sports
- Understand the mechanism of metabolism

**Unit – 1 : PHYSICS**

- Importance of Science, Basic Science and Science required for Physical Education.
- Mechanics and General Properties of Matter** : System of Units, Motion, Newton's Law of Motion and their applications, Velocity, Force, Centrifugal and centripetal with examples, centre of gravity, simple pendulum, levers, energy, Transformation of energy, friction. Angle of friction, Barometer, Boiler's Law, exhaust pump and ball inflator, Density and specific gravity (without measurements). Elasticity, Stress and Strain, Hooke's Law, Young Modulus (without determination).

**Unit – 2 : CHEMISTRY**

- Atom, molecule, elements and compounds. Symbols, formula, Physical and chemical changes. Introduction, to periodic classification. Ionic theory, solubility, crystallisation, Acid bases, salts, neutralization, hydrolysis.
- Atomic Structure : Protons, Neutrons, Electron
- Water: Purification hard and soft water, Removal of hard Demineralization.

**Unit – 3 : BIOLOGY**

- Difference between Living and Non-living objects
- Difference between plants and animals.



- Metabolism-Anabolism and Catabolism, Structure of Cell, Cell division. Different types of Cells, Tissues, Organs (Examples from Plants and animals).

#### **Unit – 4 : Nutrition**

- Meaning and Definition of Sports Nutrition
- Basic Nutrition guidelines
- Meaning , Classification and Functions of Carbohydrates, Proteins, Fats, Vitamins, Minerals and Water
- The mechanism of nutrition food, its digestion and absorption. Metabolism.
- Role of Nutrition in Sports

#### **Reference Books :**

1. Samanya Vigyan (General Science) : Dr. Ramesh Chand Kanwar
2. Intermediate physics by Ray Choudhary and Sinha.
3. Intermediate Physics by Jog.
4. Inorganic chemistry by mitra.
5. Elementary Organic chemistry by Bahi and Tuli.
6. A Class book of Botany by Dutta.
7. Text- Book of zoology by Vidyarthi.
8. Intermediate Physics by Basu and Chaudhari.
9. Pre-University Physics, Parts I & II by C.H. Gupta.

**Semester- I**  
**Elective Courses**  
**EC-101 HEALTH EDUCATION**

**•LEARNING OUTCOMES**

**After completing this course, the students will be able to**

- Understand the Concept of Health Education.
- Understand the Personal Health, Hygiene and Sanitation
- Understand the Programmes of Health Education
- Understand the General Principles of Co-ordinated School Health Programme

**Unit – 1**

- Definition of Health Education, Meaning & Scope of Health Education.
- Concept of Health and fitness. Characteristics of healthy individual. The importance of individual, family, community and national health

**Unit – 2**

- Personal health- Care of eyes, ears, mouth, skin, hair, clothing, rest, exercise, relaxation and sleep, care of Surroundings, diet and nutrition, Air ventilation, Beverages, alcohol, narcotics, smoking-their effect on health.
- Hygiene and Sanitation- Problems of water Supply-Food stuffs, air and Ventilation, Disposal of refuse, Dumping-Conservancy and water carriage system.

**Unit – 3**

- Effect of Heredity and Environment on Health
- Evaluation of Health Programme
- World Health Organisation

**Unit – 4**

General Principles of Co-ordinated School Health Programme:

- Health Services
  - (i) Appraisal aspect
  - (ii) Preventive aspect.
  - (iii) Remedial aspect

- Health Instructions for different age groups
- Health Supervision

### **Reference Books :**

1. Health Education by Dr. S. P. Chaube.
2. Health Education and Hygiene by B. C. Rai.
3. Health Hygiene and Health Education by Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)
4. Health Education by Mess and Others (National Education Association of U. S. A. 1964).
5. School Health and Health Education: Turner, et al St, Louis, The C. V. Mosby Co. 1970.
6. School Health Education: Caber Teuffer, D.: Harper & Bros., New York, 1966,
7. Hand-book of Hygiene and Public Health by V. P. Bedi
8. The School Hygiene Service by Leff Vera and Lett. S.
9. A Text-book of Health Education : Denis Prirries and A. J. Delzeltward.
10. Health Education and Health Hygiene : Dr. Ramesh Chand Kanwar
11. Health Education : Dr. S. P. Chaubey.
12. Health Education and Hygiene : B. C Rai
13. Health Education and Environmental Studies : Dr. A. A. Budhe & Dr. S.D.Bante, Nipun Prakashan

**Semester- I**  
**Elective Courses**  
**EC-102 SWAYAM**

- **Any one course**

**Semester- I**  
**Practical Courses**

**PC-101- Major Game: Kabaddi / Volleyball / Baseball / Netball (Any Two) - 70 Marks**

• Production of game book (Any two game of candidate's choice). The game book shall include the following points:

- (i) History of the game.
  - (ii) Ground Measurement and Equipment's with diagram.
  - (iii) Player and their attire.
  - (iv) Rule and Regulations with interpretations
  - (v) Fundamental skills.
  - (vi) Lead up games.
  - (vii) Official signals and score shed.
- Students shall select two game as specialization for Annual Examination.

Distribution of marks for Annual Examination for the game of Specialization of one game	
Demonstration of fundamental skills of first game	15 Marks
Playing Efficiency of first game	10 Marks
Viva voce (Rules and Regulation) for officiating efficiency of first game	10 Marks
Demonstration of fundamental skills of second game	15 Marks
Playing Efficiency of second game	10 Marks
Viva voce (Rules and Regulation) for officiating efficiency of second game	10 Marks
Total	70 Marks

Note:- Candidate shall prepare a game book of the same two games which he has selected for annual examination for internal assessment.

**PC-102- Formal Activities - 70 Marks**

• Dumbbells, Wands, Ring, Indian Club, Flag (Any Two)

Distribution of marks for each Formal Activity	
Four Exercises of examiner's choice of first activity	20Marks
Three Exercises of candidate's choice of first activity	15 Marks
Four Exercises of examiner's choice of second activity	20Marks
Three Exercises of candidate's choice of second activity	15 Marks
Total	70 Marks

**PC-103- Sadi Lezium and Lathi Kathi - 70 Marks**

Char Awaj, Aath Awaj, Aadi Lagaos, Ek Jag he, Pavitra, Do Ruth, Chau Mukhi, Cbau Mukhi Baithak, Aage Phalang, Peeche Phalang.

Distribution of marks for each Formal Activity	
Four Exercises of examiner's choice	20 Marks
Four Exercises of candidate's choice	20 Marks
Mass Demonstration of Lezium	10 Marks
Exercises of Lathi Kathi	20 Marks
Total	70 Marks

**PC-104- Drill and Marching – 40 Marks**

Savdhan & Vishrasn, Aramse, Dahine Saj, Samne Dekh, Ginti Kar, Sajja, Quadam tal, Tham, Dahine Mur, Bahine Mur, Peeche Mur, Tej chal and tham, Samne siloot, Dahine and bahine Dekh (chalet chalet) Dhire Chal and Dhirre Chalse tej Chal , Dhire chalse Bahine Mur and Dahine Mur, Tej Chal se Bahine mur, Dahine mur and pechhe mur, Tej Chal se Dahine Ghum, Bahine Ghum, Quadam badal, Qudam Tal se age badh.

Distribution of marks for each Formal Activity	
Drill & Marching Movements under the leader	20 Marks
Drill & Marching Movements and word of commands by Individual student	20 Marks
Marching in a Scot	10 Marks
Flag Hosting	10 Marks
Band	10 Marks
Total	70 Marks

**Semester- II**  
**Theory Courses**  
**TC-201 ANATOMY AND PHYSIOLOGY**

- **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the different systems of human body.
- Identify and describe the different organs of the human body and its regulation.
- Understand function of the muscle
- Understand the mechanism of metabolism, nervous systems, ductless glands

**Unit – 1**

- The Body : A general study of the human body and its systems
- Bones of the Body : Form and general Structure and classification of Bones.
- Joints : Movable, slightly movable and immovable Joints.
- Classification of movable joints. Ligaments of knee and angle joint.

