

The University of Burdwan
Syllabus for Bachelor of
Physical Education (B.P.Ed.)

DETAILS OF PART – I
THEORY

PAPER NO.	NAME OF THE PAPER	UNIVERSITY EXAMINATION MARKS	INTERNAL ASSESSMENT MARKS	TOTAL MARKS
I	Part-A Principles of Physical Edn. –50 Part – B – History Physical Edn. - 40	90	10	100
II	Psychology in Physical Education	40	10	50
III	Management in Physical Education	40	10	50
IV	Methods of Teaching	40	10	50
V	Measurement and Evaluation in Physical Education	40	10	50
VI	Anatomy, Physiology (60) and Exercise Physiology (30)	90	10	100
VII	Health and Safety education & First-aid	40	10	50
VIII	Part-A – officiating (45) Part-B – Sports Training (45)	90	10	100
IX	Compulsory elective paper (any one)	40	10	50
	a	Recreation.		
	b	Therapeutic values of Physical Activities.		
	c	Adapted Physical Education.		
d	Kinesiology.			
TOTAL		510	90	600

Note: Full papers shall be of 3 hours half papers of 2 hours duration. Theory papers shall be taught with the help of laboratory works / Audiovisual aids.

THE UNIVERSITY OF BURDWAN

Revised Syllabus and Examination Regulation for Bachelor of Physical Education (B.P.Ed.) course recommended by U.G. Council (Board of studies in Physical Education) dated 16/5/2006.

Nomenclature of the course	: B. P. Ed. (Bachelor of Physical Education).
Duration of the course	: One academic year.
Minimum Qualification	: Graduate of any recognized University with Sports background.
Nature of the Course	: Exclusively Residential.

A. GENERAL RULES:

1. An Examination for the Bachelor's Degree Course in Physical Education (i.e. B. P. Ed.) shall be held annually. Venue of the examination will be decided by the Board of Studies (BOS) B.U. and shall commence at such time as the Board of studies (BOS) shall determine the date to be notified in the Calendar.
2. Any candidate may be admitted to this B. P. Ed. Course provided he/she has to be fulfilled the following conditions:-
 - a) That he/shall has the Bachelor Degree in any Faculty from any recognized University.
 - b) That he/shall must not be over thirty years of age on the date of admission Relaxation may be made in case deputed teacher up to thirty five years.
 - c) That he/shall must produce a Certificate of medical fitness in the prescribe form.
3. Each Candidate for appearing in the Examination shall send his/her application to the Controller of Examination in the form prescribed by the University along with a certificate (a) of good conduct (b) of diligent study, (c) of having satisfactorily passed periodical examination of the institution and other tests and (d) of probability of passing the examination.
4. An Examination fee as stipulated by the University shall be deposited by each candidate with his/her application and no claim of refund of fees will be entertained by the University if he/she fails to pass or present himself/herself for examination.
5. The Examination for the degree of B.P.Ed. course shall consist of three parts:-
 - a) Part I – Theory.
 - b) Part II – Activity.
 - c) Part III- Teaching Ability.Examination for Part – II and Part III are generally held at the end of September / October and February / March month respectively and Part I. Theory Examinations are held at the beginning of May as scheduled by the Controller of Examinations, University of Burdwan, Medium of examination will be Bengali or English.
6. A candidate shall be eligible for appearing at the final examination if he/she, (a) has completed a regular course of study for the academic year in a affiliated college and has put 80% attendance in thereby, practical activity classes and teaching ability. The attendance shall be reckoned in terms of working days, (b) attending a leadership training camp Organized by the respective Institution.

7. A candidate will have to pass in Part I, II and III in the final B.P.Ed. Examination separately. The result of Examination shall be given in the mark sheet under three heads i.e. Part I, Part II and Part III.
8. To pass a candidate shall have to secure at least 30% marks in each theory paper. In theory, practical skills and teaching ability the minimum aggregate required will be 40%.
9.
 - a) If a candidate appears at the examinations and fails in the theoretical portion only (Part-I) he/she may appear at an examination in that portion only in two following subsequent years on payment of a fee as stipulated by University without being required to attend a fresh course of study and if successful shall be awarded a degree without any class.
 - b) Candidates failing in activity (Part – II) only may appear at an examination in that Group only in the following year/ years on payment of a fee as stipulated by University and if successful shall in awarded the degree without any class.
 - c) Candidates failing in the teaching portion (Part-III) only may appear at examination in that portion only in the following year/years on payment of a fee as stipulated by University without being required to attend a fresh course of study and if successful shall be awarded a degree without any class.
 - d) Candidates failing in more than one group of the examination and also failing in as per provisions made in (a), (b), (c) above shall have to appear at the examinations after a full course of training in a college affiliated for this purpose on payment of the prescribed fee.
 - e) A candidate must complete the course for a degree of B.P.Ed. within a total period of three year.
10. All the marks awarded by the External and Internal Examiners in respect of Part –II and Part – III shall thus be entered in a tabulated sheet and be submitted to the controller of examination within fifteen days after the completion of the respective (i.e. Part II and Part III) Examination of the University.
11. The divisions will be assigned to the successful candidate on the following basis:-

60% and above	= 1 st Division.
40% to below 60%	= 2 nd Division.

