

NORTH MAHARASHTRA UNIVERSITY

JALGAON.

FACULTY OF EDUCATION.

Bachelor of Physical Education. Three Years Degree Course.  
Inforce from June, 1993.

The North Maharashtra University initiates and accepts the three year degree course in Bachelor of Physical Education, The course shall come into force from June, 1993.

1. The duration of the course shall be of three academic years with First B.P.E. Examination at the end of the first academic year, the second B.P.E. Examination at the end of the second academic year and the final B.P.E. Examination at the end of third academic year.

2. The examinations specified in the above paragraph shall be held annually.

3. Admission - Qualification -

A- (I) The First B.P.E. Examination shall have....

(a) Passed the 12th Standard Examination of the Maharashtra State Board of secondary and Higher secondary Education with English as one of the subjects of passing OR passed the Pre-University examination of the University or an examination recognised as equivalent there to of any other statutory University.

OR (b) Passed the secondary school certificate examination of a statutory Board with English as one the subject of passing and have also passed the examination for the certificate course in Physical - Education of the Government of Maharashtra or any other equivalent examination in Physical Education recognised by the State Govt. and

OR (c) Passed the secondary School certificate Examination of Maharashtra State Board of secondary and Higher Secondary Education with English and two years Diploma in Education (D.Ed.) Examination of Directorate of Education, Maharashtra State Pune and (d) Participated in the inter Taluka or any higher level.

(II) Attained or shall attain the age of 17 years on the first of October of the year of his admission to the College.

(III) Prosecuted a regular course of study for not less than one academic year in a college for this course.

B- The second B.P.E. Examination -

(i) Shall have passed the First B.P.E. Examination of the University and (ii) Prosecuted a regular course of study for not than one academic year in a college.

C - The Final B.P.E. Examination -

(i) Shall have passed the second B.P.E. Examination of the University and (ii) Prosecuted a regular course of study for not less than one academic year in a college.

4. An applicant for admission to an examination shall produce a certificate from the Principal regarding his Physical and Medical fitness to undergo tests in skills.

5. Admission to the course shall be governed by the rules and regulations framed by the university authorities.

6. The fees for the examination shall be as prescribed by the university authority (E.C.) from time to time.

7. An Examinee who is unsuccessful at an examination shall be eligible for admission to a subsequent examination on the payment of a fresh examination fees. The marks obtained by such candidate for sessional work when he appeared for the first time shall be taken into consideration when he reappears at the examination.

8. (i) The scope of the subject shall be as indicated in the syllabi. (ii) The medium of instruction for the examination shall be Marathi and or English.

9. The First B.P.E. Examination shall consist of two parts and the second and the final B.P.E. Examination shall consist of three parts : Vis --

- Part - I Theory.
- Part - II Practical skills.
- Part - III Teaching Ability or Practice Teaching.

STRUCTURE

First B.P.E. Examination.

Part -I- Theory.	Total Marks - 900
Course I Elements of Physical Education	100.
Course II General Science.	100.
Course III Anatomy & Physiology.	100.
Course IV Health Hygiene & Sanitation.	100.
Course V English.	100.
Course VI Marathi OR Hindi.	100.

(Course V and VI- Languages -as prescribed by the North Maharashtra University for FYBA. ) Total :- 600

Part - II - Skills :-

(a) Skills in major Indian & Foreign Games Athletics and other Physical Exercises Skills in

Major Games .	Marks - 150
Formal Activities	" 30
Athletics (Running Events)	" 20
	200

200

(b) Years sessional work.

100

-----  
Total First Year - 900

General Skills to be practiced and acquired I & II Term of the  
First B.P.E. and Second B.P.E. :

I st Term.

1. Basket ball.
2. Volley ball.
3. Kho-Kho.
4. Football.
5. Formal activities.
6. Weight training & Best Physique

IIInd Term.

1. Cricket.
2. Netball.
3. Kabaddi.
4. Badminton.
5. Ball Badminton.
6. Athletics (Running events)

Second Year B.P.E. :

I Term.