**Unit – 2**

- Muscular system : General structure of striated and unstriated muscles.
- Distribution of those two types of muscles in the body.
- Position, origin, insertion, Action, of the following skeletal muscle:  
Trapezius. Rhomboids-Serratus Anterior, Pectorals, Deltoid, Supraspinatus, Lattissimus Dorsi. Bicepsbrachi, Brachioradialis, Brachialis, Triceps, Poses Major and Minor Sartorius Gluteus Maximus, Biceps Femoris, Rectus Femoris, Gastrocnemius, Soleus, Tibialis Posterior, Peroneus, Tibialis Anaticus, Rectus Abdominis, External Obliques, Internal Obliques

**Unit – 3**

Brief Account of the following systems of the Body :

- Circulatory System
- Respiratory System
- Nervous System

- Excretory System
- Digestive System
- Endocrine System Anatomy Practical

## **Unit – 4**

### Human Physiology

- Voluntary and involuntary muscles. Their nerve cell and nerve fibres.
- The blood and circulation including the physiology of heart and blood vessels. Lymph gland, Lymph, Tissue Fluids and Cerebro-Spinal Fluids.
- Respiration including knowledge of adaptation under different atmospheric conditions.
- Renal excretion.
- Nervous system and sensation :
  - (1) The Central Nervous System
  - (2) The Central Nervous System.
  - (3) The Autonomic Nervous System.
  - (4) The General Senses-Cutaneous senses, muscle sense, etc
  - (5) Special senses such as that of vision, hearing, voice and speech, smell and taste
- Ductless glands (endocrine organs)
- Skin and skin glands. The temperature of the body and its regulation

### **Reference Books :**

1. Text Book of Anatomy by Holinshed
2. Applied Physiology by Samson Wright.
3. Physiology and Anatomy by Kimber and Gray.
4. Primary Caste Anatomy by Besmegine (Williams and WilKins Company, Baltimore).
5. Principles of Anatomy & Physiology by Dr. Jitendra Kumar Thakur & Dr. O. P. Aneja (Khel Sahitya Kendra)
6. Anatomy, Physiology, Kinesiology and Health Education by Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)



7. Anatomy and Physiology by Smount and Macdonald (Edward Arnold)
8. An Introduction to Fundamental Anatomy by David Sinclair. (Blackwell Publications).
9. Kinesiology by Katherine Well (Saunders Company).
10. An Introduction to Fundamental Anatomy by David Sinclair .(Blackwell Publications).
11. Gray's Anatomy by D. V. Daviess (Longmans).
12. Cunningham's Manual of Practical Anatomy.
13. Kinesiology and, Applied Anatomy by Reasch-Burke (Lee and Febiger).
14. Text-book of Human Physiology by C. C. Chatterjee (Central Book Agency, Bankim Chatterjee Street, Culcutta-12).
15. Essentials of Human Physiology by S.M.Banerjee (S.Bhattacharya & Co.),
16. Essentials of Human Physiology by Benbridge and Manzi (Edited by Hartridge and D'Silva)
17. Anatomy and Physiology: Dr. Bhawe
18. The Living Body by Best and Taylor (Asian Publication)
19. Applied Physiology: Samson Wrights (Oxford Medical Publication).
20. Sharir Rachana Tatha Kriya Vigyan: Dr. Amit A. Budhe & Dr. Anil A. Budhe, New Delhi: Nipun Prakashan

**Semester- II**  
**Theory Courses**  
**TC-202 EDUCATIONAL PSYCHOLOGY**

**LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Describe the role of sports psychology for athletes and in their performance.
- Describe the general characteristics of various stages of growth and development.
- Describe the Learning Process.
- Understand the psycho-sociological aspects of human behaviour in relation to physical education and sports
- Understand socialization through participation in Physical Education and sports activities
- Understand General Inmate Tendencies and Personality

**Unit – 1**

- Psychology as a Science, its meaning, its bearing on Education and Physical Education.
- Mental Process: Body mind relationship, Neuro-Muscular skills.
- 3. Stages in Development: The Nature of Growth and Development Characteristics at various stages of Development.

**Unit – 2**

- Heredity and Environment
- The Learning Process ; Nature laws of learning, Motivation in Learning, Attention and interest, Learning curves, Transfer of training.
- Intelligence : Its Nature, and Development.

**Unit – 3**

- Discipline and Behaviour.
- Individual Differences,
- The Psychology of the Group.

## **Unit – 4**

- General Innate Tendencies: Motives, Needs, Drives, Sympathy, Imitation, Suggestion, Play, Play way in Education and sublimation of Innate Tendencies.
- Fatigue : Physiological and Psychological aspects of Fatigue.
- Personality: Meaning and Definition , Dimensions of Personality.

### **Reference Books :**

1. Psychology of Adjustment by Shafer.
2. General Psychology by Garrett.
3. Educational Psychology by Gats.
4. Educational Psychology by Skinner.
5. Educational Psychology Guidance & Counselling by Dr. Ramesh Chand Kanwar
6. Solving Personal Problems. By Elliot.

## **Semester- II**

### **Theory Courses**

#### **TC-203 PRINCIPLES AND HISTORY OF PHYSICAL EDUCATION**

##### **• LEARNING OUTCOMES**

**After completing this course, the students will be able to**

- Understand the Concept of Physical Education.
- Understand the Principles used in Physical Education
- Understand the Historical Development of Physical Education in India and Abroad.
- Describe the Different Olympic Games.
- Understand the Recent Developments in physical education

##### **Unit – 1**

- Meaning and Definition of Physical Education
- Scope of Physical Education
- Importance of Physical Education as Profession
- Qualities of Physical Education Teacher, opportunities for Physical Teacher in service and employment
- Importance of Principles, Application of Principles

##### **Unit – 2**

###### **➤ Physiological Principles:**

- Principle of use, disuse and overuse.
- Effect of Exercise, Optimum amount of exercise for healthful living
- Human energies and how they are spent.
- Fatigue, stress and its effect on Physical and Mental health Relaxation. Tension, Flexibility, Rhythm and Strength

###### **➤ Psychological Principles:**

- Personality, Transfer of training,
- Laws of learning, Habit, Reflexion, Conditioned Reflex,
- Effect of emotions on health,
- Instinct competition,
- Co-operation, Competitive sports, Age and sex characteristics.
- Theories of play, Adjustment.

### **Unit – 3**

- Physical education in ancient civilizations
- Ancient India – Vedic and Epic period.
- Ancient Greece –Sparta and Athens
- Ancient Olympic Games
- Modern Olympic

### **Unit – 4**

- Physical Education in modern India
- Physical education during British period (from 1825 to 1930 A.D.)
- Recent Developments in physical education & sports after independence
- Asian Games
- Youth movement including youth hostel, Cadet Corps

### **Reference Books :**

1. Foundation of Physical Education by Charles A. Bucher
2. Introduction to Physical Education by J. P. Shaiman.
3. Physical Education by Oberteuffer, Delbert.
4. Modern Principles of Physical Education by J. R. Sharman
5. Principles of Physical Education by J.P. Williams
6. Physical Education, Interpretations and Objectives by Jay B. Nash.
7. Principles and History of Physical Education by Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)
8. History of Physical Education by Eraj Ahmed Khan.
9. Brief History of Physical Education by Emmel A. Rice
10. Physical Education in India. National Association of Physical Education and Recreation, Association of Physical Education and Recreation, India.
11. History of Physical Education by F. E. Leonard and George B. Affleck.
12. Sharirik Shiksha Ka Etahas. Dr. Amit A. Budhe & Dr. Sunil D. Bante, New Delhi: Nipun Prakashan

**Semester- II**  
**Elective Courses**  
**EC-201 RECREATION IN PHYSICAL EDUCATION**

• **LEARNING OUTCOMES**

**After completing this course, the students will be able to**

- Understand the Concept of Recreation.
- Understand the Principles of Recreation.
- Describe Recreational facilities
- Describe the Recreation at various levels.
- Understand the various programmes of Recreation.

**Unit – 1**

- Meaning and Definition of Recreation.
- History of Early and Modern Recreation and Leisure.
- Philosophy and Principles of Recreation.
- Objectives of Recreation.
- Scope and Significance of Recreation

**Unit – 2**

- Rural, Urban and Industrial Recreation.
- Agencies offering Recreation-Home, Government, Voluntary, Private and Commercial Agencies.
- Sources of funding of recreational activities
- Recreational facilities.

**Unit – 3**

- Recreation in Schools and Colleges
- Recreation for ill and disabled
- Recreation for the aged.

- Types and Functions of Recreation Leader
- Qualification, Qualities and Training of Recreation Leader

#### **Unit – 4**

- Programme Planning in major areas of Recreation.
- Aims, Objectives and Importance of Camping.
- Organization and types of Camp
- Selection and Layout of camp site
- Camp Programme and Activities - Audio-visual Aid, Art and Craft, Hiking, Map Reading, Dancing.

#### **Reference Books :**

1. Introduction to Community Recreation by G. D, Butler
2. Community Recreation— A Guide to its Organization. by M. D Meyer and C K. Bright bill.
3. Camping by Drought.
4. Methods of Physical Education by Bucher
5. Recreation by Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)

**Semester- II**  
**Elective Courses**  
**EC-202 SWAYAM**

- **Any one course**



## Semester- II Practical Courses

### PC-201- Major Game: Kho-Kho/Hockey/ Throwball / Handball (Any Two) – 70 Marks

- Production of game book (Any two game of candidate's choice). The game book shall include the following points:
  - (i) History of the game.
  - (ii) Ground Measurement and Equipment's with diagram.
  - (iii) Player and their attire.
  - (iv) Rule and Regulations with interpretations
  - (v) Fundamental skills.
  - (vi) Lead up games.
  - (vii) Official signals and score shed.
- Students shall select two games as specialization for Annual Examination.