12. **Method of conducting Examinations:-**

Part – I Theory Papers:

50% of the theory papers will be set; and examined by teachers of this University and 50% theory papers will be set and examined by teachers other than Burdwan University.

13. **Part – II Activity Skills:**

Group – A – Activities (3,4,5 & 6) shall be examined internally. Other Group Activities shall be examined by both internal and external Examiners jointly.

14. **Part – III: Teaching Ability:**

Thirty marks will be awarded internally by day to day observations during mock teaching; fifty marks will be awarded by the Principal / Head of the Department in (Physical Education) in a conference with member of the teaching staff after teaching practice in school including preparation of lesson notes.

Twenty marks will be awarded by the Principal / Head of the Department in (Physical Education) in a conference with member of the teaching staff after class room teaching in schools or mock teaching within the institution.

External Examination (Final Teaching Examination) shall consist of two lessons (General Activity lesson and specific Activity Lesson of fifty marks each) and be examined by an External Examiner / Examiners and member / members of the teaching staff of the college (as internal Examiner). The examiners will be as appointed by the University.

15. Session: Academic Session commence from the beginning of July and a selected candidate must get himself / herself admitted within Fifteen days from the commencement of a session failing which the selection will stand cancelled.

16. Duration of the Course:

The course shall be of one academic year comprising not less than 180 working days.

A student admitted to the course must be a resident of the College hostel.

The course is a three shift course (i.e. morning, noon & evening).

17. Hours of Instruction:

The hours of Instructions shall be not less than 35 hours per week.

18. Attendance:-

Every student shall attend at least 80% of the total number of classes including Theory, Teaching Ability and Skills comprised in the course.

A student who fails to attend the minimum number of classes, as required, and whose shortage of The University shall, however, have the power to condone the shortage of attendance up to 10% on the recommendation of the Head of the Institution concerned subject to the payment of the condonation fee by the student concerned attendance is not within the condonable limit he/she shall not be permitted to appear at the University Examinations.

19. **(A) Camps and Tours:**

i) Participation at Camps (N.S.S./National Integration/N.A.E. Civil Defence, Basic course of mountaineering etc.) of the minimum duration of 5 days is compulsory.

ii) Participation at First Aid Camps (St. John Ambulance / Red Cross) is compulsory.

(B) Eligibility of Admission (BOTH MEN & WOMEN):

1. The Graduates of the University of Burdwan or of any other recognized University, on being selected on merit on the basis of Admission Test for this course may be admitted subject to fulfillment of other condition as prescribed. The minimum marks to be secured at the Admissiom Test is 40%.

(C) Course of studies and Scheme of Examinations):

The Course of studies shall consist of the following three parts with details of the Parts are given in the following pages.

Area of Examination, Marks allotment as mentioned below.	University Examination External Assessment marks.	Internal Assessment Marks	Total Marks
Part – I : Theory	510	90	600
Part – II : Activities	515	85	600
Part – III: Teaching Ability	100	100	200
	<hr/> 1125	<hr/> 275	<hr/> 1400

Note:-

- i) The internal assessment of Part – I (Theory) shall be on the basis of the Test Examination prior to the final University Examination.
- ii) Internal assessment of Part – III, Activities (Group – A – 3,4,5 & 6) shall be made by the Board of examiners consisting not less than two members , one of whom shall be the teacher teaching the activity, and other one appointed by the University and submit the marks with joint signature(s) to the controller of Examination.
- iii) The University examinations for Part – II (External assessment) shall be examined by the Board of examiners consisting of internal and external examiners, each independently awarding mark allotted for the particular activity. The marks thus awarded by the two examiners including the average thereof shall be forwarded to the controller of Examinations under the signature of both.
- iv) The evaluation for part – III, Teaching ability has been described in Teaching ability item.

All evaluations shall be made on the spot.