1. Handball
2. Softball.
3. Table Tennis.
4. Gymnastics I
5. Judo.
6. Boxing
7. Athletics (Throwing events)

IIInd Term.

1. Hockey.
2. Lawn Tennis.
3. Wrestling
4. Gymnastics II
5. Yogasanas.
6. Athlwtics (Jumping events)

SECOND YEAR B.P.E. EXAMINATION :-

Part - I - Theory.	Total Marks :-
Course I Physiology	100.
Course II Kinesiology	100-
Course III Educational Psychology counselling Guidance.	100.
Course IV Yoga.	100.
Course V Methods in Physical Educat.	100
Course VI Health Education.	100.

-----  
Total: 600.

\*\* Part - II - Skills in Games (Indian & Foreign) Athletics, Gymnastics,  
other Physical activities including Yogasana, Hykas and  
cross country. 200.

Part - III. Practice Teaching.

- (a) 10 lessons taken throughout the year in the secondary  
school situation (marks to be assigned internally) 100.
- (b) Two lessons to be given at the Annual Examination  
of which one shall on Games and Athletics and  
the other shall be on other Physical Activities. 100-

cont... 4

Total marks for Part I, II, & III :- -----  
 Total marks second year 1000

Final B.P.E. Examination - Third Year :-

Part I Theory :-

Course - I - Principles and History of Physical Edu.	100.
Course - II Organization & Administration of Phy, Edu.	100.
Course -III Recreation.	100-
Course IV Officiating and Coaching.	100.
Course V Remedial & Corrective Phy. Education.	100.
Course VI Tests and Measurements.	100.

Part II - Skills :-

Specialisation in any two games from Group A and any one from Group B. - ( External Assessment )

Group 'A'	Group 'B'
1. Basket - ball.	1. Athletics.
2. Volleyball.	2. Wrestling.
3. Football.	3. Gymnastic.
4. Cricket.	4. Table Tennis.
5. Kho-Kho & Kabbaddi.	5. Badminton.
6. Hockey	6. Yogasana.

-----350-----

Part III - Practice Teaching ( External examination )

1. Two lessons to be given at the time of the Final Examination one on Athletics and the other on Major games from Group 'A' Group A.	150
2. Test in officiating in two Games.	50
	-----
Total Marks :-	200
Third Year Marks	1100

100 marks for each Games of specialisation in Group A = 200

100 marks for the Games of specialisation in Group B = 100

Rules for passing for First, Second, Third Year B.P.E. -Exam.

Minimum 40% marks in each head of passing and 50% in the aggregate.

For First class - Minimum 60% in the aggregate

For First Class with Distinction Minimum 70% in the aggregate.

Cont...5...

**NORTH MAHARASHTRA UNIVERSITY, JALGAON**

**FACULTY OF EDUCATION**

**PROSPECTUS - Degree of Bachelor of Physical Education**

There shall be three examinations leading to the Degree of Bachelor of Physical Education, namely :-

(i) The First B.P.E. Examination.

(ii) The Second B.P.E. Examination.

(iii) The Final B.P.E. Examination.

The First B.P.E. Examination shall consist of two parts and the Second and Final B.P.E. Examination shall consist of three parts.

Part - I Theory,

Part - II Practical Skills,

Part - III Teaching Ability or Practice Teaching.

**Part - I - THEORY.**

**Paper - I**

**ELEMENTS OF PHYSICAL EDUCATION.**

**1. Physical Education :**

(i) Definition,

(ii) Meaning and Scope, Misconceptions about Physical Education.

(iii) Aims and Objectives of Physical Education-General outline.

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

1. Gymnastics,
2. Athletics,
3. Formal Activities,
4. Indigenous Activities,
5. Games,
6. Minor Games,
7. Aquatics,
8. Rhythmics,
9. Yoga,
10. Hiking,
11. Picnic,
12. Camping,
13. Corrective physical Education.