Distribution of marks for Annual Examination for the game of Specialization of one game	
Demonstration of fundamental skills of first game	15 Marks
Playing Efficiency of first game	10 Marks
Viva voce (Rules and Regulation) for officiating efficiency of first game	10 Marks
Demonstration of fundamental skills of second game	15 Marks
Playing Efficiency of second game	10 Marks
Viva voce (Rules and Regulation) for officiating efficiency of second game	10 Marks
Total	70 Marks

Note:- Candidate shall prepare a game book of the same two games which he has selected for annual examination for internal assessment.

### PC-202- Formal Activities - 70 Marks

- Mass PT, Table Exercise and Suryanamaskar - Mass Demonstration  
(Tables Exercise shall be taught as per prescribed in N. F. C. syllabus for Vth to Xth classes. Surya Namaskar shall be taught in 10 counts.)

Distribution of marks	
Mass PT and Table Exercise under the command of Leader	30 Marks
Suryanamaskar	40 Marks
Total	70 Marks

**PC-203- Ground Gymnastics - 70 Marks**

- Ground Gymnastic : Forward Roll (Sitting and Standing Position), Straddle Forward Roll, Sitting Backward Roll, Astride Backward Roll, Frog Balance and Roll, No Hand Forward Roll, Head Spring, Hand Spring, Dive (Long and High), Fly Spring Cartwheel, Double Roll Somersault.

Distribution of marks	
Five Exercises of examiner's choice on Ground Gymnastic	35 Marks
Seven exercises of candidate's choice on Ground Gymnastic	35 Marks
Total	70 Marks

**PC-204- Athletics: Running Event - 70 Marks**

Performance in Track event 100mts/ 200mts	20 Marks
Performance in Track event 400mts/800mts	20 Marks
Running Style Demonstration of technique and style	20 Marks
Viva on Rules and Regulations for Officiating	10 Marks
Total	70 Marks

- Candidate shall maintain Athletic Book on Running Events i.e Sprints Middle Distance Running and Long Distance Running only This Athletics book will be assessed internally .
- The athletic book shall include the following:
  - (i) Marking and Diagram of running track with start and finish lines of different races.
  - (ii) Apparatus and their measurements and weights.
  - (iii) Rules and regulations.
  - (iv) Style and Techniques.
  - (v) Officials and their duties.
  - (vi) Score sheets and records.

**Semester- III**  
**Theory Courses**  
**TC-301 PHYSIOLOGY OF EXERCISES**

- **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the Physiology of Exercise.
- Understand types of exercises and its classification
- Understand the functions of different systems during exercise
- Understand energy consumption during training
- Understand Role of Muscular System in Exercise

**Unit – 1**

- Physiological concept of Health and Fitness
- Hygienic and aesthetic value of exercise.
- Exercise and its Classification: Passive, assistive, time resistive-isometric-isotonic, static, concentric eccentric.

**Unit – 2**

- Functioning of different systems of the body during exercise.
- Difference between secondary and active individuals,
- Effects of training on. Following systems :
  - i) Cardio respiratory
  - ii) Muscular
  - iii) Excretory

**Unit – 3**

- Physiological study of warming-up and cooling down
- Conditioning and training
- Effect of altitude on training
- Energy consumption and its measurement.

## **Unit – 4**

### **Role of Muscular System in Exercise:-**

- Microscopic structures of striated muscle.
- Contractile elements in muscle and the changes in. muscle during Contraction:  
i) Physical, ii) Chemical.
- Nerve Control of muscle contraction, Agonist and Antagonistic muscle groups.  
Reciprocal innervations.
- Glycogen cycle and Fuel for Work.
- O<sub>2</sub> utilization, O<sub>2</sub> debt, Aerobic and Anaerobic phase of exercise, Second wind, Lactic acid formation and disposal.
- Fatigue and staleness.
- Relaxation and Rest
- Muscle Stitch, cramp, pull, tear, strain
- Aging changes in muscle

### **Reference Books:**

1. Physiology of Exercises by Macurdy and Mekenzie.
2. Muscular Exercise by Eggleton M. Grace
3. Efficiency of Human Movements by N. B. Jauneler.
4. Physiology of Exercises & Kinesiology by Dr. Maya S. Madiwale (Amit Brothers Publications, Nagpur)
5. Kinesiology and the Anatomy Motion by E. N. Dural.
6. Psychology of Coaching by W. D. Lawther
7. Scientific Basis of Athletic- Training by Morehous and Rasch.
8. Efficiency of Human Movement by Brown (W. B. Saunders Co.).
9. Kinesiology and Applied Anatomy by Rasch, Burke Lee and Febiger.

**Semester- III**  
**Theory Courses**  
**TC-302 METHOD IN PHYSICAL EDUCATION-I**

• **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the concept of methods of teaching.
- Describe and use various teaching methods according to suitability construct the lesson plans for various physical education activities.
- Classify the types of presentation, techniques and technical preparations required for physical education lessons.
- Understand the principles of class management and factors affecting class management.
- Effectively utilize various teaching aids for conduct of physical education program.

**Unit – 1**

- Aim and Importance of Methods in Physical Education
- Methods of teaching in Physical Education
- Types of Method
  - i) Orientation
  - ii) Lecture
  - iii) Demonstration
  - iv) Exploration
  - v) Practice
  - vi) Discussion
  - vii) Part and Whole Method
  - viii) Observation
- Principles of Methods

**Unit – 2**

- Presentation Technique: Importance, The Basis of Educational Methods:
  - i) Personal Preparation

- ii) Technical Preparation
- iii) Organizing Subject Matter
- iv) Presentation of Subject Matter
- v) Class Management
  - Foundation of Methods, Maxims of Methods
  - Principles of Unit

### **Unit – 3**

#### Lesson Planning in Physical Education

- Advantages of Lesson Planning
- Steps of General Lesson Plan
- Steps of Specific Lesson Plan
- Modal of Lesson Plan
- Teaching Aids- Importance and Advantages in Physical Education, Kinds of Teaching Aid

### **Unit – 4**

- Lesson Planning
  - i) Types of Lesson
  - ii) Parts of Lesson
  - iii) Preparation of Lesson
  - iv) Plans of Lessons
- Types of Lesson
  - i) Knowledge Lesson
  - ii) Skill Lesson
  - iii) Drill Lesson
  - iv) Review Lesson
- v) Appreciation Lesson

**Reference Books :**

1. Methods in Physical Education by Dambach J. C. Williams J. F. N. Schwendener
2. Methods in Physical Education by Dr. Deepak Kavishwar (S. M. Publisher) 3.
- Methods in Physical Education by Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)
4. Physical Education Lesson by Dr. J. P. Thomas.
5. The Sports Organizers Hand Book by Dr. Walthana (Weeks and H. A. Winkles.)
6. Methods in Physical Education by Kosman Cassidy Jackson.

**Semester- III**  
**Theory Courses**  
**TC-303 ADAPTED PHYSICAL EDUCATION**

• **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the modern concept of adapted physical education.
- Apply the Guiding Principles for Adapted Physical Education Programme.
- Evaluate and develop programmes for differently abled.
- Comprehend the changing concept of differently abled people.
- Identify the various disabilities.
- Explain Provisions of special rights and privileges for differently abled through legislations.

**UNIT- 1**

- Meaning, definitions of Adapted Physical Education.
- Aims and objectives of Adapted Physical Education
- Need and importance of Adapted Physical Education.
- Brief historical review of adapted physical education.

**UNIT- 2**

- Classification of differently abled  
Physically challenged, Mentally challenged, Speech and Hearing challenged and Visually challenged.
- Other Differently abled Condition problems
- Behavioural Problems - Adjustment Problem, learning disabilities, Emotional Problem
- Social Problem - Social Determination, Social Rejection

**UNIT- 3**

- Guiding principles for adapted physical education programme (AAPHER Principles)
- Physical Education program for disabled for Elementary school, Middle school, High School, College & University level



- Special adapted programme for various types and categories of physical disability.
- Regular physical activity Informal games and special activity, Informal and formal competitions.

#### **UNIT- 4**

- Co-curricular activities for disabled, outdoor programs for disabled, and adventure based outdoor programme.
- Creative development and hobby & culture development programme.
- Aquatic activity programme for disabled Importance of activity for disabled.

