Section : II
Detail Syllabus
Part - I : Theoretical Section
Semester - I
Core Subjects

A-401 : PHYSICAL EDUCATION AND SPORTS PSYCHOLOGY

Unit-I : (A) Meaning & Development of sports psychology
(B) Meaning, Definition Types & Factors affecting Transfer & training

Unit-II : (A) Personality - Meaning, Definition Traits, Roll of Physical activities in Development of personality
(B) Motivation - Meaning, Definition, Types & Methods of Motivation, Importance of Motivation in Physical Education & Sports
(C) Interest, Attitude

Unit-III : - Cognitive Process in Physical Activities Characteristics of Process in sports
- The Importance of Sensation & Perception in Physical activity
- The Role of Memory in Physical activity

Unit-IV : - Socio Psychological Aspect of Physical activity LEADERSHIP IN SPORTS
- Meaning, Definition of leadership, Qualities of a Leader
- Importance & Need of leadership in Physical Education & Sports

Unit-V : - Psychological Aspects of Competition
- Psychological Aspects of long term & Short term Preparation for Competition

Book Recommended For Reference
1. Oxendine, J. B., Psychology and Motor Learning (Engle Wood Cliffs, New Jersey)

A-402 : Organization and Administration in Physical Education

Unit : I - Introduction : Meaning and Definition, Importance Objectives, Guiding Principles of organization and Administration.

Unit : II - Facilities : Construction & Care of Gymnasia, Swimming Pools & Ply Fields
- Equipment : Need, Purchase, Maintenance, Issue & Disposal

Unit : III - Professional Preparations : Qualities of a teacher, problem facing teacher, student leadership.
- Programme planning: Principle & Factors affecting the time table, preparing time schedule, scheduling the school sports. Intramurals & Extra murals.

Unit : IV - Records & Registers : Attendance, Test & Extra Curricular Activities
- Budget & Finance: Preparing of Budget, Administration, Rules for Expenditure forms & Routine for Payments & Entries, Accounting & Auditing.
Unit : V - Supervision of Physical Education: Purpose of Supervision, Nature of Supervision in Different Types of Institutes, Qualities of a supervision, Collecting and using Data.
- Techniques of supervision: visitation, Demonstration, Bulletins, projects, Conferences and Personal Counseling

Books Recommended for Reference :
1. Joseph P. M. Organisation of Physical Education, (Bombay : The Old Student Association, 1963)
3. Voltmer E. F. et. al., The Organisation and Administration pf Physical Education, (New Jersey : Prentic Hall, Inc.)

A-403 : ANATOMY & PHYSIOLOGY

Unit : I - (A)Meaning of Anatomy & Physiology
Meaning of Cell, Tissue, Organ & System
(B)Skeletal System: Bones of Skeletal Structure & Types Joints & Joint Movements

Unit : II - Muscular System:
- Structure Function of Muscles, Classification of Various Muscles
- Effects of exercise on Muscles

Unit : III - Circulatory System
- Heart, Structure, Chambers & Function of heart
- Meaning of Artery, Veins & Capillaries
- Meaning, Composition & Function of Blood
- Blood Clotting, Blood Group - A, B, 0, RH & Importance of Blood Group

Unit : IV - Respiratory System
- Meaning and types of respiration
- Function of respiration system
- Organs of respiration system
- Mechanism of Respiration
- Vital Capacity
- Oxygen debt
- Second wind

Unit : V - Digestive System
- Importance of digestive system
- Functions and Processes of Digestive system

Books Recommended for Reference :
Foundation Course
B-401 : FOUNDATION OF PHYSICAL EDUCATION AND SPORTS

Unit-I : Education
- meaning, definition, aims, objectives and importance of education
- Physical education meaning, definition, aims, objectives and importance of physical education

Unit-II : Biological Foundation of Physical Education
- Growth and development
- Principles of growth & development, Differences between growth & development
- Heredity and environment

Unit- III : Psychological Foundations
- Meaning of psychology
- Psychological factors effecting physical performance, Learning, meaning, laws of learning
- Learning curve & implications of learning curve in physical education & sports

Unit - IV : Sociological Foundations
- Meaning & concept of social institutions
- Various institutions which affect man & his group
- Role of games & sports in national & international integration

Unit-V : Philosophical Foundations
- Meaning of Philosophy
- Types of Philosophy
- Idealism & Physical Education
- Pragmatism & Physical Education
- Naturalism & Physical Education