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DETAILS OF PART – II, ACTIVITIES

PRACTICAL

<u>Group</u>	<u>Area</u>	<u>Marks</u>
1. GROUP – A	Formal Activities, Rhythmic and Fitness.	170
2. GROUP – B	Individual Activities.	170
3. GROUP – C	Team Games (Major Games)	260
Total marks:		<hr/> 600
<u>GROUP – A</u>		<u>Marks</u>
1.	Rhythmical Activity	
	a) Bratachari	15
	b) Lazium / Folk Dance/ Aerobics / Band Music (any two) 10 x 2	20
2.	Formal Activities:	
	a) Marching	10
	b) Ceremonial Parade	10
	c) Callisthenics	10
	d) Apparatus Drill	20
	Dumb-bell/Wand/Pole/Indian Club (any two) 10x2	
3.	Intramural, Extramural & Other Activities	
	a) Intramural Competition	20
	b) Other activities (outdoor education, camp, National Day Observance, Cultural activities, extramural, Officiating)	20
4.	Activity Work book (Compiled in a single Note Book)	20
5.	Physical Fitness (AAHPERD)	15
6.	Laboratory practical in Physical Education 10x2 (Anthropometric measurement, Height, Weight, Blood Pressure etc., Harvard step test, Massage)	20
Total marks =		<hr/> 170

**Personality, Self Concept,
Intellegency –
Any two items to be selected.**

GROUP - B

	Major activities	Marks
a)	Track & Field	60
b)	Gymnastics	40
c)	Weight Training / Self Defence activity (Lathi, Judo, Wrestling – any one)	10
d)	Yogasanas & Kriyas	30
e)	Swimming	30
Total marks =		170

GROUP - C

Team Game (Major Game)

<u>MALE</u>		<u>MARKS</u>		<u>FEMALE</u>	<u>MARKS</u>		
<u>COMPULSORY</u>				<u>COMPULSORY</u>			
1.	i) Kho-Kho	4 x 25	100	1.	i) Net ball	100	
	ii) Kabaddi				ii) Kho-Kho	4 x 25	
	iii) Hockey				iii) Kabaddi		
	iv) Hand-ball				iv) Hockey		
2.	i) Foot ball			2.	i) Badminton		
	ii) Cricket	4 x 30	120		ii) Hand ball	4 x 30	
	iii) Volley ball				iii) Volley ball		
	iv) Basket ball				iv) Basket ball		
<u>OPTIONAL</u>				<u>OPTIONAL</u>			
3.	i) Badminton			3.	i) Football		
	ii) Table tennis				ii) Table tennis		
	iii) Net ball	2 x 20	40		iii) Throwball		
	iv) Tennikoit				iv) Cricket	2 x 20	
	v) Throwball (any two)				v) Tennikoit (any two)	40	
Total marks =			260	Total marks =			260

N.B.:

- i) For Group – A: 1) Rhythmical activities and (2) Formal activities will be examined by the external & internal examiners appointed by the University.
- ii) For Group – A: 3,4,5 & 6 i.e. Intramural Activity, work Book, Physical Fitness & Lab Practical in Physical Education will be assessed internally.
- iii) Other activities i.e. Group – B, activities & Group – C Team games shall be examined by the external & internal examiners jointly.

DETAILS OF PART – III**TEACHING ABILITY**

1.	Internal Practice Teaching (Mock Teaching)		<u>Marks</u>
i.	General lesson	5	30
ii.	Specific lesson	5	
	<hr/> Total lessons	10	
2.	External Teaching (School Teaching)		<u>Marks</u>
i.	General lesson	5	50
	Specific lesson	5	
3.	Class room Teaching – 2 (out of two one lesson may be conducted in school environment – if possible)		20
4.	Final Teaching		
i.	General Lesson – 1		
ii.	Specific Lesson – 1.	2 X 50	100
		<hr/> Total Marks	200

Phase wise external Practical Examination Schedule

1st Phase Practical Examination (to be held within November)

Group – A

Group – B (Activities)

1. Rhythmical activities

- | | |
|------------------------------|----------------------------------|
| a. Bratachari – 15 Marks | i. Gymnastics - 40 Marks |
| b. Laziums | ii. Yogasana & Kriyas - 30 Marks |
| c. Folk Dance | iii. Swimming - 30 Marks |
| d. Aerobics – Any two 10 X 2 | |
| e. Band Music | |

Group – C (Team Game)

- | Male
(Compulsory) | | Female
(compulsory) | |
|-----------------------------------|-------------|-------------------------------|----------------------|
| 1. i) Kho-Kho | 25
Marks | 1. i) Kho-Kho | - 25 Marks |
| ii) Kabaddi | 25
Marks | ii) Kabaddi | - 25 Marks |
| 2. i) Football | 30
Marks | 2. I) Hand ball | - 30 Marks |
| ii) Volley Ball
(Optional) | 30
Marks | ii) Basket ball
(Optional) | - 30 Marks |
| 3. i) Table Tennis | | 3. i) Football | |
| ii) Net Ball (1 X 20 = 20 Marks) | | ii) Table Tennis | Any one |
| iii) Tennicoit (any one) | | iii) Tenikoit | 1 X 20 = 20
Marks |
|) | |) | |