#### **References:**

- 1) Anoop Jain, “Adapted Physical Education” Sports Publications
- 2) Arthur G. Miller & James, “Teaching Physical Activities to impaired youth” John Wilag& Sons Inc. Canada.
- 3) Arthur S. Daniels & Euilya , “Adapted Physical Education”, Harpet& Row Publisher- New York.
- 4) Auxter, Byler, Howtting, “Adapted Physical Education and reactions”
- 5) Morbey-St. Louis Missouri. K. Park, “Preventive Social Medicine M/s BanaridasBhanot Publishers Prem Nagar Jabalpur.
- 6) Ronald W. French, & Paul J., “Special Physical Education”, Charles E. Merrics Publishing Co. Edinburgh
- 7) Ohio. Shekar KC, Adapted Physical Education(KhelSahitya Kendra: New Delhi)2005
- 8) Winnick JP, Adapted Physical Education and sport Human Kinetics USA, 2005

**Semester- III**  
**Elective Courses**  
**EC-301 COUNSELLING AND GUIDANCE**

• **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the concept of Counselling.
- Understand the concept of Guidance.
- Understand the concept of Counsellor, Leader.
- Understand the Stages of Behavioural Counselling
- Understand the principles of Group Dynamics
- Effectively utilize Theories of Counselling.

**Unit – 1**

- Meaning, importance and scope of the subject.
- Basic concepts of Counselling and Guidance
- Psychological basis of guidance and counselling, individual differences, Psychological Testing.

**Unit – 2**

- Objectives of guidance.
- Qualities and Qualification of a Counsellor.
- Responsibilities and qualities of a leader.
- Behavioural Counselling
- Stages of Behavioural Counselling

**Unit – 3**

- Meaning of Group Work
- Nature and Objective of group work.
- Group dynamics : Some general principles.
- The role of the leader in. the group.

## **Unit – 4**

- Theories of Counselling
- Rational Emotive Theory
- Client Centred Theory or Person Centred Theory
- Psychodynamic Approach to Counselling
- Humanistic Counselling
- Client Centred Counselling
- Implication of Super's Theory for Career Counselling

### **Reference Books :**

1. Psychology of Adjustment by Shafer.
2. General Psychology by Garrett.
3. Educational Psychology by Gats.
4. Educational Psychology by Skinner.
5. Educational Psychology Guidance & Counselling by Dr. Ramesh Chand Kanwar
6. Solving Personal Problems. By Elliot.
7. Guidance and Counselling in Physical Education by Dr. R.K. Banerjee

**Semester- III**  
**Elective Courses**  
**EC-302 SWAYAM**

- **Any one course**

**Semester- III**  
**Practical Courses**

**PC-301- Major Game: Table Tennis/ Badminton / Ball Badminton / Squash (Any Two) - 70 Marks**

- Production of game book (Any two game of candidate's choice). The game book shall include the following points:
  - (i) History of the game.
  - (ii) Ground Measurement and Equipment's with diagram.
  - (iii) Player and their attire.
  - (iv) Rule and Regulations with interpretations
  - (v) Fundamental skills.
  - (vi) Lead up games.
  - (vii) Official signals and score shed.
- Students shall select two games as specialization for Annual Examination.

Distribution of marks for Annual Examination for the game of Specialization of one game	
Demonstration of fundamental skills of first game	15 Marks
Playing Efficiency of first game	10 Marks
Viva voce (Rules and Regulation) for officiating efficiency of first game	10 Marks
Demonstration of fundamental skills of second game	15 Marks
Playing Efficiency of second game	10 Marks
Viva voce (Rules and Regulation) for officiating efficiency of second game	10 Marks
Total	70 Marks

Note:- Candidate shall prepare a game book of the same two games which he has selected for annual examination for internal assessment.

**PC-302- Lezim (Ghati) and Lezim (NFC) - 40 Marks**

- Lezim (Ghati) - Aatha Awaj, Aage Paon, Pichhe paon, Chaupher, Adha Chakkar, Tal se Kadam, Baithak Aadhi & Poori, Baitha Chakkar, Pavitra, Ghoom Jao.
- Lezim (NFC) - Dahine Bayeu Hath Ki Harkat, Dahine Bayen Paunki Harkat, Ageki Harkat, Zukna Harkat, Ageki Zukna Harkat, Harkat Bharat Mata, Mochal, Ageki, Mochal Daheni Aur Bayne Chaumukhi for Mor chal, Chakkar Baithak.

Distribution of marks for each Formal Activity	
Three Exercises of examiner's choice of Lezim (Ghati)	15 Marks
Three Exercises of candidate's choice of Lezim (Ghati)	15 Marks
Three Exercises of examiner's choice of Lezim (NFC)	15 Marks
Three Exercises of candidate's choice of Lezim (NFC)	15 Marks
Mass Demonstration of Lezim (Ghati) and Lezim (NFC)	10 Marks
Total	70 Marks

### **PC-303- Athletics: Jumping Event - 70 Marks**

Performance of Jumping event Long Jump/ Triple Jump	20 Marks
Performance in Track event High Jump/ Pole Vault	20 Marks
Running Style Demonstration of technique and style	20 Marks
Viva on Rules and Regulations for Officiating	10 Marks
Total	70 Marks

- Candidate shall maintain Athletic Book on Jumping Events. This Athletics book will be assessed internally.
- The athletic book shall include the following:
  - (i) Marking and Diagram of running track with start and finish lines of different races.
  - (ii) Apparatus and their measurements and weights.
  - (iii) Rules and regulations.
  - (iv) Style and Techniques.
  - (v) Officials and their duties.
  - (vi) Score sheets and records.

### **PC-304- General Lesson - 70 Marks**

- Ten supervised lessons taken throughout the session
- One lesson on any formal activity to be given, at the Final Examination

- Preparation of the Teacher and his positions:
  - (1) Plan of the lesson.
  - (2) Suitability of equipment and formation of the class.
  - (3) Teacher's personal turn-out and demonstrations.
  - (4) Report (Approach and Relationship).
  - (5) Leadership and teaching ability
  - (6) Self-confidence and self-responsibility. .
  - (7) Self Development and Initiative.
  - (8) Command and Control of the class
  - (9) Instructional techniques, i.e. Sequence of Teaching.
  - (10) Maintenance of the interest and spirit of the lesson and total impression, impact and effect of the lesson
  - (11) Activity, Enthusiasm
  - (12) Knowledge about the subject and maturity.

**Semester- IV**  
**Theory Courses**  
**TC-401 KINESIOLOGY**

- **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the concept of Kinesiology.
- Understand various Anatomic Fundamentals Terminology
- Understand the functions of different muscles, locations and actions
- Understand Application of Kinesiology
- Understand principles of movement and motion

**Unit – 1**

- Kinesiology - Definition, Aims and objectives, brief story, scope and limitations, importance in coaching and physical medicine.
- Anatomic Fundamentals Terminology of various types of movement, lever and its Kinds- importance in mechanical action, bony levers in the body, Muscle and bone relationship, Joints, their kinds and movements, planes and axes of body.

**Unit – 2**

- Structural and Functional classification of Muscles, Direction of muscle fibers and relation to muscle action, angle of pull.
- Location and Actions of the muscles acting on following points in their corresponding movements:-
  - i) Shoulder girdle and joint
  - ii) Neck joint
  - iii) Trunk joint
  - iv) Hip joint
  - v) Knee joint
  - vi) Ankle joint
  - vii) Elbow joint
  - viii) Wrist joint

**Unit – 3**

- Body positioning in sport especially in running, throwing, jumping, walking, ascending and descending movements, Importance of posture
- Application of Kinesiology:-
  - (i) Technique of analysis and evaluation of human motion in sport activities.
  - (ii) Application of kinesiology to the teaching of sport movement.



## **Unit – 4**

- Movement and its patterns :- Efficient movement, factors causing efficient movements, Rhythm Co-ordination, Practice, body positioning Factors affecting the efficient movement-friction, density of water and air, resistance, body surface force of gravity.
- Physical principles concerning motion
  - i) Principle of inertia
  - ii) Principle of equilibrium
  - iii) Principle of giving - impetus to external objects
  - iv) Principle of receiving the forceful object
  - v) Principle of moving one's own body in the air, water and on the ground.
  - vi) Principle of pulling, pushing and lifting the heavy objects.

### **Reference Books:**

1. Physiology of Exercises by Macurdy and Mekenzie.
2. Muscular Exercise by Eggleton M. Grace
3. Efficiency of Human Movements by N. B. Jauneler.
4. Physiology of Exercises & Kinesiology by Dr. Maya S. Madiwale (Amit Brothers Publications, Nagpur)
5. Kinesiology and the Anatomy Motion by E. N. Dural.
6. Psychology of Coaching by W. D. Lawther,
7. Scientific Basis of Athletic- Training by Morehous and Rasch.
8. Efficiency of Human Movement by Brown (W. B. Saunders Co.).
9. Kinesiology and Applied Anatomy by Rasch, Burke Lee and Febiger.
10. Kinesiology/ Biomechanics Made Easy by Dr. Sanjay Choudhari, Dr.Vivek Awsare, Dr. Vijay Datarkar, Dr. Tapan Bhadra.