Book Recommended for Reference :

Soft Skills Course
C-401 : Communication in English

Unit-I : Introduction to communication
- Meaning and significances of communication
- Types of communication
- Methods of communication
- Developing communications skills
- Barriers to effective communication
- Improvement in communication skills

Unit-II : Written communication
- Principles of effective communication
- Relevance of grammer
- Composition of sentence
- Mechanics of communication in writing
- Letter drafting

**Unit-III** : Non-verbal communication
- Para language, body language and its significance
- Area of influence and local culture
- Expression through palms, arms and legs
- Hands as medium of expression
- Eyes-ultimate in expression
- Handshaking
- Obstructions by arms and legs
- Common and popular postures
- Carbon copying and effective use of body parts in communication
- Indicators and pointers
- Chairs, Tables and Office setup

**Unit-IV** : Special communicative skills
- Motivations skill - Negotiation skill
- Interpersonal skill - Interview technique

**Unit-V** : Creative aspects of communicative skills
- Presentation - Seminar
- Project work

**Book Recommended for Reference :**

**C-401 : Computing Skill**

**Unit-I** : Computer - Meaning and definition - Components of Computer - input and output devices - Storage Devices - software and hardware - languages - LaAN and WAN - Application software used in Physical Education and sports

**Unit-II** : Introduction to Ms word - Creating, saving and opening a document - Formatting and Editing features - Drawing table - page setup - paragraph alignment - spelling and grammar check - printing option - inserting page number, graph, footnote and end notes - mail merge - hyperlink.

**Unit-III** : Introduction to MS Excel - Creating, saving and opening a spreadsheet - Formatting and Editing features - creating formulas - adjusting columns width and row height - understanding charts.

**Unit-IV** : Introduction to MS PowerPoint - Creating, saving and opening a ppt file - Formatting and Editing features - slide show - design - inserting slide number, picture, graph and table - hyperlink.
Unit-V : Meaning and Definition of Internet and Multimedia - Application of Internet and multimedia in Physical Education and Sports - Computer application in Physical education and sports.

Book Recommended for Reference :

Semester - II
Core Subjects
A- 404 : Methods and Planning in Physical Education

Unit : I  Teaching Methods
- Meaning of the term “Teaching Methods” and its importance. The factors to be considered in determining the methods of teaching, Principles of teaching.
- Types of teaching methods.
  Lecture method, demonstration method, lecture cum demonstration method, command method, imitation method, part-whole method, whole part method, discussion method and project method.

Unit : II  Presentation Techniques
- Personal preparation, technical preparation.
- Steps in Presentation.
- Commands and their technique
- Types of formations
- Principles of Class Management
- Types of lesson, General and specific lessons, their parts

Unit : III  Organisation and conduct of competitions :
- Various committees of organizations
- Responsibilities before, during and after the competition.

Tournaments Meaning and Organisation of :
- Single Knock out Elimination Tournaments
- Double Knock out Elimination Tournaments
- League Round Rebin Tournaments
- Challeage of personal type Tournaments
  (Ladder, Pyramid, Cob-web type)

Unit : IV  Teaching Aids
- Meaning and importance
- Criteria for selecting teaching aids
- Steps to be followed in using teaching aids
- Uses of audio-visual aids

Publicity
- Demonstration - Play Days
- Exhibition - Sports for all
Evaluation
- Need, importance
- Methods of evaluation

Unit : V Basic concept about laying and preparation of
- Various play field (football, volleyball, basketball, hockey, kabaddi, kho-kho, cricket, hand ball
- Marking procedure of standard 400 metres and 200 metres track, for the running events, exchange zones for 4 x 400 m. 4 x 100 relays, and sectors for throwing events runways and jumping pits for jump events.