2nd Phase Practical Examination (to be held in the month of March/April)

Group – A

Group – B (Activities)

2. Formal Activities

- | | | | |
|-------------|----------|--|----------|
| a. Marching | 10 Marks | i. Track & Field | 60 Marks |
| | | ii. Weight Training/Self
Defense Activities | 10 Marks |

- b. Ceremonial Parade 10 Marks
- c. Callisthenics 10 Marks
- d. Apparatus Drills (any two)
(Dumb-bell/Wand/Pole/Indian Club) 2X10 = 20 Marks

Group – C

<u>Male</u> (Compulsory)		<u>Female</u> (Compulsory)	
1.	i. Hockey 25 Marks	1.	i. Net Ball - 25 Marks
	ii. Hand Ball 25 Marks		ii. Hockey - 25 Marks
2	i. Cricket 30 Marks	2.	i. Badminton - 30 Marks
	ii. Basketball 30 Marks		ii. Volley Ball - 30 Marks
3. Optional		Optional	
	i. Badminton	i.	Throw ball Any one
	ii. Throw ball 1 X 20 = 20 Marks	ii.	Cricket 1 X 20 = 20 Marks

N.B. : Under Group – A Sl. No. 3, 4, 5 & 6 i.e., Intramural etc. Activity work book. Physical fitness and Laboratory Practical in Physical Education will be assessed by the group of teachers of the concerned College internally in the month of April.

Theory

Paper – I

Full Marks: 100

Principles and history of physical education

Part – A

PRINCIPLES OF PHYSICAL EDUCATION (60)

1. Physical Education – Its meaning and modern concept and related terminologies.
2. Need for Physical Education in modern living – role of Physical Education in General Education.
3. Aims and Objectives of Physical Education.
4. Philosophies of Physical education – Naturalism, Idealism, Pragmatism.
5. Biological principles of Physical Education – Biological basis of life – Evolution of man and Physical Education – Biological changes disadvantages due to evolution – Body types – Physical fitness (definition, Components and need for fitness) fitness programme for different age groups Growth and Development (Physical Development, Motor Development)
6. Physical Education and Psychological principles – Psychological factors influencing motor learning, Theories of play.
7. Sociological principles – Socialization through Physical Education – Physical Education and national integration.
8. Special features:
 - i. Dominance of competitive sports.
 - ii. Women's participation in Physical Education.
 - iii. Physical Education and the disabled.
 - iv. Application of science and technology in Physical Education.
 - v. Specialization in Physical Education.

Part – B

History of physical education (40)

1. Historical Development of Physical Education and Sports in India.
 - A. Pre-Independence Period:

- a. Contribution of H.C. Buck, Buchanan, Dr. P.M. Josheph, Rabindranath Tagore and Arabinda Ghosh for promotion of Physical Education.
 - b. Spread of modern sports and games during the British period.
 - c. Establishment of Physical Education Colleges and Teacher training in Physical Education.
 - d. Physical Education and National movement.
- B. Post-Independence Period:**
- a. Role of the Central Advisory Board of Physical Education and Recreation.
 - b. Establishment of the National College of Physical Education and the new trends in professional preparation.
 - c. Coaching Schemes.
 - d. N. D. S.
 - e. N. P. E. D/ N. P. E. P.
 - f. Physical Education in West Bengal and the recent Developments.
 - g. Report of the different Education Commissions on Physical Education in Sports including Kunjru Committee.
 - h. Quality control in Higher Education including Teacher Education (N.C.T.E., N.A.A.C)
- 2. Physical Educaiton in Ancient Greece and Rome**
- a. Ancient Olympic Games
 - b. Ideals and objectives of Olympic Movement
 - c. Modern Olympic Games.
- 4. Contribution of great educators towards Physical Education:**
- Germany Johann Basedew, Johann Friedich Gutsmuth, Friendich Ludwin Jang.
Denmark: Franz Nachtegall, Niles Bukh
Sweden: Per Henrik Ling