## **Semester- IV**

### **Theory Courses**

#### **TC-402 YOGA**

- **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the Yoga and its historical development.
- Differentiate between various stages of Astanga Yoga.
- Demonstrate different Asanas, Pranayamas and Kriyas.
- Apply and demonstrate various benefits of Yoga to be applied in the field of sports.
- Relate Yoga with Health and Wellness.
- Develop Yogic Programs/schedules.

#### **Unit – 1**

- Yoga— Meaning, concept, mis-conceptions about Yoga-Relationship with Physical Education
- Historical Background of Yoga-Yogic Practices.

#### **Unit – 2**

- Yoga as a discipline of life Mode of living. Cults of Yoga
  - (i) Raj Yoga
  - (ii) Bhakti Yoga
  - (iii) Karma Yoga
  - (iv) Gyan Yoga.
- Hatha Yoga Philosophy

#### **Unit – 3**

- Astanga Yoga with special reference to :
  - i) Yama
  - ii) Niyama
  - iii) Asan
  - iv) Pranayama
- Types of Asanas and Pranayamas.
- Shat armas-Personal hygiene of Yoga: Six purifactory Methods of Yoga-Neti, Dhauti, Basti, Nauli, Gajkarni, Kunjal.

#### **Unit – 4**

- Bandhas, Mudras and Chakras of Yoga
- Recent advances in Yoga education. Yoga as a Science.
- The therapeutic values of Yogic Practices.
- Corrective values of Yogic Practices.

**Reference Books :**

1. Asanas: & Pranayam—Swami Kuvalayanand.
2. Yoga Personal Hygiene—Sri Yogendra.
3. Yogic Exercises by the Fit and the Ailing- S. Mazumdar.
4. Yoga by Dr. Anil Karwande
5. Yogic Asanas for Health and Vigour - Dr. Role.
6. Hatha Yoga—Go swami, S. S.
7. Practical Yoga : Ancient and Modern Wood, E,
8. Raj Yoga—Swami Vivekananda.
9. Bhakti Yoga—Swami Vivekananda

**Semester- IV**  
**Theory Courses**

**TC-403 METHOD IN PHYSICAL EDUCATION-II**

• **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the methods, types of classification.
- Understand the various types of competition and tournaments.
- Understand Construction and Marking of Standard Track and Play-fields for various games.
- Understand Public Relation in Physical Education.
- Understand How to organise sports meet.

**Unit – 1**

- Classification: Classification of pupils for routine Physical Education activities and competitions-various methods of Classifications; Their advantages and disadvantages.
- Types of Classification
  - i) Macloy Classification
  - ii) Nelson and Kozen Classification
  - iii) Y.M.C.A. Classification
  - iv) Tirunarayanan and Harihar Classification
- Factors of Classification

**Unit – 2**

Competition and Tournament

- Meaning and Importance of Competition
- Guiding Principles of Tournament Organization
- Types of Competition
  - i) Knock out Method
  - ii) League Method
  - iii) Combination Method
  - iv) Challenge Method
- Method of Drawing Fixtures

**Unit – 3**

- Construction and Marking of Play-fields for various games:- Kabaddi, Kho-Kho, Volleyball, Cricket, Football, Handball, Hockey, Basketball, Badminton, Ball Badminton, Lawn Tennis.
- Planning Layout and Marking of the Standard Running Track and Fields.
- Types of Track, Characteristics of Standard Track

#### **Unit – 4**

- Public Relation in Physical Education
  - i) Importance of Public Relation in Physical Education
  - ii) Method and Means of Public Relations
- Picnic and Hikes
  - i) Importance of Picnic
  - ii) Organisation of Picnic
  - iii) Principles of Picnic
- Intramural Competitions
- Extramural Competitions
- Organisation of Sports Meet

#### **Reference Books :**

1. Methods in Physical Education by Dambach J. C. Williams J. F. N. Schwendener
2. Methods in Physical Education by Dr. Deepak Kavishwar (S. M. Publisher)
3. Methods in Physical Education by Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)
4. Physical Education Lesson by Dr. J. P. Thomas.
5. The Sports Organizers Hand Book by Dr. Walthana (Weeks and H. A. Winkles.)
6. Methods in Physical Education by Kosman Cassidy Jackson.

**Semester- IV**  
**Elective Courses**  
**EC-401 REMEDIAL AND CORRECTIVE PHYSICAL EDUCATION**

• **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the Concept and Classification of Posture.
- Understand the various Postural Deformities.
- Understand different posture test and therapeutic exercise.
- Understand what Massage is.
- Understand different types of Massage.

**Unit – 1**

- Meaning, importance and scope of Posture.
- Concept and Classification of Posture
  - (i) Correct and Incorrect Posture
  - (ii) Static and dynamic Posture
  - (iii) Body type and Posture

**Unit – 2**

- Postural Deformities and Corrective Exercise
  - a) Kyphosis
  - b) Lordosis
  - c) Scoliosis
  - d) Flat foot
  - e) Bowed Legs,
  - f) Knocked knees

**Unit – 3**

1. Assessment of Posture-Posture Test
2. Therapeutic Exercise and their Classification
3. Principals of the Planning of the Programme of Corrective Physical Education in School

**Unit – 4**

1. A brief History of Massage
2. Principles of application of Massage.
3. A Classification of the Manipulations used in Massage and the effects of each such type on different systems of human body.
  - a) Stroking Manipulation
  - b) Pressure Manipulation
  - c) Percussion Manipulation
  - d) Shaking Manipulation.

4. Indications and Contraindications of Massage movements.
5. Massage in sport.

**Reference Books :**

1. Corrective Physical Education by Rathbone (J. I. H. B. Saunders and. Co)
2. Manual of Massage and Movement by Prof. E. M. Nero (Faber),
3. Therapeutic Exercises for Body Alignment and Function by William Maclimond. Catherine Worthinghaw (W. B. Saunders & Co.).
4. Massage and Medical Gymnastics by M. V, Lace (J. & A, Churchill Ltd.)
5. Preventive and Corrective Physical Education by Stafford and Kelly (Ronald Press Co. New York).
6. Tests and Measurements by McCoy and Young.
7. Principles of Exercise Therapy by Dana Garkinar (G. Bell & Son).
8. D. Tidy's Massage and Remedial Exercises for Medical and Surgical Conditions by Wale (Bristol, John Wright and Sons, Ltd.)

**Semester- IV**  
**Elective Courses**  
**EC-402 SWAYAM**

- **Any one course**



**Semester- IV**  
**Practical Courses**

**PC-401- Major Game: Wrestling/ Judo / Boxing / Taekwondo/ Karate**  
**(Any Two) - 70 Marks**

- Production of game book (Any two game of candidate's choice). The game book shall include the following points:
  - (i) History of the game.
  - (ii) Ground Measurement and Equipment's with diagram.
  - (iii) Player and their attire.
  - (iv) Rule and Regulations with interpretations
  - (v) Fundamental skills.
  - (vi) Lead up games.
  - (vii) Official signals and score shed.
- Students shall select two game as specialization for Annual Examination.

Distribution of marks for Annual Examination for the game of Specialization of one game	
Demonstration of fundamental skills of first game	15 Marks
Playing Efficiency of first game	10 Marks
Viva voce (Rules and Regulation) for officiating efficiency of first game	10 Marks
Demonstration of fundamental skills of second game	15 Marks
Playing Efficiency of second game	10 Marks
Viva voce (Rules and Regulation) for officiating efficiency of second game	10 Marks
Total	70 Marks

Note:- Candidate shall prepare a game book of the same two games which he has selected for annual examination for internal assessment.

**PC-402- Parallel Bar and Vaulting Box / Vaulting Horse (Boys)**  
**Balance Beam and Dance/Aerobics (Girls) - 70 Marks**

- Parallel Bars : Single March with straight Arms (Forward and Backward) Double March with straight Arras (Forward & Backward) Shoulder balance, Chest balance forward roll screw, Frog balance, Straddles Sit, Tiger balance, Backward roll, short. And Long Arm Balance, Hammock Hang, Dips, Rabbit chasing.
- Vaulting Box / Vaulting Horse: Star vault, wolf vault, between vaults, thorough vault. thief vault, straddle flank vault, squat vault, Front vault, head spring hand spring, dive over the box
- Beam Practices : Mounting and dismounting, Basic walk, run skip Turns, Pivot Turn, Squat Turn Swing Turn, Leg Squat Pose, Arabesque, Kneeling back ward pose, V-sit, Lung Pose.

- Dance/Aerobics : College shall provide the facilities to teach two folk dances to women students; the candidate will select one dance for Annual examination.

