

Gondwana University, Gadchiroli



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

Effect From:- 2023-2024

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- 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. Ramchandrarao Kirloskar and Laxmanrao Kirloskar
2. Sudha Murty
3. Muhammad Yunus

Unit – III – Poetry

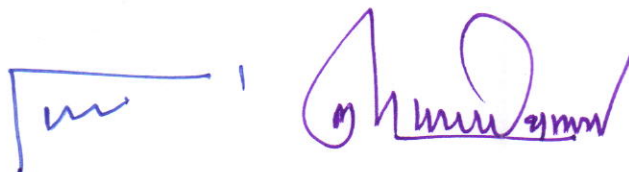
1. In the Bazaars of Hyderabad – Sarojini Naidu
2. Daffodils – William Wordsworth
3. To Autumn – John Keats
4. The Highwayman – Alfred Noyes

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 - ८ - निबंध सामान्य

विषय पर निबंध।

निबंध साहित्य : परिभाषा, स्वरूप, तत्व एवं प्रकार। इकाई

- ८. गद्य विभाग

- | | | | |
|----------------|--|---|-------------------|
| 1 ^प | संत साहित्य की ऐतिहासिक भूमिका ; निबंध | - | रामविलास शर्मा |
| 2 ^प | सलाम ; कहानी | - | ओमप्रकाश वाल्मीकि |
| 3 ^प | आवाज का नीलाम ; एकांकी | - | डॉ. धर्मवीर भारती |
| 4 ^प | पहिला सफेद बाल ; व्यंग्य | - | हरिषंकर परसाई |

इकाई - ९ - पद्य विभाग

- | | | | |
|----------------|-----------------------|---|------------------|
| 1 ^प | | - | मैथिलीशरण गुप्त |
| 2 ^प | जीवन नहीं मरा करता है | - | गोपालदास 'नीरज' |
| 3 ^प | जो षिलाएं तोड़ते हैं | - | केदारनाथ अग्रवाल |
| 4 ^प | हंसो हंसो जल्दी हंसो | - | रघुवीर साहाय |

इकाई - १० - द्रुत वाचन

- | | | | |
|----------------|--------------------------------|---|------------------------|
| 1 ^प | नमक का दारोगा ; कहानी | - | प्रेमचंद |
| 2 ^प | चोरी और प्रायश्चित्त ; आत्मकथा | - | महात्मा गांधी |
| 3 ^प | मां पर नहीं लिख सकता कविता | - | डॉ. चन्द्रकांत देवताले |
| 4 ^प | एक अजीब - स्त्री मुश्किल | - | कुँवर नारायण |

Reference :

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

मराठी

ग विभाग :
घ

1 ^प	पाखला बाळक पांगुरवब	-	म्हाडमंट
2 ^प	षिक्षवा	-	महात्मा फुले
3 ^प	तरुवांनै निर्मय बना, फुलू बना!	-	स्वामी विवेकानंद
4 ^प	कोकराची कथा	-	अरविंद गोखले
5 ^प	नवर्वांच्या रुदयाचलावर उद्योगाच	ध्वजारोपवा	- रत्नसंत तुकडोजी महाराज

प विभाग :
घ

1 ^प	माय मराठी	-	मुलू राज
2 ^प	ज्ञानेश्वरांचे अभंग	-	अद्द धनु वाजे षवषवा ;विरावयाद्द
		-	अद्द पैल तो ये काळ कोकताई
3 ^प	दवाच शंब	-	केशवसुत
4 ^प	भू दे काठिवय माझे	-	बा.सी.महेंकर
5 ^प	चार षद	-	नारायण सुर्व

व्यावहारिक मराठी :

1. व्यावहारिक मराठी : स्वरूप आणि भूमिका
2. भाषिक स्वावलंब्यवहाराची मूलतत्त्व

Reference :

अभ्यास ३ - साहित्यरंग भाग 1 - राष्ट्र 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, Boyle'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).