PAPER-II

PSYCHOLOGY IN PHYSICAL EDUCATION

1. Introduction:
Nature and definition of psychology
Different branches of Psychology, Importance of Psychology in Physical Education.
2. Concept of Physical basis of Mental life
Nervous mechanism and its implication in Physical Education.
3. Attention & Interest
Attention: Nature and definition, Characteristics, Types, Factors, Causes of inattention.
Interest: Nature and definition, Classification, process of developing interest in Physical Education. Relationship between Interest and Attention.
4. Instinct and Emotion
Instinct: Nature and definition, types of instinct.
Emotion: Nature and definition, Theory, Types, its implications in Physical Education and sports.
5. Human Growth and Development
Nature and definition, Characteristics.
Principles and process and its implication in Physical Educaiton.
6. Learning:
Definition, Characteristics, Theories, Laws, Motor Learning, Learning Curve, Factors affecting learning in motor activity.
7. Transfer of training: Concept, types and factors affecting transfer of training in physical activity.
8. Motivation: Definition and its implication in Physical Education.
9. Personality: Nature & Definition, Types of personality, Role of physical education in developing personality.

Paper – III

MANAGEMENT IN PHYSICAL EDUCATION

1. Concept of Management, Management of Physical Education. Related terms and their scope.
2. Management of Staff, Significance of staff, qualification, selection of staff, teaching

- load, in-service training, evaluation of staff.
3. Office Management – Facilities, office function and practice, office management in school and in a large institution.
 4. Management in Purchase and Care of Equipment. Policies of purchase, approval of equipment, purchase of special equipment, the care of equipment, equipment room management.
 5. Budget Management – Physical Education budget, steps in preparing budget, Budget preparation & administrating of the budget, a practical budget.
 6. Management of competitions – intramural, Extramural, types of tournaments, organization of meets. Demonstration and Exhibition.
 7. Management of outdoor education: Camping, Excursions, rock climbing, trekking, fitness.

Paper-IV

METHODS OF TEACHING

FULL MARKS: 50

1. Meaning and need for methods, factors affecting the methods of teaching, Types of teaching methods (physical Activities and Class room), Factors of Teachings.
2. Classification of students: Class management and its principles.
3. Lesson Plan – need and their types, different parts of lesson plan. Modal lesson plan for physical activity and classroom teaching.
4. Technique of Presentation – personal and technical preparation of teachers and presentation of subject matter.
5. Teaching aid – types and their used.

Paper – V

Measurement & Evaluation in Physical Education

1. Basic Principles of Test & Evaluation
 - a. Basic concept of Test, Measurement and Evaluation.
 - b. Need, importance & principles of evaluation.
 - c. Application of Test & Measurement in Physical Education Programmes.
 - d. Criteria for selecting tests.

- e. Types of Tests.
2. **Evaluating Physical Fitness & Motor Fitness**
 - a. Barrow Motor ability test.
 - b. AAHPERD Youth Fitness Test.
 - c. Queen's College Test
 - d. Harvard step Test
 3. **Evaluating Skill Achievement**
 - a. McDonald Soccer Test
 - b. Russel Lange Volleyball test
 - c. Johnson Basketball Ability Test.
 4. **Statistical Tools in Evaluation.**
 - a. Frequency Distribution – meaning of score, data construction frequency distribution table.
 - b. Measure of Central tendency, Mean, Median, Mode.
 - c. Measures of Variability, Range, Quartile Deviation, Mean Deviation and Standard Deviation.
 - d. Correlation – Positive, Negative and Zero correlation, computing coefficient of correlation by Rank Difference method.

Paper - VI

ANATOMY, PHYSIOLOGY & EXERCISE PHYSIOLOGY

FULL MARKS: 100

Part-A : Anatomy and Physiology (70)

1. Introduction: Definition of terms related to Anatomy & Physiology. A general concept of organization and functions of organs and systems of the body. Importance of anatomy and physiological study in physical education and sports.
2. Definition, structure and functions of cell and tissue, various types tissues.
3. The Skeletal System: The human skeletal structure and function, composition, classification and functions of bones. Axial skeleton, appendicular skeleton –

anatomical sex difference – male and female pelvic girdles. Joint – types, various movements around the joints. Skeletal deformities.

4. Muscular System: Organization of muscular system. Minute structure of muscle-various types and functions-nerve supply to muscles.
5. The circulatory system: General arrangement of circulatory system. The heart and blood vessels. Heart rate, functions of the circulatory system, stroke volume, cardiac output, cardiac cycle, Blood – composition and functions, coagulation, blood group, blood pressure.
6. The respiratory system: Anatomy of the organs of respiratory system. Mechanism of respiration, Pulmonary ventilation.
7. The digestive system: Brief description and location of the different parts of the digestive tract. Different digestive juices and process of digestion location and function of liver, pancreas and salivary glands. A brief account of metabolism.
8. The excretory system: Excretion of waste from the body-channels of excretions – kidney, skin and lungs as organs of excretion, structure and functions of kidney. Temperature regulation.