**3. A Brief Survey of Growth and Development of Physical Education and Sports in India :**

a) Contribution of Vyayasshala and Akhadas.

b) British Period :

(i) The British Influence-Gymkhana, Sports, Clubs, Military and Physical Training.

(ii) Olympic Movement and its influence in Physical Education in India.

(iii) Physical Education in Schools and Colleges.

(iv) Influence of Political forces on physical Education in India.

c) Period of Independence :

cont...6..

3. (I) Government Efforts :-

- a) Physical Education, Advisory Bodies and Sports Councils.
- b) Sports Authority of India.
- c) National Coaching Scheme.
- d) Physical Education Development Schemes.
- e) Honour and incentives to sportsman.
  - (i) Arjun Award.
  - (ii) National Award.
  - (iii) Chhatrapati Award and Abhimanue Award.
- f) National College of Physical Education.
- g) National Fitness Corps.

(ii). Private Efforts :-

- a) Sports Federation and Associations.
- b) International, National and State level Tournaments.
- c) India's Participation in International sports.
- d) Contribution <sup>of</sup> Institutions Promoting Yoga and Indian Physical Culture.

4) Training Institutes and Professional Organisations :-

- a) Growths and Development of Physical Education :- Colleges in India.
- b) Various courses in teacher training programme.
- c) Job opportunities.

Reference Books :

1. Foundation of Physical Education : Bucher.
2. Introduction to Physical Education : Sharma, J.R.
3. Manual of Physical Education : Wakharkar.
4. A History of Physical Education : E.A.Khan.
5. An Analytical History of Physical : Education: S.Hariharan and C.Tirunarayan.
6. Principles of Physical Education : Surjan Singh.

--- XX ---

Paper - II. GENERAL SCIENCE.

: PHYSICS :

Importance of Science, Basic Science, 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 (only elementary). Barometer, Boiler's Law Exhaust-pump and ball inflator, Density and specific gravity (without measurements), Elasticity, Stress and Strain, Hooke's Law, Young Modulus (without determination).

Heat : Effect of heat, Temperature and Thermometer (Simple - Thermometer), Physical meaning of specific heat and latent heat, Mode

of Transference of heat, conduction, convection and Radiation, Knowledge of mechanical equivalent of heat.

Light : Reflection of light at plane and curved surface (Ray diagrams only). Total internal reflection. Reflection of light through lenses. Comparison of camera with human eye, working of Microscope and Telescope with ray diagram only.

### CHEMISTRY

Atom, molecule, elements and compounds, Symbols, formula, Physical and chemical changes, Introduction to periodic classification, Ionic theory, solubility, crystallisation Acid bases, salts, neutralisation, hydrolysis.

Atomic Structure : Protons, Neutrons, Electron (Elementary Ideas).

Oxygen : Preparation, Properties, uses, classification of oxides, oxidation and reduction.

Water : Purification hard and soft water, Removal of hard Demineralisation.

Chlorine : Laboratory methods of preparation, properties, uses- Bleaching action of chlorine, Hydrochloric acid, laboratory preparation, manufacture properties and uses.

Carbon : Different allotropic forms Carbon monoxide Carbon Dioxide precipitation, properties uses fuel gases, coal Gas. Oil Gas.

Carbohydrates : Definition, classification, general properties Glucose and Fructose-preparation, properties, uses.

Proteins : Classification, general characteristics, uses.

Fats, Oils and Soaps : Extraction of fats and oils, properties.

### BIOLOGY

- (i) Difference between Living and Non-living objects such as : A cell as a unit of which bodies of the living objects are formed.
- (ii) Difference between plants and animals.
- (iii) Metabolism- Anabolism and Katabolism, Structure of cell, Cell division, Different types of Cells, Tissues, Organs (Examples - from plants and animals.)
- (iv) Theory of Evolution and heredity.

Note : Though there is not necessity of setting up of a laboratory, it is desirable to have some experiments on the important topics in the Syllabus.