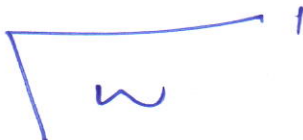
Unit – 4 : Nutrition

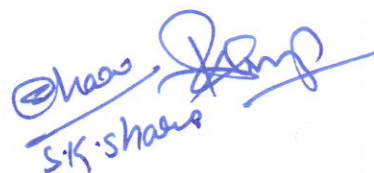
- Meaning and Definition of Sports Nutrition
- Basic Nutrition guidelines
- Meaning , Classification and Functions of Carbohydrates, Proteins, Fats, Vitamins, Minerals and Water
- The mechanism of nutrition food, its digestion and absorption. Metabolism.
- Role of Nutrition in Sports

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 Pirrries 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

Shubham

For 1

Shubham

Shubham

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

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- 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, Latissimus Dorsi. Bicepsbrachii, Brachioradialis, Brachialis, Triceps, Pector Major and Minor Sartorius Gluteus Maximus, Biceps Femoris, Rectus Femoris, Gastrocnemius, Soleus, Tibialis Posterior, Peroneus, Tibialis Anticus, 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 Manziess (Edited by Hartrige 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

Chandana

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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

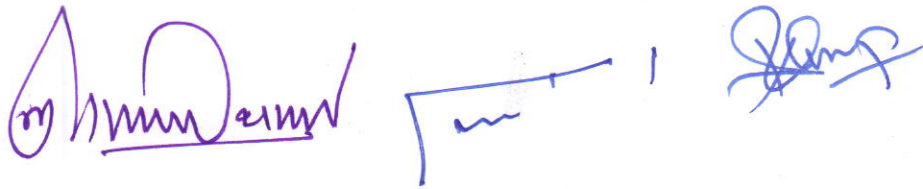
- Discipline and Behaviour.
- Individual Differences,
- The Psychology of the Group.

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 & Councelling by Dr. Ramesh Chand Kanwar
6. Solving Personal Problems. By Elliot.

Three handwritten signatures in purple ink are present. The first signature on the left is large and stylized, appearing to read 'Ramesh Chand Kanwar'. The middle signature is smaller and less legible, possibly 'Elliot'. The third signature on the right is also stylized and illegible.

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. Sharman.
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. Sharirik Shiksha Ke Siddhant Va Itihas by Dr. Maheshchand Sharma and Santosh Kumar Sharma, Sports Publication , Delhi.
9. History of Physical Education by Eraj Ahmed Khan.
10. Brief History of Physical Education by Emmel A. Rice
11. Physical Education in India. National Association of Physical Education and Recreation, Association of Physical Education and Recreation, India.
12. History of Physical Education by F. E. Leonard and George B. Affleck.
13. Sharirik Shiksha Ka Etihad. 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)

Chand Kanwar

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Semester- II
Elective Courses
EC-202 SWAYAM

- Any one course









2

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 - Mas 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 Exersice 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 Somarsault.

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

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- 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.
- O₂ utilization, O₂ 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

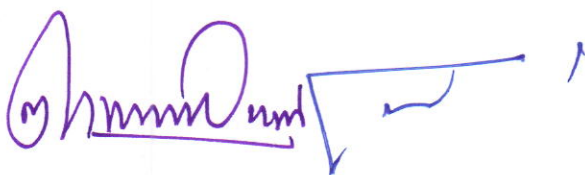
- Aim and Importance of Methods in Physical Education
- Methods of teaching in Physical Education
- Types of Method
 - i) Orientation
 - ii) Lecture
 - iii) Demonstration
 - iv) Exploration
 - v) Practice
 - vi) Discussion
 - vii) Part and Whole Method
 - viii) Observation
- Principles of Methods

Unit – 2

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

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. Sharirik Shiksha ki PAddhatiyan by Dr. Maheshchand Sharma, Khel Sahitya Kendra, Delhi.
4. 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- II
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

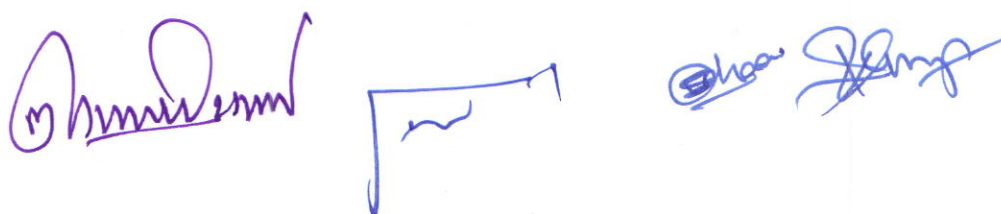
- Special adapted programme for various types and categories of physical disability.
- Regular physical activity Informal games and special activity, Informal and formal competitions.