Part-B: Exercise Physiology (30)

1. Types of muscular contraction and types of exercise, physical and chemical changes during muscular contraction. Fatigue.
2. Cardiac output, stroke volume, athletic heart. The effect of exercise and training on circulatory system.
3. Role of oxygen at rest and during exercise – oxygen debt, second wind, vital capacity. Effect of exercise and training on circulatory system.

Paper – VII

HEALTH & SAFETY EDUCATION FIRST –AID

FULL MARKS : (40+10) = 50

1. Definition of the terms: Health and Health Education, Physical and Mental Health. Importance of teaching Health Education in Physical Education.
2. Personal health Programme: Personal cleanliness – care of mouth, teeth, eyes, ears, Nose, skin, Nails, clothing and its importance.
3. Concept of good posture: Types of posture, postural deformities.

4. Food and Nutrition: Principles of formulating balanced diet at different age, diet for athletes and non-athletes. Effects of tobaccos, alcohol, and drug on health.
5. School health programme: Health service, health supervision and health instruction, an ideal classroom and school and seating arrangement, method of proper supply of drinking water, arrangement of sanitation.
6. Communicable diseases: Common ailments, Communicable disease – method of transmission, mode of spread and control of communicable diseases.
7. World Health Organization (WHO)
8. Safety Education: It's needs, safety Education in Swimming Pool, competitive sports fields, Gymnasium, and Jumping pits.
9. Postural Deformities: Relative corrective exercises. Massage and it's types.
10. First Aid: Basic concept, qualification of a first-aider, golden rules of first-aid, management of wounds, haemorrhage, fracture, dislocation, shock, Cramp, construction burning, artificial respiration-snake bite and drowning-Management of sports injuries.

Paper – VIII

OFFICIATING AND SPORT TRAINING

Part- A: Officiating (50)

1. Officiating: Meaning, definition, Philosophy and basic principles of officiating, quality of a good official, duties of an official, pre-game, during-game and post-game duties.
2. Rules of games and sport included in the syllabus in practical activity.
3. Measurement and lay out of fields and courts of different games and sport
4. Duties and responsibilities of officials of different sport and games.
5. Art of officiating in different activities with signals.
6. Preparation of score sheet and method of scoring.

Part-B: Sport Training (50)

1.
 - i) Concept of sport training, meaning, definition and need for coaching.
 - ii) Basic principles of sport training.
 - iii) Qualities of a good coach, duties and responsibilities of a good coach.

2. Motor fitness and its components, different exercises for developing the various components – strength, endurance and speed.
3. Warming up, conditioning, cooling Down.
4. Training Methods – Weight Training, Interval Training, Circuit Training, Fartlek.
5. Training Load – Meaning, Definition, Types, Load and Recovery, Conditions for adaptation, Principles of Load.
6. Periodization: Meaning and Definition, Types and different parts of periodization, Micro, Macro and Meso Cycles.

Paper-IX-A

RECREATION (COMPULSORY ELECTIVE)

FULL MARKS: 50

1. Definition and nature of recreation, its relationship with physical education, leisure, play and recreation, characteristics and classification of recreational activities.
2. Importance of recreation in physical education and in modern life
3. Theories of Play.
4. Classification of recreation-industrial, community, therapeutic.
5. Programme planning principles: Finance, Facilities, leadership qualities, duties and responsibilities.
6. Organization of People Festival, Youth Festival, Play days. Camp.
7. Agencies providing recreation: Government, Semi-Government, private, voluntary, commercial.
8. Recreation for the handicapped.

Paper-IX-B

THERAPEUTIC VALUES OF PHYSICAL ACTIVITY (COMPULSORY ELECTIVE)

FULL MARKS – 50

1. Exercise and Chronic disease-Osteoporosis, obesity, hypertension, diabetes, coronary heart diseases.
2. Exercise Therapy – Brief description of various therapeutic modalities – exercise as a therapy, the rehabilitation programme.

3. Physical activity and ageing – Exercise for the senior citizen specific exercise programme for different age groups, lose of functional reserve with age, trainability and age, risk of exercise of the elderly person.
4. Physical activity for women.
5. Physical activity for special population (children, youth). Various forms of handicapped and specific programme.
6. Specific fitness and life-style-benefits of exercise, health exercise fitness and wellness-life-long process-active life-style.