Distribution of marks		
Parallel Bar	Four practices of Examiner's choice	20 Marks
	Three practices of candidate's choice	15 Marks
Vaulting Box	Four practices of Examiner's choice	20 Marks
	Three practices of candidate's choice	15 Marks
Total		70 Marks
Balance Beam	Four practices of Examiner's choice	20 Marks
	Three practices of candidate's choice	15 Marks
Dance/Aerobics	Folk dance- 1	20 Marks
	Folk dance- 2	15 Marks
Total		70 Marks

#### **PC-403- Yoga - 70 Marks**

1. Yogasanas - Padmasana, Mats asana, Pashchimottanasana, Shalabhasana, Akarna Dhanurasana, Gomukhasana, Mayurasana, Hansasana, Padahasthasana, Lshtrasana, Naukasana, Vrik-shasana, Trikonasana, Janushirasana, Sarvangasana, Halasana, Kukkutasana
2. Pranayam – Chandrabhedan, Suryabhedan, Anulom-Vilom, Bhastrika, Ujjayi, Sheetali, Sheetkari, Bhramri
3. Kriyas:- Dhauti, Bhasti, Neti, Tratak, Nauli, Kapal Bhati

Distribution of marks	
Three Asanas of Examiner's choice	15 Marks
Three Asanas of candidate's choice	10 Marks
Three Pranayam of Examiner's choice	15 Marks
Three Pranayam of candidate's choice	10 Marks
One Kriya of Examiner's choice	10 Marks
One Kriya of candidate's choice	10 Marks
Total	70 Marks

#### **PC-404- Lesson on Games and Sports (Specific Lesson)- 70 Marks**

- Ten supervised lessons taken throughout the session
- One lesson on any major game to be given, at the Final Examination

- Preparation of the Teacher and his positions:
  - (1) Plan of the lesson.
  - (2) Suitability of equipment and formation of the .class.
  - (3) Teacher's personal turn-out and demonstrations. ,
  - (4) Report (Approach and Relationship).
  - (5) Leadership and teaching ability
  - (6) Self-confidence and self-responsibility. .
  - (7) Self Development and Initiative.
  - (8) Command and Control of the class
  - (9) Instructional techniques, i.e. Sequence of Teaching.
  - (10) Maintenance of the interest and spirit of the lesson and total impression, impact and effect of the lesson
  - (11) Activity, Enthusiasm
  - (12) Knowledge about the subject and maturity.

**Semester- V**  
**Theory Courses**  
**TC-501 TEST AND MEASUREMENT IN PHYSICAL EDUCATION**

- **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the Concept of Test and Measurement.
- Understand the various uses of Test and Measurement.
- Understand Validity, Reliability and Objectivity.
- Understand different Physical Fitness Test
- Understand different Sports Fitness Test

**Unit – 1**

- Meaning of Test and Measurement
- Need of Test in Physical Education
- Need of Measurement in Physical Education
- Use of Test and Measurement in Physical Education

**Unit – 2**

- Criteria of Test
- Validity, Reliability, Objectivity
- Norms and Standard
- Administration of Test- Advance Preparation, Duties during Testing, Duties after Testing

**Unit – 3**

Physical Fitness Test

- AAHPER youth fitness test
- National physical fitness test
- J.C.R. test
- Harward's Step test

**Unit – 4**

Sports Skill Test

- Lockhart and McPherson Badminton Test
- Johnson Basketball Ability Test
- McDonald Soccer Test
- Rustle Lange Volleyball Test
- SAI Hockey Test

**Reference Books:**

1. Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark: HoStorm.
2. Barron, H. M., & Mchee, R. (1997). A practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
3. Barron, H.M. & Mchee, R. (1997). A Practical approach to measurement in physical education. Philadelphia: Lea and Febiger. 57
4. Awasare, Vivek G. & Joshi, A.R. (2015) Test, Measurement & Evaluation in Physical Education, Nagpur : Amit Brothers Publications
5. Charde, S.K., Hussain, Showkat & Kanwar, A.R. (2013) Test, Measurement and Evaluation in Physical Education, Nagpur: Amit Brothers Publications
6. Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi: D.V.S. Publications.
7. Mathews, D.K., (1973). Measurement in physical education, Philadelphia: W.B. Saunders Company.
8. Pheasant, S. (1996). Body space: anthropometry, ergonomics and design of work. Taylor & Francis, New York. Phillips.
9. D. A., & Hornak, J. E. (1979). Measurement and evaluation in physical education. New York: John Wiley and Sons.
10. Sodhi, H.S., & Sidhu, L.S. (1984). Physique and selection of sports- a kinanthropometric study. Patiala: Punjab Publishing House.
11. Awasare, V. & Joshi, A. (2017). Sharirik Shiksha Me Parikshan, Mapan Avm Mulyankan. Nagpur: Amit Brothers Publication.

**Semester- V**  
**Theory Courses**

**TC-502 FUNDAMENTALS OF COMPUTER IN PHYSICAL EDUCATION**

• **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the importance of computers in Physical Education.
- Understand the Uses of computers in Physical Education.
- Understand various storage devices of computer.
- Understand basic concept of MS Office
- Understand concept of networking, search engine

**Unit – 1**

- What is a computer
- Need and Importance of computers literacy in Physical Education
- Characteristics of computers and Evolution of computers
- Types of computers, limitations of computer
- Uses of computers in Physical Education

**Unit – 2**

- RAM, ROM, PROM & EPROM, CACHE Memory
- Memory storage devices, Mass storage devices
- Types, Uses, Advantages and Limitations of Various storage devices.

**Unit – 3**

- Basic Concepts of Ms. Office
- Introduction to Ms. Word
- Introduction to Ms. Excel.
- Introduction to Ms. Powerpoint.

**Unit – 4**

- Basic concepts of Networking
- Network types(LAN, WAN, MAN), LAN components
- Electronic mail, file transfer protocol, Telnet, Usenet
- The world wide web, WWW browsers
- Uses of the internet
- Search engines

**Reference Books :**

1. Irtegov, D. (2004). Operating system fundamentals. Firewall Media.
2. Marilyn, M. & Roberta, B. (n.d.). Computers in your future. 2nd edition, India: Prentice Hall.
3. Milke, M. (2007). Absolute beginner's guide to computer basics. Pearson Education Asia.
4. Sinha, P. K. & Sinha, P. (n.d.). Computer fundamentals. 4th edition, BPB Publication.

**Semester- V**  
**Theory Courses**  
**TC-503 SPORTS SOCIOLOGY**

- **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the Concept of Sports Sociology
- Understand the importance of Sports Sociology in Physical Education and Sports.
- Understand the meaning of socialisation.
- Understand concept of Sports for All.
- Understand relation between Sports and Social System

**Unit – 1**

- Meaning and Scope of Sports Sociology
- Sports Sociology as a discipline
- Need and Importance of Sports Sociology in Physical Education and Sports
- Sports as a social occurrence
- Effect of Appearance, Sociability and Specialisation on Sports Participation

**Unit – 2**

- Socialisation through Games and Sports
- Sports as an element of Society
- Sports as an element of Cultural Development
- Sports as an art

**Unit – 3**

- Social Stratification in Sports
- Demonstration in Sports
- Sports and Women
- Sports and Children
- Sports and other Adults

**Unit – 4**

Sports and Social System

- Competition and Co-operation
- Sports and Politics
- Sports and Economy
- Sports and National / International Brotherhood

**Reference Books :**

1. Sharma, S.R., Sociological Foundation in Physical Education and Sports, Friends Publication, New Delhi.
2. Singh, Kawaljeet, Sociology of Sports, Friends Publication, New Delhi.
3. Sing, Bhupinder, Sports Sociology- An Indian Perspective, Friends Publication, New Delhi.
4. Yobu, A. – Sociology of Sports, Friends Publication, New Delhi.



**Semester- V**  
**Elective Courses**  
**EC-501 MANAGEMENT IN PHYSICAL EDUCATION**

• **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the Concept of Sports Management
- Understand the importance of Sports Management in Physical Education and Sports.
- Understand the Principles Management
- Understand the Sports Management in Schools, Colleges and Universities.
- Understand concept of Budget
- Understand concept of Leadership, Forms of Leadership

**Unit – 1**

- Meaning, Importance and Scope of Management in Physical Education and Sports.
- Principles of Management
- Elements of Management- Planning, Organising, Staffing, Directing and Co-ordination, Supervision, Improvement / Follow-up

**Unit – 2**

- Sports Management in Schools, colleges and Universities.
- Factors affecting planning
- Planning a school or college sports programme.
- Directing of school or college sports programme.
- Controlling a school, college and university sports programme.
  - i) Developing performance standard
  - ii) Establishing a reporting system
  - iii) Evaluation
  - iv) The reward/punishment system

**Unit – 3**

- Meaning and Importance of Budget in physical education
- Budget Making (Steps, Areas of Income and Expenditure)
- Criteria of good Budget
- Principles of Budgeting

**Unit – 4**

- Meaning and Definition of leadership
- Leadership style and method.
- Elements of leadership.
- Forms of Leadership
  - i) Autocratic

- ii) Laissez-faire
  - iii) Democratic
  - iv) Benevolent Dictator
- Qualities of administrative leader

**Reference Books :**

1. Ashton, D. (1968).Administration of physical education for women.New York: The Ronal Press Cl.
2. Bucher, C.A. Administration of physical education and athletic programme. 7th Edition, St. Louis: The C.V. Mosby Co.
3. Daughtrey, G. & Woods, J.B. (1976).Physical education and intramural programmes,organisation and administration.Philadelphia U.S.A. : W.B. Sounders Cp.
4. Earl, F. Z, & Gary, W. B. (1963).Management competency development in sports and physicaleducation. Philadelphia: W. Lea and Febiger.
5. Mudliar, A. & Sonare, S.(2018). Sports Management.New Delhi:Angel Publication.