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 Educationl Sports Publications
- 2) Arthur G. Miller & James, —Teaching Physical Activities to impaired youthl John Wilag & Sons Inc. Canada.
- 3) Arthur S. Daniels & Euilya , —Adapted Physical Educationl, Harpet & Row Publisher- New York.
- 4) Auxter, Byler, Howtting, —Adapted Physical Education and reactionsl
- 5) Morbey-St. Louis Missouri. K. Park, —Preventive Social Medicine M/s Banaridas Bhanot Publishers Prem Nagar Jabalpur.
- 6) Ronald W. French, & Paul J., —Special Physical Educationl, Charles E. Merrics Publishing Co. Edinburgh
- 7) Ohio. Shekar KC, Adapted Physical Education (Khel Sahitya 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

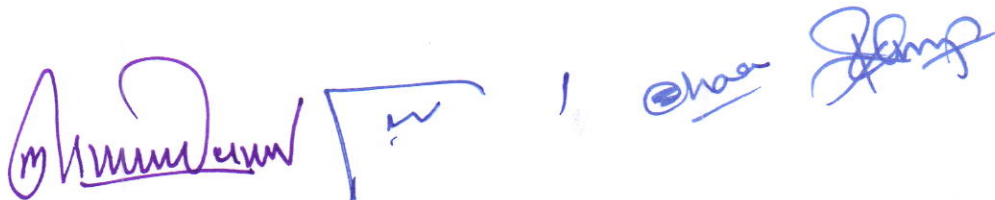
- Meaning of Group Work
- Nature and Objective of group work.
- Group dynamics : Some general principles.
- The role of the leader in the group.

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

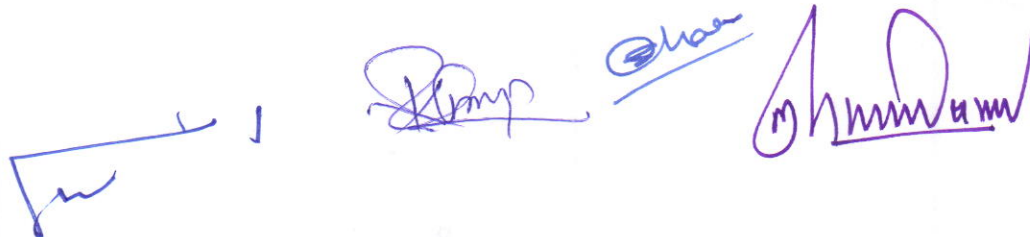
Reference Books :

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

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

- Any one course

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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, P. mitra, 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.




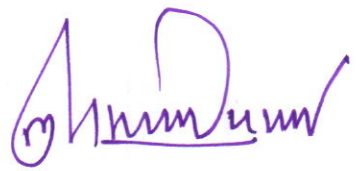
(8) Command and Control of the class

(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

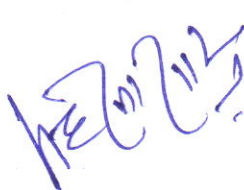
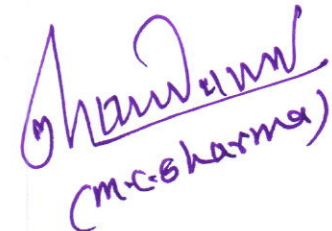
(12) Knowledge about the subject and maturity.

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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.

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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 Mckenzie.
2. Muscular Exercise by Eggleton M. Grace
3. Efficiency of Human Movements by N. B. Jauneler.
4. Kinesiology and Biomachanics in Physical Education by Dr. Maheshchand Sharma and Kuljeet Kaur M. Sharma (Sports Publication, New Delhi)
5. Essentials of Sports Biomachanics, By. Dr. Kuljeet Kaur Maheshchand sharma and Mr. Santosh Kumar Sharma, Sports Publication Delhi.
6. Kinesiology and the Anatomy Motion by E. N. Dural.
7. Physiology of Exercise by Dr. Anis Ahmed Khan (Sports Vision, New Delhi)
8. Psychology of Coaching by W. D. Lawther,
9. Scientific Basis of Athletic- Training by Morehous and Rasch.
10. Efficiency of Human Movement by Brown (W. B. Saunders Co.).
11. Kinesiology and Applied Anatomy by Rasch, Purke Lee and Febiger.
12. Biomechanics and Kinesiology by Dr. Anis Ahmed Khan (Angel Publication, New Delhi)
13. 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. Ma zumdar.
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
10. Yoga and Sports Performance- Dr. Mahesh Joshi, Angel Publication, New Delhi.