Paper-IX-C

ADAPTED PHYSICAL EDUCATION (Compulsory Elective)

FULL MARKS: 50

1. Introduction – Meaning of handicapped and disabled.
 - a) Historical development of Adapted Physical Education.
 - b) Education for handicapped children-meaning and purpose.
 - c) Relation between special education, adapted physical education and physical education.
2. Types of disability and their-causes:
 - a) Hearing disabled, visual impairments, orthopaedically handicapped, mentally retarded.
 - b) Cerebral Palsy, Learning disability, behavioural disorder, other health-impaired conditions.
 - c) Adapted physical education programme for the disabled.
3. Programme Organization and Administration:
 - (a) Adjustment problems of handicapped
 - (b) Teaching methods for the disabled, safety needs.
4. Competitive Sports for handicapped:
 - a) Sports Associations for the handicapped.
 - b) National organization for the disabled.
 - c) Govt. plan and action for the disabled.
 - d) Placement of disabled individuals.
5. Assessment technique for disabled persons-Assessing basic physical and motor

proficiency.

Paper-IX-D

KINESIOLOGY (COMPULSORY ELECTIVE SUBJECT)

FULL MARKS - 50

1. Definition and purpose of Kinesiology-Relationship with other Sciences. Importance of Kinesiology in Physical Education
2. Brief discussion of various types of joints and movements around the joints (Wrist, elbow, shoulder).
3. Study of muscles and their functions around the following joints – shoulder, hip and knee.
4. Mechanical principles involved in motor movement – Force, Motion, Laws of motion, Centre of Gravity, Equilibrium, Stability, Friction, different kinds of levers and body levers.
5. Analysis of a fundamental movement:-
(a) Walking & running (b) Sports activity-Throwing, jumping
6. Application of Kinesiology in daily life skill – ascending, descending, carrying objects, stopping and lifting weight.

PRACTICAL ACTIVITIES

- A. Track & Field (Compulsory from Men & Women)
 1. Running: (a) Sprint Running – Crouch Start – Bunch, medium, elongated: Running action: Finish; Bend Start and Bend Running in 200m and 400m
 2. Relay Race: 4 X 100m relay Race – Holding the beaten: Method of Exchange- Non-visual, overhand pass or down sweep, underhand pass or up sweep; running
 3. Hurdle Race: 110m Hurdles (men)/ 100m Hurdles (women): Clearing the hurdles- lead leg and rear leg action; Running in between the hurdles; finish.
 4. High Jump: Approach Run; Take off; Crossbar clearance-Western Roll, Straddle Roll, Fosbury Flop; Landing.
 5. Running Broad Jump; Approach Run; Take off; Flight-in-air, Hitch Kick, Knee tuck; landing.
 6. Tripple jump. Approach Run; Techniques of Hop and Step; Take off, Flight; Landing.

6. Tripple jump. Approach Run; Techniques of Hop and Step; Take off, Flight; Landing.
7. Shot Put: Holding the short; placement; Throwing stances-Standing throw; initial stance; glide or disco turn; Release action; Recovery.
8. Discus Throw: Holding the discus; initial stance; preliminary swing; standing throw; turn; release; recovery.
9. Javelin Throw: holding the javelin; pegging; throwing stance; standing throw; Javelin carrying the running; last 5 or steps (strides); throwing stance, delivery, reverse.

B. Gymnastics (for women) 40 Marks

- | | | |
|----|----------------|-------------|
| 1. | Floor Exercise | 20
Marks |
| 2. | Vaulting Table | 20
Marks |
| 3. | Balancing Beam | 20
Marks |

1. Skills for Floor Exercise

1. Forward Roll 2. Backward Roll 3. Cartwheel 4. Straddle Roll 5. Arch 6. Split Sitting 7. 'T' Balance & '8' Balance 9. Knee Balance 10. Cat Leap

Apart from above compulsory items, students may acquire more advanced skill like handspring round off, the back, flick, salta.

2. Vaulting Horse

- a) Strddle vault b) Through Vault

3. Balancing Beam

- (i) Mount (ii) Leap Jump (Cat leap) (iii) 'T' Balance (iv) 'V' Balance
(v) Knee Balance (vi) Forward Roll (vii) Dismount

4. Formation of creative stunts and pyramid

Gymnastics (for Men)

40 Marks

- | | | |
|----|---------------------------|----------|
| 1. | Floor Exercise | 20 Marks |
| 2. | Long Horse/Vaulting Table | 20 Marks |
| 3. | Parallel Bar | 20 Marks |

Any two

1. Skills for Floor Exercise
 - (a) Forward Roll (b) Backward Roll (c) Handstand
 - (d) Cartwheel (e) Side T (f) Split Sitting (g) Arch (h) Straddle Jump

Apart from the above compulsory skills, students may acquire more advanced skills like handspring, roundoff, backflip, salta.
2. Vaulting Table
 - (a) Straddle Vault (b) Through Vault.