Book Recommended for Reference :
4. Emmancul, George Track and Field Events Layouts and Marking, (Kottayam : Olickal, Mariadom Kadaplamattom, 1997)

A-405 : OFFICIATING AND COACHING

Unit : I - Meaning, Definition and Importance of Officiating
- Principles of Officiating
- Characteristics of a Good Official
- Facilities to train Official

Unit : II - Responsibilities of liaisons of officials
- Responsibilities of officials
- Before Competitions
- During Competitions
- After Competitions
- Liaisons of Officials

Unit : III - Philosophy of Coaching, definition qualifications and Characteristics of a Coach
- Responsibilities of a Good Coach
- Planning and Practice Seven Elements
- Strategies of success Of coaching programmes

Unit : IV - Warming up - types, Significance, General Guidelines, methods, duration, components and physical Basis
- Cooling Down – Significance and Guidelines for Cooling Down.
Unit : V - Sports Training – Meaning, Definition, Aim, Objectives, Characteristics, Principle’s and Effects.
- Different Training Methods
- Interval, Circuit, Fartleg Weight Training

Book Recommended for Reference :

A-406 : Sports Science

Unit : I Sports Medicine
- Meaning, Definition, Scope, Importance
- Development of Sport Medicine in India

Unit : II Sports Injuries
- Soft tissues injuries
- Confusion, strain, Muscular spain
- Fracture
- Simple fracture
- Compound fracture
- Multiple fracture
- Dislocation

Unit : III Nutrition
- Introduction
- Function of Diet
- Factor effecting diet
- Balanced diet
- Elements of balanced diet
- Diet for player

Unit : IV Posture & Postural Deformities
- Introduction
- Meaning
- Type of Posture
- Flat foot, knock knee, Bow legs
- Preventive & Remedical measure

Unit : V Doping
- Meaning & Definition
- History of Doping
- Classification of Doping

Book Recommended for Reference :
Foundation Course
B-402 : HISTORY AND MODERN TRENDS IN PHYSICAL EDUCATION

Unit : I - Games and Sports as a man’s cultural Heritage
- Physical education in ancient India, Ramayana and Mahabharata Period
- History of physical education in ancient Greece
- Physical education in India during British period

Unit : II - Importance and aims of Olympic Games
- Origin and development of ancient Olympic Games Modern Olympic Games
- Origin and development of Asian Games

Unit : III - SPORTS AND PHYSICAL EDUCATION ORGANISATION
NS NIS SAI SAG IOA IOC YMCA
L.N.U.P.E. H.V.P.M.

Unit-IV - Sports and Prize
Rajeev Gandhi Khelratna Award Sardar Patel Award
Dronacharya Award Jaydeepsinh Baria Award
Arjuna Award
Eklavya Award

Unit : V - Review of Sports Performance
- Causes of deterioration of Sports Performance
- Suggestion for improvements of Sports Performance.

Books Recommended for Reference :
1. Majumdar, D. C., Encyclopaedia of Indian Physical Culture, (Baroda : Baroda Good Companies, 1950)

Soft Skills Course
C-402 : Injuries and Management

Unit : I Sports Injuries
- Introduction
- Reasons & Types of Sports Injuries
(Sparain & Strain, Fracture, Dislocation, Abration, Contusion Bruise, Tennis Elbow)

Unit : II Treatment of Simple Sports Injuries
- Prevention of Sports Injuries
- Steps to Reduce the risk of sports injuries

Unit - III First Aid
- Meaning, Definition, Porpose of First Aid
Unit : IV  **Fitness & Wellness**  
- Meaning, Definition,  
- Components of Fitness & Wellness  
- Benefits of Physical Fitness & Well Being

Unit : V  **Warming Up & Cooling Down**  
- Types of Warming Up  
- Significance Warming Up  
- Methods Warming Up  
- Guidelines & Components of Warming Up  
- Meaning Cooling Down  
- Significance Cooling Down

**Books Recommended for Reference :**  
1. Wermer V. K. Moeger, Fitness and Wellness, (Wadsworth : Thomas Learning)  
4. St. John's Ambulance, First Aid by Red Cross Society of India

C-402 : **Yoga and Neuropathy**

Unit : I  **Yoga**  
- Concept & History of Yoga  
- Meaning, Aim & Types of Yoga

Unit : II  **Asanas**  
- Meaning & importance of Asanas  
- Rules for Yogasanas  
- Meditative Poses  
- Asana / Yogic Exercise & Cure of Diseases

Unit : III  **Pranayama**  
- Meaning, Objectives & Types of Pranayama  
- Physiological Values of Pranayama

Unit : IV  - Meaning of Sudhikriya  
- Objective of Sudhikriya  
- Type of Sudhikriya  
- Physiological Values of Sudhikriya

Unit : V  - Meaning, Definition & Importance of Yogic Neuropathy  
- Source of Neuropathy  
- Diet, Exercise, Water, Sunbath, Message