**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

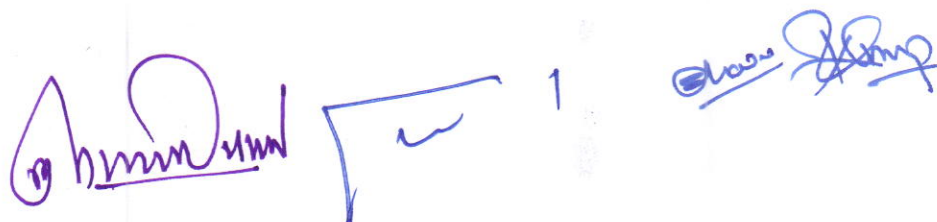
- Construction and Marking of Play-fields for various games:- Kabaddi, Kho-Kho, Volleyball, Cricket, Football, Handball, Hockey, Basketball, Badminton, Ball Badminton, Lawn Tennis.
- Planning Layout and Marking of the Standard Running Track and Fields.
- Types of Track, Characteristics of Standard Track

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.

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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. Principles of the Planning of the Programme of Corrective Physical Education in School

Unit – 4

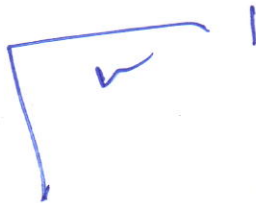
1. A brief History of Massage
2. Principles of application of Massage.
3. A Classification of the Manipulations used in Massage and the effects of each such type on different systems of human body.
 - a) Stroking Manipulation
 - b) Pressure Manipulation
 - c) Percussion Manipulation
 - d) Shaking Manipulation.

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, Lase (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.)


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Semester- IV
Elective Courses
EC-402 SWAYAM

- Any one course

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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 Arms (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, Sheetal, 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 demonstration.

(4) Report (Approach and Relationship).

(5) Leadership and teaching ability

(6) Self-confidence and self-responsibility.

(7) Self Development and Initiative.

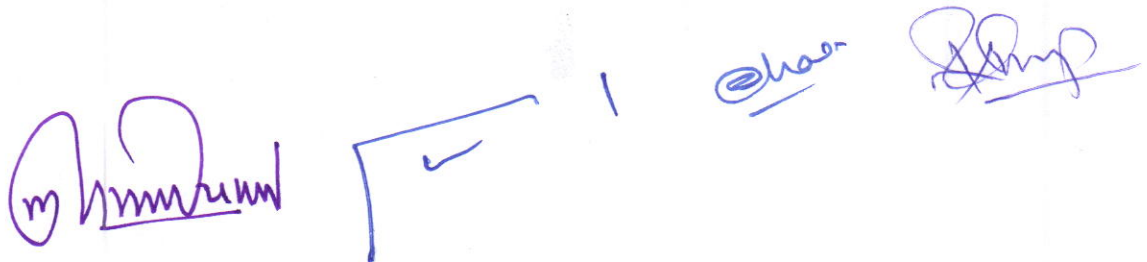
(8) Command and Control of the class

(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

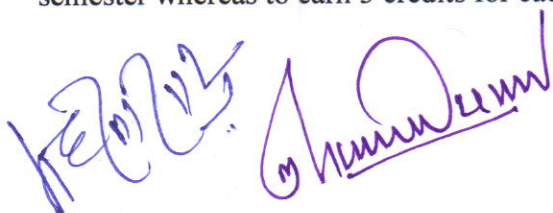
(12) Knowledge about the subject and maturity.

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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- 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

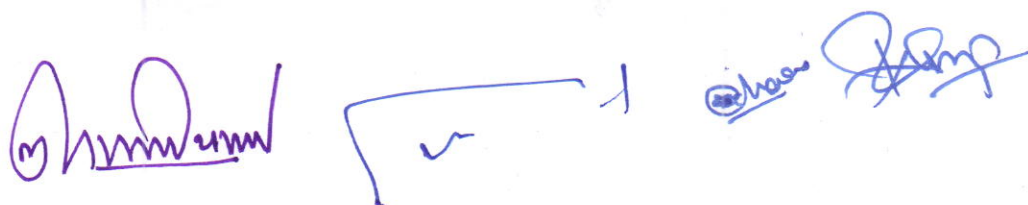
Unit – 4

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

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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

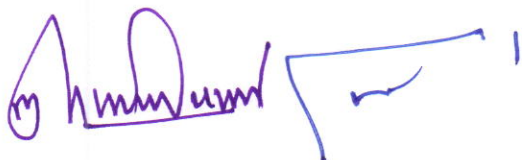
Unit – 4

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.

A stylized handwritten signature in purple ink, possibly reading 'Kawaljeet Singh'.A handwritten signature in blue ink, possibly reading 'Bhupinder Singh'.