Apart from above the compulsory skill, students may acquire advanced skills like handspring, cartwheel etc.
3. Parallel Bar
 - (a) Mount (b) Swing (c) One leg cutting (left and right side)
 - (d) Both leg cutting (e) Shoulder Stand (f) Dismount.
4. Formation of creative stunts and Pyramid

Weight Training

 - a. Gripe-Overgrasp, undergrasp, Alternate grasp, starting position standing crouch.
 - b. Upright rowing, wrist curl, two arms front curl (Dumb-bell, iron bar) and Reserve Curl, Alternate upward arm press (Dumb-bell), front and back press (iron bar), Bench Press, Inclined bench press, leg press.
 - c. Good morning-back and front squat, split, heel raise.
5. Self defensive Activities:

Jude, Karate, Lathi, & Wrestling.

C. Yogasana and Kriyas.

 - I. Asana

1. Savasana	5. Dhanurasana	9. Matayasana
2. Vajrasna	6. Sarvangasana	10. Paschimottanasana
3. Padmasana	7. Halasana	11. Padahastanasana
4. Bhujangasana	8. sirasana	12. chakrasana
 - II. Pranayama

Uddyan

Kapalbhati

Agnisur.

D. Swimming

1. Four sweeps common to all strokes:

(a) OutswEEP (b) DownswEEP (c) InswEEP (d) UpswEEP

2. Four strokes : (a) Freestyle front crawl (b) Back Crawl (back stroke)

(c) Butterfly (d) Breast stroke

Front Crawl: Parts of the stroke to be taught (i) The arm stroke (ii) The Flutter kick (iii) Timing of the arms and legs (iv) Body position (v) breathing

Butterfly: Parts of the stroke to be taught: (i) The arm stroke (ii) The Flutter kick (iii) Timing of the arm and legs (iv) Body position (v) Breathing.

Breast Stroke: Parts of the stroke to be taught: (i) The arm stroke (ii) The frog kick (iii) Timing between arms and legs (iv) Body position (v) Breathing.

Life Saving: Basic Techniques, Holding, Breathing, Carrying etc.

E. Self-defense Activities

10 Marks

I. Karate:

(i) Salute (ii) Waling slip

Hand Section: Judging (Hand Technique)

1. Slide punch, middle punch, front punch, upper punch, face punch.

2. Hand Technique: Blocking : Lower Block, Upper block, knife block; Lag Section: Front kicking, Mawashi giri (Round horse kick), back kick, turning kick, side kick, air

II. Lathi

1. Holding – Anulom and Bilom – Uttar Dakshin

2. Sandipani-Jamak, Chalit Jamak, Risramandal, Baddha Chalit & Pluta

3. Ran of Harua – Gredan, Palat, Tamocha and Asar, Man, Bahora, Ratkathi, Bhandar.

III. Judo

1. Hand Shake 2. Hand lock and release

3. Holding from back and release 4. Front and aback roll

5. Leg Sweep and Leg lock 6. Block of punches and hand and leg.

7. Release from single hand hold, double wrist hold, front hair hold

8. Defence – Against blow at bold, Rear shirt hold, Rear waist hold, front waist

hold.

9. Jambia-Attack and Defence.

IV Wrestling, Dand, Baithaks Bridge Chickend half nelson, Dhobipachar etc.

F. Foot ball:

(Compulsory for Men, Full Marks – 30 and Optional for women, Full marks – 25

1. Pass: Inside Pass, Instep pass, short pass, long pass, Diagonal pass, Wall pass, Square pass
2. Kicking: Instep, Inside Instep Kick, Inside Kick, Long Kick, Chip, High Drive, Low Drive, In-Swing and Out swing.
3. Volly: Half Volly, Full Valley, Side, Bicycle Valley
4. Trapping/Receiving: Sole, Inside, Instep, Thigh, Chest, Head.
5. Heading: Short & Long
6. Throw in : Short & Long
7. Dribbling: Inside, outside
8. Trackling: Side, Slide, Front
9. Goal-keeping
10. Tactics: Offensive and Defensive
11. System of play: (4+2+4), (5+3+2), (4+3+3)
12. Game practice
13. Penalty kick, corner kick, Free kick.

G. Volley ball (Compulsory for Men, and women, Total Marks – 30)

1. Service – Underarm, Sidearm, Spin, Tennis
2. Pass – Underarm, Overhead
3. Set – Forward – Medium high and high backward, medium high
4. Spiking – Different parts of smatch/spike
5. Blocking – Single, Double
6. System – Reception, Defence
7. Game practice with application of rules.