**Books Recommended for Reference :**  
2. Jack Peter, Yoga Master the Yogic Power, (Chandigarh : Abhishek Publications)  
3. The National Fitness Corps Syllabus for Schools, (Ministry of Education, Govt. of India, 1965)
Semester - I  
Part : II  
Practical Section 

D-401 (P) :

Group - I

Calisthenics Activities
- Mass P.T. Table I & II  
- Lazim  
- Lathi  
- Marching

Mass P. T. Table
- Madyamic P. T. Table  
- N.D.S. P.T. Table

Lazim - (Hindustani) : Charawaj, Ekjgah, Ati Cagav, Pavitra Do Rukh, Chorukh, Domal, Chorukh Bethak  
- (Ghati) : Do Awaz, Char Awaz, Bethak Awas, Age Pau, Age Kadam, Pavitra, Kudan, Pavitra Attawai

Lathi - Sadhi, Ulti, Millat, Age Flang, Pichhe Flang, Dohriwel Jung, Slami Ek, Slami Do

Marching : - Savdhan, Vishram, Salute, Dahene Dekh, Bahe Dekh, Tejchal, Thum

Group - II

Track & Field

Running Events
- Starting to Finishing  
- Relay Race, Hurdles

Jumping Events
- Long Jump, High Jump, Hop Step Jump, Pole Vault

Running :
- Short Distance Running : Start (...), Stride (Short, Medium, Long)  
- Finishing (Run throw, lung finish, torso turn finish)  
- Middle : Distance running, start (standing), Strides, Finishing  
- Long Distance Running : Start, Stride, Finishing

Hurdles : For Women : Start, Cross the Hurdles & Strides, Finishing  
Relay Race : Holding the baton, start, skill of baton exchange, finishing

Jumping :
- Long Jump : Sail, Hang, Hitchkick  
- High Jump : Western, Fosberry Flop, Stradler Style  
- Hot-Step-Jump : Skill-Hop, Step, Jump, Hang, Sail

Group - III

Gymnastics

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Floor Exercise</td>
<td>Floor Exercise</td>
</tr>
<tr>
<td>Parrelal Bar</td>
<td>Balancing Beam</td>
</tr>
<tr>
<td>Vaulting Horse</td>
<td>Uneven Bar</td>
</tr>
</tbody>
</table>
Gymnastics (Men) :
**Floor Exercise**: Forward Roll, Backward Roll, Pair Roll, Hand Stand, Cart Wheel, Head Spring, Hand Spring, Dive & Roll, Side Scale, V Seat Scale
**Parallel Bar**: Dips, Chest Balance, Shoulder Balance, Straddle Seat, Forward Roll, Swing Dismount, Forward Roll

Vaulting Horse (Box):  
Astride Valut, Wole Vault, Face Vault, Side Valut, Between Vault

Gymnastics (Women) :
**Floor Exercise**:  
Forward Roll, Backward Roll, Knee Scale, Head Stand, T Scale, Cart Wheel, Hand Stand, V Seat Scale, One Knee Band-Balance, Walk with Action

Balancing Beam :  
Straight Arm Mount, Cross Seat, T. Scale, Simple Walk, Turn with Action, Glide Walkm V Scale, Front Scale, Knee Scale, Jump Walk with Action

Uneven Bar :  
Straight Arm Support on High Bar Support, V Seat, Straddle Scale, T. Scale, ‘One Leg Square Balance’, Simple & Rear Dismount

**Group : IV**

Games & Sports
- Kabaddi, Kho-Kho, Volleyball, Table Tennis, Football

**Kabbadi** :  
- Skill of Game, Conditioning Exercise, Teaching & Tactics, Measurement of Ground & Equipments, Officiating
  Skill :
  Offensing Skill : Raid kicking, Touching with the leg, Breaking the Cover, Chasing, Cross the Buck & Bounsline
  Defensive Skill : Cover (Individual, More than one man cover) Catching (leg hand, trunk)

**Kho-Kho** :  
Skill of Game, Conditioning Exercise, Teaching & Tactics, Measurement of Ground & Equipments, Officiating  
Skill : Chaser’s Skill : Trapping at the Poll (Dock Marvi), Touching with Hand, Leg or Both, Judgement Kho, Tapping at 45° Angle, Dive, Take the correct direction. Runner Skill : Single chain, Double Chain, Round, Dogding, To change the direction