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

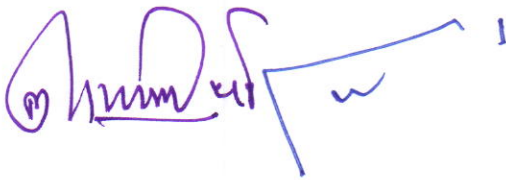


Reference Books :

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. Saunders 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.
6. Sports Management by Dr. Kuldeep R. Gond (Angel Publication New Delhi)

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Semester- V
Elective Courses
EC-502 SWAYAM

- Any one course

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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

Internship (Any One)	Criterion	Total Hours	Marks
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

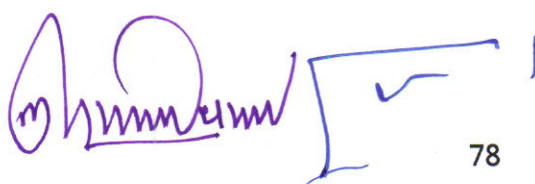

PC-503- Athletics: Throwing Event - 70 Marks

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

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.

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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


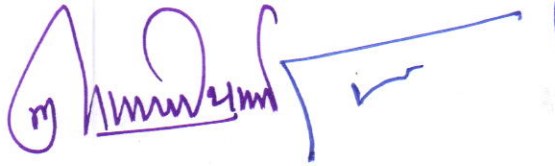
- Programme Planning: Principles and Factors affecting the time-table, preparing time-tables, Scheduling School Sports, Problems of School Sports, Intra-murals, Extra-murals, Inter-Institutional.
- Records and Registers; Attendance, Tests, Health and Character, Extra-Curricular Activities.

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. Dhatrik, 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

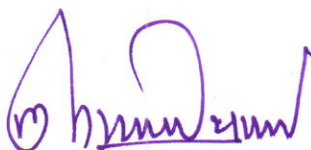
- Selection of Players
- Measures for maintaining and stimulating the interest of students in Games and Sports
- Analysis of individual and Learn Performance
- Sports hygiene.

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-Ball, 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-Ball 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. Copen 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-Ball 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. Sharma, M.C., and Gill, K.K. (2024), Officiating, Coaching and Training Methods in Physical Education, Nipun Prakashan, New Delhi.
34. Rathod, H.D., Kaur, H. Nirnayan Tatha Adhishiksha, New Delhi: Nipun Prakashan
35. Thakur, J. Nirnayan Tatha Adhishiksha, New Delhi: Sports Publication
36. 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

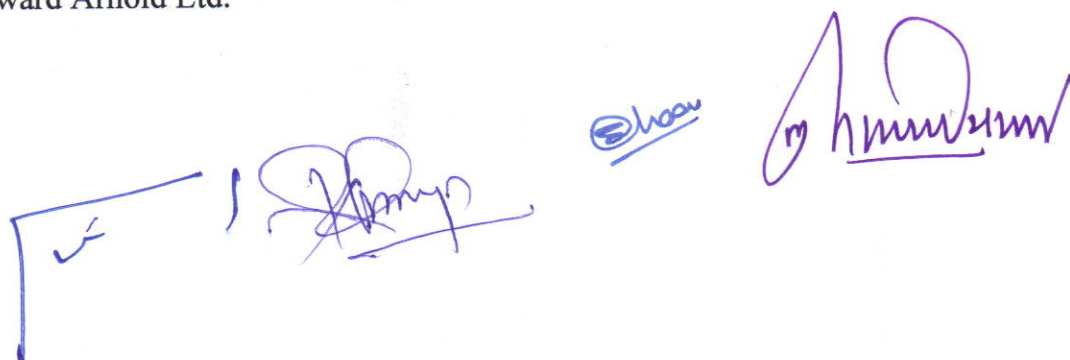
- Physiotherapy:- Definition, Guiding Principles and Importance
- Introduction and demonstration of treatments
 - i) Electrotherapy
 - ii) Ultraviolet Rays
 - iii) Short Wave Diathermy
 - iv) Ultrasonic Rays

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. Physiotherapy in Sports by Mr. Gandra Sridhar Rao, Dr. Kadiavel.K, Dr. Sanghpal W. Narnaware, Dr. Shailendra D. Giripunje (AGPH Books (Academic Guru Publishing House, Bhopal, M.P. India)
10. Outline of sports medicine, New Delhi: J.P. Brothers Pub. Williams, J. G. P. (1962). Sports medicine. London: Edward Arnold Ltd.