Books Recommended :

1. Intermediate Physics by Ray, Choudhary and Sinha.
2. Intermediate Physics By Jog.
3. Inorganic Chemistry by Mitra.
4. Elementary Organic Chemistry by Bahi and Tuli.
5. A class Book of Botany by Dutta.
6. Text-Book of Zoology by Vidyaarthi.
7. Intermediate Physics by Basu and Chaudhari.
8. Pre-University Physics , Parts I & II by C.H.Gupta.

..... X .....

Paper - III. Anatomy and Physiology.

ANATOMY :

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 ankle joint-  
Muscular system : General structure of striated and unstriated

muscle Distribution of these two types of muscles in the body.  
position, origin, insertion, Action of the following skeletal muscle.  
Trapezius, Rhomboids-Serratus Anterior, Pectoralis, Deltoid, Supraspinatus, Latissimus Dorsi, Bicepsbrachi, Brachioradialis, Brachialis, Triceps, Psoas, Major and Minor, Sartorius Gluteus, Tibialis, Anaticus, Rectus Abdominis, External Obliques, Internal Obliques.

Brief Account of the following systems of the Body :

1. Circulatory system.
2. Respiratory system.
3. Nervous system.
4. Excretory system.
5. Digestive system.
6. Endocrine system.

Anatomy Practical : (For Sessinal Work only )

Disarticulated bones and articulated skeleton should be fully used in class work and it is suggested that animal material (Sheep's-heart etc) might usefully supplement the demonstration of the human parts.

PHYSIOLOGY

Elements of General Physiology : The Animal Cell. Elementary Constituents and Physical properties of protoplasm. The structural basis of the body.



HUMAN PHYSIOLOGY

- (a) Voluntary and involuntary muscles. Their nerve cell and nerve fibres.
- (b) The mechanism of nutrition food. its digestion and absorption. Metabolism. Principles of Dietetics, The Vitamins.
- (c) The blood and circulation including the physiology of heart and blood vessels, Lymph, Tissue Fluids and Cerebro Spinal Fluids.
- (d) Respiration including knowledge of adaptation under different atmospheric conditions.
- (e) Renal excretion.
- (f) Nervous system and sensation :
  - (1) The Central Nervous System.
  - (2) The Autonomic Nervous System.
  - (3) The General Senses-Cutaneous senses. muscle sens, etc.
  - (4) Special sense-such as that of vision, hearing voice and taste
- (g) Ductless glands (endocrine organs).
- (h) Skin and skin glands. The temperature of the body and its regulation.

Books recommended :

- 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. Anatomy and Physiology by Smount and Macdonals (Edward Arnold).
- 6. An Introduction to Fundamental Anatomy by David Sinclair (Blackwell Publications).
- 7. Kinesiology by Katherine Well (Saunders Company).
- 8. An Introduction to Fundamental Anatomy by David Sinclair (Blackwell Publications).

References :

- 9. Gray's Anatomy by D.V.Davies (Longmans).
- 10. Cunningham's Manual of Practical Anatomy.
- 11. Kinesiology and Applied Anatomy by Reasch-Burke (Lee and Tebiger).
- 12. Text-book of Human Physiology by C.C.Chatterjee (Central Book Agency, 14, Bankim Chatterjee Street, Calcutta -12).
- 13. Essentials of Human Physiology by S.M.Banerjee (S.Bhattacharya & Co.).
- 14. Essentials of Human Physiology by Benbridge and Manziels (Edited by Hartrige and D'Silva).
- 15. Dr. Bhawe-Anatomy and Physiology.
- 16. The Living Body by Best and Taylor (Asian Publication).
- 17. Samson Wright's Applied Physiology (Oxford Medical - Publication).

Paper IV. HEALTH, HYGIENE AND SANITATION.

Health : Concept of health, 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.