**Volleyball** :  
Skill of Game, Conditioning Exercise, Teaching & Tactics, Measurement of Ground & Equipments, Officiating  
Skill : Types of Service, Passing, Lifting, Blocking, Net Recovery & Smashing

**Table Tennis** :  
Skill of Game, Conditioning Exercise, Teaching & Tactics, Measurement of Ground & Equipments, Officiating  
Skill :
  Counter, Topspin (fore to backhand)
  Side Spin (fore to backhand)
Forehand Drop Shot, Backhand Flik, Drive (fore & back hand)  
Service: (forehand top spin, backhand top spin, forehand back spin, backhand back spin, forehand side spin, backhand side spin, high top service (fore & back hand)

**Foot Ball:** Conditioning Exercise, Teaching & Tactics, Measurement of Ground & Equipments, Officiating  
Passing, Throwing, Trapping, Heading, In Step kick, Doudgling & Tracking, Kicking, Dribbling, Shooting, Goal Keeping

**Semester - II**  
**Practical Section**  
D-402 (P):

**Group - I**

Lesson Planning:
1. Internal (10 lessons: 5 from games, 3 from track and field and 2 from other activities)
2. External (2 lessons: 1 from games or track and field and 1 from other activities)

**Track & Field**

Throwing Events:
- Shot, Put, Discuss, Javelin Throw, Hammer Throw

Shot Put: Holding, Perryobrain, Discobut  
**Discus Throw:** Holding, Swing of Hand Throw (standing), Balance  
**Javelin Throw:** Holding, Carry (Under arm over shoulder), Cross Step, Throw & release, Balance  
**Hammer Throw:** Holding, Stance, Swing, Throw, Balance

**Athletics Performance**
Men: 100 mts., Long Jump, High Jump, Shot Put (7.260)  
Women: 100 mts., Long Jump, High Jump, Shot Put

**Group: III**

Asana  
- Padmasan, Halasan, Vakrasan, Savasan, Chakrasan, Vajrasan, Bhujangasan, Pavanmuktasan, Garudasam, Dhanurasan, Pachimotansan, Mayurasan, Shirsana

**Games & Sports**
Handball, Cricket, Badminton, Basketball, Hockey

**Group: IV**

**Hand Ball:** Skill of Game, Conditioning Exercise, Teaching & Tactics, Measurement of Ground & Equipments, Officiating  
Skill: Throwing, Catching, Dribbling, Shooting, Power & Shot, Goal Keeping
Cricket:
Skill of Game, Conditioning Exercise, Teaching & Tactics, Measurement of Ground & Equipments, Officiating
Skill: **Batting**: Leg Glance, Half Volley, Full Tos, Hook Shot, Cover Drive, Straight Drive
Bowling: Spin, space Bowling
Fielding: Throwing, Catching
Wicket Keeping
Running Between the Wicket

Badminton:
Skill of Game, Conditioning Exercise, Teaching & Tactics, Measurement of Ground & Equipments, Officiating
Skill: Service (for singles & doubles)
Shot (over head, back hand & fore hand)
Placing
Dropping

Basketball:
Skill of Game, Conditioning Exercise, Teaching & Tactics, Measurement of Ground & Equipments, Officiating
Skill: Player Stance Catching, Passing (chest pass, bounce pass, over head pass, side arm pass, under hand pass, back hand pass, hook pass, base ball pass)
Dribling: Low, High, Jigjag, Pnoting
Shooting: chest shot, over head shot, lay up shot, jump shot, hook shot, pivot shot, foul shot
Rebounding: Defensive & Offencing Rebounding
Defence: Man to man & Zone defence.

Hockey:
Conditioning, Exercise, Teaching & Tactics, Measurement of Ground & Equipments, Officiating
Dribling, Hiting, Pushing, Stopping, Dougding, Shooting, Goal Keeping, Bulley, Tackling

**Group**: V

**Dual Sports**
1. **Judo** *(Men, Women)*
   - Posture (Natural & Defensive),
   - Hold (Normal Grip, Kumikata, Belt, Reverse Hold)
   - Advance Retreat (Sintai)
   - Break the balance (Kujusi)
   - Body Drop, Floting Drop, Belt Drop
   - Hip Throw, Sholder Wheel, Ground Work, Stomach Throw

2. **Wrestling** *(Men, Women)*
   - Stance and Grip
   - Dasrang, Salami, Nelson, Kalajung, Ground Work, Jholi, Push, Dhobi Pachad, Take Down, Leg Tackle