**Semester- V**  
**Elective Courses**  
**EC-502 SWAYAM**

- **Any one course**

**Semester- V**  
**Practical Courses**

**PC-501- Major Game: Cricket /Basketball /Lawn Tennis/Softball/Korfball**  
**(Any Two) - 70 Marks**

- Production of game book (Any two game of candidate's choice). The game book shall include the following points:
  - (i) History of the game.
  - (ii) Ground Measurement and Equipment's with diagram.
  - (iii) Player and their attire.
  - (iv) Rules and Regulations with interpretations
  - (v) Fundamental skills.
  - (vi) Lead up games.
  - (vii) Official signals and score shed.
- Students shall select two games as specialization for Annual Examination.

Distribution of marks for Annual Examination for the game of Specialization of one game	
Demonstration of fundamental skills of first game	15 Marks
Playing Efficiency of first game	10 Marks
Viva voce (Rules and Regulation) for officiating efficiency of first game	10 Marks
Demonstration of fundamental skills of second game	15 Marks
Playing Efficiency of second game	10 Marks
Viva voce (Rules and Regulation) for officiating efficiency of second game	10 Marks
Total	70 Marks

Note:- Candidate shall prepare a game book of the same two games which he has selected for annual examination for internal assessment.

**PC-502- Internship (Internal Assessment) - 100 Marks**

<b>Internship (Any One)</b>	<b>Criterion</b>	<b>Total Hours</b>	<b>Marks</b>
1. Teaching	Taking Assembly	-----	20
	Sports and Games Period	70 Hours	50
	Organization of any Sports Event	-----	30
	Total		100
2.Coaching	Coaching Camp at Club Level or Coaching to Club Team at Tournament	3 Weeks or 70 Hours	60
	Coaching Camp at District Level or Coaching to District Team at Tournament	3 Weeks or 70 Hours	70
	Coaching Camp at State Level or Coaching to State Team at Tournament	3 Weeks or 70 Hours	80
	Coaching Camp at National / International Level or Coaching to National / International Team at Tournament	3 Weeks or 70 Hours	100
3.Training	Training Camp at Club Level or Trainer of Club Team at Tournament	3 Weeks or 70 Hours	60
	Training Camp at District Level or Trainer of District Team at Tournament	3 Weeks or 70 Hours	70
	Training Camp at State Level or Trainer of State Team at Tournament	3 Weeks or 70 Hours	80
	Training Camp at National / International Level or Trainer of National / International Team at Tournament	3 Weeks or 70 Hours	100
4.Officiating	Officiating at Club Level (Two Tournament)	-----	60
	Officiating at District Level (Two Tournament)	-----	70
	Officiating at State Level (Two Tournament)	-----	80
	Officiating at National / International Level Tournament	-----	100

**PC-503- Athletics: Throwing Event - 70 Marks**

Performance in Throwing Event Shot-Put / Hammer	20 Marks
Performance in Throwing Event Discus / Javelin	20 Marks
Throwing Style Demonstration of technique and style	20 Marks
Viva on Rules and Regulations for Officiating	10 Marks
Total	70 Marks

- Candidate shall maintain Athletic Book on Throwing Events. This Athletic book will be assessed internally .
- The athletic book shall include the following:
  - (i) Marking and Diagram of running track with start and finish lines of different races.
  - (ii) Apparatus and their measurements and weights.
  - (iii) Rules and regulations.
  - (iv) Style and Techniques.
  - (v) Officials and their duties.
  - (vi) Score sheets and records.

**PC-504- Lesson on Specialised Games and Sports (Specific Lesson) – 70 Marks**

- Ten supervised lessons taken throughout the session
- One lesson on any major game to be given, at the Final Examination
- Preparation of the Teacher and his positions:
  - (1) Plan of the lesson.
  - (2) Suitability of equipment and formation of the class.
  - (3) Teacher's personal turn-out and demonstrations. ,
  - (4) Report (Approach and Relationship).
  - (5) Leadership and teaching ability
  - (6) Self-confidence and self-responsibility. .
  - (7) Self Development and Initiative.
  - (8) Command and Control of the class
  - (9) Instructional techniques, i.e. Sequence of Teaching.
  - (10) Maintenance of the interest and spirit of the lesson and total impression, impact and effect of the lesson
  - (11) Activity, Enthusiasm
  - (12) Knowledge about the subject and maturity.

## **Semester- VI**

### **Theory Courses**

#### **TC-601 ORGANISATION AND ADMINISTRATION IN PHYSICAL EDUCATION**

##### **• LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the Concept of Organisation and Administration
- Understand the Professional Preparation
- Understand the Various Facilities, Equipment
- Understand the concept of Programme Planning
- Understand concept of Budget
- Understand concept of Camping

##### **Unit – 1**

- Introduction:-Definition of Terms, Importance, objection, Guiding Principles of Organisation and Administration
- Schemes of Organization:- N. F.C, N.C.C, School Sport.
- Professional Preparation:- Qualities of a Teacher Training, Problems facing the Teacher, Students Leadership.

##### **Unit – 2**

- Facilities:- Construction and care of Gymnasia, Swimming Pools, Playing Fields, Playing Grounds.
- Equipment:- Need, purchase, maintenance issue and disposal.
- Evaluation.
- Supervision –definition, types and methods of supervision

##### **Unit – 3**

- Programme Planning: Principles and Factors affecting the time-table, preparing time-tables, Scheduling School Sports, Problems of School Sports, Intra-murals, Extra-murals, Inter-Institutional.
- Records and Registers; Attendance, Tests, Health and Character, Extra-Curricular Activities.

##### **Unit – 4**

- Budget and Finance : Preparation of Budget, Administration, Rules of Expenditure, Forms and Routine of Payments and entries. Accounting and Auditing.
- Organizations working in the field of Physical Education in India.
- Camping: Meaning, Educational Value and types of Camps Leadership, Location of Camps, Health and Safety, Food and Programme.

**Reference Books:**

1. Voltmer and Hsslinger : Organization and Administration.
2. Joseph, P. M. : Organization of Physical Education
3. Organisation, Administration and Supervision (Hindi Medium) : Dr. Jitendra Kumar Thakur (Amrut Prakashan)
4. Organisation, Administration & Supervision : Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)
5. Hughes and French : Administration of Physical Education.
6. Thomas, J. P. : Organization of Physical Education.
7. Bucher : Administration of School Health and Physical Education,
8. Forsythe and Duncan : Administration of Physical Education.
9. Dhatrak, S., Barokar, V., Awsare, V. (2019). Sharirik Shiksha Me Sangathan Tatha Prashasan, New Delhi: Nipun Prakashan
10. Thakur, J. Sangathan, Prashasan Aur Paryavekshan, Nagpur:Amrut Prakashan



**Semester- VI**  
**Theory Courses**  
**TC-602 PRINCIPLES OF OFFICIATING AND COACHING**

- **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the Concept of Coaching, Teaching and Training
- Understand the Concept of Conditioning
- Understand the Various types of Training
- Understand the concept of player selection
- Understand concept of Officiating

**Unit – 1**

- Coaching, Teaching and Training
- Principles of Coaching
- Personality of a Coach.
- Methods of Presenting Skills.

**Unit – 2**

- Principles of Conditioning
- Methodical Principles of Weight Training, Isometric Training, Circuit Training, Cross-Country, Fartlek Training, Pressure Training and Sprint Training.
- Basic Principles and Planning of Training Schedule
- Maintenance of Fitness.

**Unit – 3**

- Selection of Players
- Measures for maintaining and stimulating the interest of students in Games and Sports
- Analysis of individual and Learn Performance
- Sports hygiene.

**Unit – 4**

- Official - his qualities -and duties
- Factors influencing Officiating
- Record sheets, Facilities, Techniques, Strategies and Rules and their Interpretations of the following:
- Athletics, Foot-Bail, Hockey, Volley-Ball, Basket-Ball, Cricket, Kabaddi, Kho-Kho, Gymnastics and Wrestling, Also for girls Net-ball, Throw-ball, Badminton, Table-Tennis etc.