First Aid :

- 1) Outline and scope of First Aid,
- 2) Dressing and bandages with Practical Instruction,
- 3) Asphyxia,
- 4) Shock, its causes and treatment,
- 5) Methods of artificial respiration,
- 6) Common causes of insensibility and general rules of treatment,
- 7) The symptoms, types and general treatment of fractures and other injuries to the joints and muscles of the human body.
- 8) Various types of wounds and haemorrhages with general rules of treatment and practical instructions,
- 9) General rules of treatment for -
  - (a) Poisoning by administering antidotes,
  - (b) Burns and scalds,
  - (c) Foreign matter under the skin, eyes, ears etc.
  - (d) Snake-bite,
- 10) The carrying of injured persons,
- 11) Common athletic injuries.

Hygiene and Sanitation, Problems of water supply-Food stuffs, air and Ventilation-Disposal of refuse-Dumping-Conservancy and water carriage system.

Books Recommended :

1. Hand-book of Hygiene and Public Health by V.P.Bedi.
2. The School Hygiene Service by Leff Vera and Leff, S.
3. A Text-book of Health Education : Denis Pirrries and A.J.Delzeltward.
4. Health Education : Dr. S.P.Chaubey
- 5- Health Education and Hygiene : B.C.Rai
6. Anatomy Physiology for Nurses by evely Pearce.
7. (Furneaux's) Human Physiology, Edited by William A.M.Smart.
8. First Aid : John Ambulance.

cont...11...

Paper - V. English

VI. Marathi OR Hindi.

V and VI above - Languages - as prescribed by the North Maharashtra University for FYBA

-----XXXXXX-----

PART - II

SKILLS-

1. Major Games :  
Basket-Ball, Foot-Ball, Volley-Ball, Cricket, Kabaddi  
and Kho-Kho, Net-Ball, Badminton, Ball Badminton,  
Weight training.
2. Formal Activities :  
Lezium, Dumbell, Indian Clubs, Exercise Tables, Drill and  
Marching.
3. Athletics : Running Events

-----XXX-----

cont...12...

THE SECOND EXAMINATION FOR THE DEGREE OF BACHELOR PHYSICAL  
EDUCATION.

PART -I : THEORY  
Paper - I

PHYSIOLOGY

- A. Physiological concept of Health and Fitness :  
Hygienic and aesthetic value of exercise.
- B. Exercise and its Classification :  
Passive, assistive, time resistive-isometric-isotomic  
static, concentric, eccentric.
- C. Functioning of different systems of the body during exercise.
- D. Difference between secondary and active individuals.
- E. Effects of training on following systems :-  
1. Cardiorespiratory.  
2. Muscular.  
3. Excretory.
- F. Role of Muscular system in exercise :-  
(a) Microscopic structures of striated muscle.  
(b) Contractile elements in muscle and the changes in  
muscle groups. Reciprocal innervation.  
(c) Nerve control of muscle contraction, Agonist and  
Antagonistic muscle groups. Reciprocal innervation.  
(d) Glycogen cycle and Fuel for work.  
(e) O<sub>2</sub> utilization, O<sub>2</sub> debt, Aerobic and Anaerobic phase of  
Exercise, Second wind, Lactic acid formation and  
disposal.  
(f) Fatigue and staleness.  
(g) Relaxation and Rest.  
(h) Muscle Stitch, cramp, pull, tear, strain.  
(i) Aging changes in muscle.
- G. Physiological study of warming-up, conditioning and training,  
effect of altitude on training.
- H. Energy consumption and its measurement.

List of Books for Reference :

1. Physiology of Exercises by Macurdy and Mekenzh.
2. Muscular Exercise by Eggleston M. Grace,
3. Efficiency of Human Movements by N.B. Jauneler.

Paper II - Kinesiology.

1. Definition, Aims and objectives, brief story, scope and  
limitations, importance in coaching and physical medicine.
2. 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.
3. Structural and Functional classification of Muscles, Direction  
of muscle fibres and relation to muscle action, angle of pull.