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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

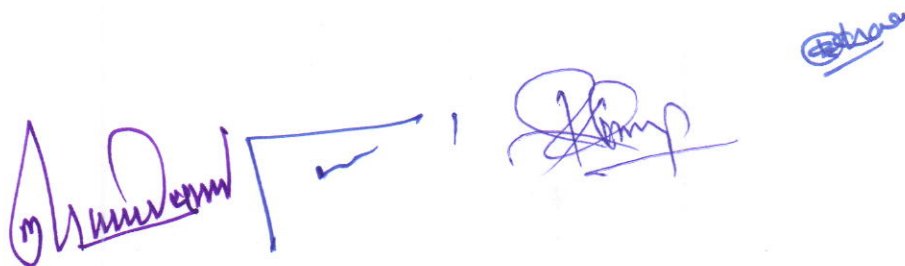
- Concept of Training Plan
- Types of Training Plan
- Meaning and Importance of Periodization
- Content of Periodization – Preparatory, Competition, Transitional
- Types of Periodization

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. Lor. Ion: 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, 2nd Edn.
4. Khel Prashikshan Ke Vibhinna aayam by Dr. MAheshchand Sharma, Khel Sahitya Kendra, Delhi.
5. Kanwar, R. C. (1999) Scientific Methods of Training and Coaching. Nagpur: Amit Brothers Publications
6. Matvyew, L. P. (1981). Fundamental of sports training. Moscow: Progress Publishers.
7. Singh, H. (1984). Sports training, general theory and methods. Patials: NSNIS.
8. Uppal, A. K., (1999). Sports Training. New Delhi: Friends Publication.
9. Barokar, V., Dhattrak, S. & Awsare, V. (2019). Khel Prashikshan. New Delhi: Nipun Prakashan

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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 Machhalichain, Mayoorpankhi, 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

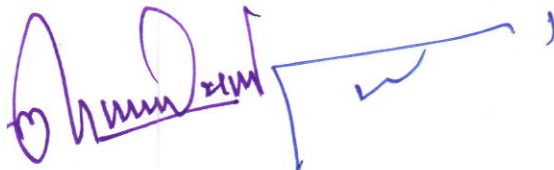
Skills in Massage and First Aid:

- 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.\

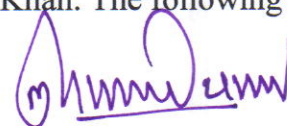


GONDWANA UNIVERSITY, GADCHIROLI
BOARD OF STUDIES (PHYSICAL EDUCATION)
(Faculty of Interdisciplinary)

MINUTES OF THE MEETING OF THE BOARD OF STUDIES (PHYSICAL EDUCATION)
held on 16th October 2023 at 11:30 A.M. at Gondwana University, Gadchiroli

A meeting of the Board of studies Physical Education was held on 16th October 2023 at 11:30 a.m. in the New Pariksha Bhavan, IInd Floor, Gondwana University, Gadchiroli. The meeting has been chaired by Dr. Maheshchand Sharma in the absence of Nominated Chairman Dr. Anis Khan. The following members were present:

1. Dr. Maheshchand R. Sharma (Chairman)
Guru Nanak College of Science, Ballarpur



2. Dr. Mahesh Joshi (Member)
Kewalramji Harde Mahavidyalaya, Charmorshi



1. Dr. Kuljeet Kaur Gill (Member)
Nevjabai Hitkarini College, Bramhapuri

3. Prof. Santosh Kumar Sharma (Member)
Chintamani College of Science, Pombhurna



4. Dr. Sanghpal W. Narnaware (Member)
Chintamani College of Commerce, Pombhurna

5. Dr. Satender Singh (Member)
Sharadchandra Pawar College, Gadchandur

6. Dr. Kuldeep Gond (Member)
Sardar Patel Mahavidyalaya, Chandrapur

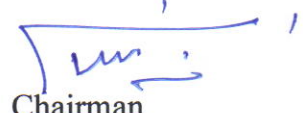


After detailed discussion, it was resolved that B.P.E.S. (Bachelor of Physical Education and Sports) undergraduate courses should be prepared in Physical Education through semester system at Gondwana University, Gadchiroli.

It was further resolved that to start with, the contents of following courses may be Finalized on priority by 16th October, 2023.

After the meeting, it was decided that the above committee may prepare the basic structure of concerned courses by 5:00 p.m. today itself while the contents may be prepared by 16th October, 2023.

Meeting ended with a vote of Thanks to the chair.



Chairman

Board of Studies (Physical Education)