**Reference Books :**

1. Harold, Abraham, and Jack Crumps; Athletics (The Naldrett Press, London).
2. Doherty: Modern Track and Field,
3. Miller: Fundamentals of Track and Field.
4. D, B. Cromwell ; Championship Technique in Track and Field.
5. Breshnaham and Tuttle : Track and Field.
6. Officiating and Coaching : Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)
7. Meeley : Test and Measurements.
8. Webster : Scientific Principles of Coaching
9. Abraham C. C. , : Basket-Ball for Women (Y. M. C,A, Publishing House Calcutta).
10. Allen C. Forrest : Better Basket-Ball, technique, Tactics
11. Bee Clair : The Service Coaching
12. Toby Dave : Basket-Ball Officiating
13. John Buna : Basket-Bali Methods.
14. Sir Pelham Warner : The Book of Cricket
15. H. S. Althaw and E, W. Swention : History of Cricket
16. Reg. Simpson : Cricket.
17. Dhanraj Hubert : Volley-Ball Hand Book
18. C. P. Emery : Modern Volley- Ball
19. Laneaga Robert : Volley-Ball
20. Figon & Holard : Hockey
21. Milford ; Hockey Practice and Tactics
22. Norwan F. Bonnet : Improving Your Hockey
23. Dhyanchand : Gopal Sports and Pastime
24. Casewell, E. : Soccer for Junior and Senior High Schools
25. Coyen Herbert, E. : Coaching, of Soccer
26. The Foot-Ball Association : Reference Chart
27. The Foot-Ball Association : How to Become a Referee
28. The Foot-Bail Association : Coaching Manual
29. John W.-Bunn : The Art of Officiating Sports
30. E. C. Callaghev & Rex Perry : Wrestling
31. Encyclopedia of Indian Physical Culture, Baroda
32. S. S. Naval Institute : Wrestling.
33. Rathod, H.D., Kaur, H. Nirnayan Tatha Adhishiksha, New Delhi:Nipun Prakashan
34. Thakur, J. Nirnayan Tatha Adhishiksha, New Delhi:Sports Publication
35. Budhe, A. and Budhe, A. Nirnayan Tatha Adhishiksha, New Delhi:Nipun Prakashan

**Semester- VI**  
**Theory Courses**  
**TC-603 SPORTS INJURIES AND REHABILITATION**

- **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the Concept of Rehabilitation
- Understand the Effects and uses of the Various Therapeutic modalities
- Understand the Concept of Physiotherapy
- Understand Sports Injuries

**Unit – 1**

- Rehabilitation: Definition, Objectives and Scope
- Contribution of Physical Education Teacher and coaches in rehabilitation
- Need and importance of the study of sports injuries in the field of physical education

**Unit – 2**

- Effects and uses of the Therapeutic modalities in
  - i) Cold Therapy
  - ii) Hydrotherapy
  - iii) Infra-red
  - iv) Contrast Bath
  - v) Wax Bath Therapy

**Unit – 3**

- Physiotherapy:- Definition, Guiding Principles and Importance
- Introduction and demonstration of treatments
  - i) Electrotherapy
  - ii) Ultraviolet Rays
  - iii) Short Wave Diathermy
  - iv) Ultrasonic Rays

**Unit – 4**

- Common sports injuries and their Treatment, First aid:  
Sprain, Strain, Contusion, Abrasion, Dislocation
- Types of Fractures and their Treatment, First aid
- Various types of wounds and haemorrhages with general rules of treatment.

**Reference Books :**

1. Christine, M. D., (1999). Physiology of sports and exercise. USA: Human Kinetics. Conley, M. (2000).
2. Bioenergetics of exercise training. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90).
3. Champaign, IL: Human Kinetics. David, R. M. (2005).
4. Drugs in sports, (4th Ed). Routledge Taylor and Francis Group. Hunter, M. D. (1979).
5. A dictionary for physical educators. In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education (pp. 573-74). Philadelphia: Lea & Febiger.
6. Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003. Khanna, G.L., (1990).
7. Exercise physiology & sports medicine. Delhi: Lucky Enterprises. Mathew, D.K. & Fox, E.L, (1971).
8. Physiological basis of physical education and athletics. Philadelphia: W.B. Saunders Co. Pandey, P.K., (1987).
9. Outline of sports medicine, New Delhi: J.P. Brothers Pub. Williams, J. G. P. (1962). Sports medicine. London: Edward Arnold Ltd.

**Semester- VI**  
**Elective Courses**  
**EC-601 PRINCIPLES OF SPORTS TRAINING**

- **LEARNING OUTCOME**

**After completing this course, the students will be able to**

- Understand the Concept of Sports Training
- Understand the Principles of Sports Training
- Understand the Components of Physical Fitness and their Development
- Understand Concept of Training Plan
- Understand Concept of Doping

**Unit – 1**

- Meaning and Definition of Sports Training
- Aim and Objective of Sports Training
- Principles of Sports Training
- System of Sports Training – Basic Performance, Good Performance and High Performance Training

**Unit – 2**

- Training Load - Definition and Types of Training Load, Factors of Training Load
- Over Load - Meaning and Types of Over Load, Causes of Over Load, Symptoms of Over Load
- Strength - Means and Methods of Strength Development
- Speed - Means and Methods of Speed Development
- Endurance - Means and Methods of Endurance Development
- Flexibility - Means and Methods of Flexibility Development

**Unit – 3**

- Concept of Training Plan
- Types of Training Plan
- Meaning and Importance of Periodization
- Content of Periodization – Preparatory, Competition, Transitional
- Types of Periodization

**Unit – 4**

- Definition of Doping
- Side effects of Drugs
- Dietary Supplements
- IOC list of Doping Classes and Methods
- Blood Doping

**Reference Books :**

1. Dick, W. F. (1980).Sports training principles.London: Lepus Books.
2. Harre, D.(1982).Principles of sports training.Berlin: Sporulated.
3. Jensen, R. C.& Fisher, A.G. (1979). Scientific basis of athletic conditioning. Philadelphia: Lea and Fibiger, 2ndEdn.
4. Kanwar, R.C. (1999) Scientific Methods of Training and Coaching. Nagpur: Amit Brothers Publications
5. Matvyew, L.P. (1981).Fundamental of sports training. Moscow: Progress Publishers.
6. Singh, H. (1984).Sports training, general theory and methods.Patials: NSNIS.
7. Uppal, A.K., (1999).Sports Training.New Delhi: Friends Publication.
8. Barokar, V., Dhatrak, S. & Awsare, V. (2019). Khel Prashikshan. New Delhi: Nipun Prakashan

**Semester- VI**  
**Elective Courses**  
**EC-602 SWAYAM**

- **Any one course**

**Semester- VI**  
**Practical Courses**

**PC-601- Officiating on Specialised Game and Sports - 70 Marks**

Demonstration and Viva in officiating in First game	35 Marks
Demonstration and Viva in officiating in Second game	35 Marks
Total	70 Marks

**PC-602- Malkhamb (Boys) / Balance Beam (Girls) – 70 Marks**

1. Malkhamb Practices (Boys) : Sada Dasrang, Hathki and Pairkl, Firki, Guru Pakad, Doao Pairka Suidora, Bagli, Farara, Bagli, Tedhi, Jhap, Asanas onb, Malkhamb Machhali chain, Mayoorkpankhi, Eil Hathi, wel, Bajrang farara, Khanda Ud-Ek Hati Dasrang.
2. Beam Practices (Girls): Mounting and dismounting, Basic walk, run skip Turns, Pivot Turn, Squat Turn Swing Turn, Leg Squat Pose, Arabesque, Kneeling back ward pose, V-sit, Lung Pose.

Distribution of marks	
Five Practices of examiner's choice	35 Marks
Five Practices of candidate's choice	35 Marks
Total	70 Marks

**PC-603- Massage and First Aid – 70 Marks**

Skills in Massage and First Aid:

- Massage: Types of Massage and effects of massage on body system.
- First Aid: (a) Bleeding wounds, fracture, dislocation, drowning.  
(b) Types of bandages, carrying injured players.

Distribution of marks	
Four types of Massage of Examiner's choice (Demonstration)	40 Marks
Viva on First aid for any two Injuries	15 Marks
Viva on Types of Bandages or carrying the injured players	15 Marks
Total	70 Marks



### **PC-604- Lesson on Athletics (Specific Lesson)- 70 Marks**

- Ten supervised lessons taken throughout the session
- One lesson on running or jumping or throwing event to be given, at the Final Examination
- Preparation of the Teacher and his positions:
  - (1) Plan of the lesson.
  - (2) Suitability of equipment and formation of the .class.
  - (3) Teacher's personal turn-out and demonstrations. ,
  - (4) Report (Approach and Relationship).
  - (5) Leadership and teaching ability
  - (6) Self-confidence and self-responsibility. .
  - (7) Self Development and Initiative.
  - (8) Command and Control of the class
  - (9) Instructional techniques, i.e. Sequence of Teaching.
  - (10) Maintenance of the interest and spirit of the lesson and total impression, impact and effect of the lesson
  - (11) Activity, Enthusiasm
  - (12) Knowledge about the subject and maturity.