4. 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.
5. Movement and its patterns :  
Efficient movement, factors causing efficient movement, Rhythm Co-ordination, Practice, body positioning Factors effecting the movement-friction, density of water and air, resistance, body surface Force of gravity.
6. Physical principles concerning motion :
  1. Principle of inertia.
  2. Principle of equilibrium.
  3. Principle of giving impetus to external objects..
  4. Principle of receiving the forceful object.
  5. Principle of moving one's own body in the air, water and on the ground.
  6. Principle of pulling, pushing and lifting the heavy objects.
  7. Body positioning in sport especially in running, throwing, jumping, walking, ascending and descending movements, Importance of posture.
  8. 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.

PRACTICAL

1. Body measurements, pulse rate, blood pressure, nerve muscle, Preparation twitch, tetanus, fatigue, vital capacity.

List of Books for Reference :

1. Kinesiology and the Anatomy Motion by E.N.Dural.
2. Psychology of Coaching by W.D.Kawther.
3. Scientific basis of Athletic Training by Morehous end Rasch.
4. Efficiency of Human Movement by Brown (W.B.Saunders Co.).
5. Kinesiology and Applied Anatomy by Rasch, Burke Lee and Pebiger.

EDUCATIONAL PSYCHOLOGY COUNSELLING AND GUIDANCE.

1. Psychology as a Science, its meaning its bearing on Education and Physical Education.
2. Mental Process : Body mind relationship, Neur-Muscular skills.
3. General Innate Tendencies : Movives, Needs, Drives, sympathy. Imitation, suggestion, Play, Play way in Education and sub imation of Innate Tendencies.
4. Stages in Development : The Nature of Growth and Development Characteristics at various stages of Development.
5. Products of Developments : Habits complex, Sentiments and Character.
6. Heredity and Environment.
7. The Learning Process : Nature laws of learning Motivation in learning, Attention and interest, Learning curves, Transfer training.
8. Efficient Training : Memory, Motor Memory and their Training.
9. Intelligence : Its Nature and Development.
10. Mental Hygiene : Meaning, Its importance, handling of exception 1 children, Role of Physical Education in preventing adjustment and promotion of proper health.
11. Fatigue. : Physiological and Psychological aspects of Fatigue.
12. Personality : Its meaning, Development of Personality, Adjustment through Physical Education.
13. Discipline and Behaviour.
14. Individual Differences.
15. The Psychology of the conscious and its bearing.
16. The Psychology of the Group.

Counselling and Guidance : Only Elementary Knowledge :

1. Meaning, importance and scope of the subject.
2. Basic concepts of Counselling and Guidance.
3. Psychological basis of guidance and counselling, Individual differences, Psychological Testing.
4. Objectives of guidance.
5. Qualities and qualification of a Counsellor.

Group Work : Only Elementary Knowledge :

1. Meaning of Group Work.
2. Nature and objective of group work.
3. Group dynamics : Some general principles.
4. The role of the leader in the group.
5. Responsibilities and qualities if a leader.

Books for Reference :

1. Psychology of Adjustment by Shafer.
2. General Psychology by Garrett.
3. Educational Psychology by Gats.
4. Educational Psychology by Skinner.
5. Solving Personal Problems by Elliot.

Paper - IV. YOGA.

Preliminary :

1. Yoga - Meaning, concept, mis-conceptions about Yoga-Relationship with Physical Education.
2. Historical Background of Yoga-Yogic Texts.
3. Yoga as a discipline of life-Mode of living. Cults of Yoga  
(Only Central Ideas)
  - i) Raj Yoga.
  - ii) Shakti Yoga.
  - iii) Karma Yoga,
  - iv) Gyan Yoga,
4. Hatha Yoga Philosophy.
5. Astanga Yoga with special reference to :
  - 1) Yama,
  - 2) Niyama,
  - 3) Asan,
  - 4) Pranayama.

Types of Asanas and Pranayamas.

6. Shar armas-Personal hygiene of Yoga : (Six purifactory methods of Yoga-Neti, Dhauti, Basti, Nauli, Gajkarni, Kunjal)
7. Bandhas, Miḡras and Chakras of Yoga.
8. Recent advances in Yoga education, Yoga as a Science.
9. The therapeutic and corrective values of Yogic Practives.

Reference Books :

1. Methods in Physical Education by Dambach J.C.Williams, J.F.N. Schwendener.
2. Physical Education lessons by Dr. J.P.Thomas.
3. The sports Organizers Hand Book by Dr.Walthana.  
(Weeks and H.A.Winekles.)
4. Methods in Physical Education by Kosman Cassidy-Jackson.

Paper - V

METHODS OF PHYSICAL EDUCATION

1. Scope and Importance of Methods : of teaching different physical activities - Their different patterns, General and special activities such as Athletics, Gymnastics, Games, etc. - Their importance & Purpose.
2. Classification : Classification of pupils for routine Physical Education activities and competitions various methods of Classifications, Their advantages and disadvantages.
3. Lesson Planning.

4. Tournaments and Competitions : Group competitions and their importance Methods of organising Group competitions-types of Tournaments- Methods of conducting Tournaments-Intra-mural and Extra-mural competitions Games of Law Organisation, Organization of sport meets.
5. Methods of organizing picnics and Hikes - Planning of programme for various age groups organization of Excursions.
6. Construction and markings of Play-field for various games, laying out of runnings, Track construction of jumpings pits-Preparing and markings of different play-fields. Their measurements and requirements.
7. Publicity and public relations methods of preparing :
  - i) Demonstration,
  - ii) Displays,
  - iii) Exhibitions,
  - iv) Play days.
8. Measurement and Measurement Qualities of good test, type of test and procedure in Physical Education-Individual and standard Physical efficiency test, procedure of conduction test and examination in Physical Education-Evaluation of Physical Education and its progress.

Paper - VI.

HEALTH EDUCATION.

1. Definition of Health Education, Meaning & scope of Health Education.
2. Concept of Health and fitness, Characteristics of Healthy individual. The importance of individual, family, community and national health.
3. Effect of Heredity and Environment on Health.
4. General Principles of Co-ordinated School Health Programme.
  - a) Health Services-
    - i) Appraisal aspect.
    - ii) Preventive aspect.
    - iii) Remedial aspect.
5. Evaluation of Health Programme.
6. World Health Organization.

Books Recommended:

1. Health Education by Dr. S.P. Chaube.
2. Health Education and Hygiene by B.C. Rai.
3. Health Education by Moss and Others (National Education Association of U.S.A. 1964.)
4. School Health and Health Education Turner, et al St. Louis, The C.V. Mosby Co. 1970.
5. School Health Education : Ober Teuffer, D.: Harper & Bros., New York, 1966.



PAPER-III  
PRACTICE TEACHING

1. Ten supervised lessons taken throughout the year 100 marks.
2. Two lessons to be given at the Final Examination as follows :
- a) One lesson on Athletics of Games. 50 marks-
- b) One lesson on any of the other physical Activities. 50 marks.

SYLLABUS

PRESCRIBED FOR

The Final Examination for the Degree of Physical Education.

PART - I

THEORY

Paper - I

Principles and History of Physical Education.

(A) Principles of Physical Education.

1. Concept of Physical Education.
2. Definition of Physical Education.
3. Scope of Physical Education.
4. Importance of Physical Education as Profession :  
A brief Review of Physical Education in the Country.
5. Qualities of Physical Education Teacher, opportunities for Physical Education Teacher in service and employment.
6. Aims and objectives of Physical Education.
7. What are Principles ?
8. Importance of Principles, Application of Principles.
9. Principles governing growth and development,  
significance of age and sex.

(B) Psychological Principles :

1. Principle of use, disuse and overuse.
2. Effect- of Exercise.
3. Optimum amount of exercise for healthful living.
4. Human energies and how they are spent.
5. Fatigue, stress and <sup>its effect on physical and</sup> mental health Relaxation. Tension, Flexibility, Rhythm and strength.
6. Principles governing breathing exercises, Yogic exercises and Swedish exercises.

(C) Psychological Principles :

Personality, Raw material of character, Transfer of training, Laws of learning, Habit, Reflexion, Conditioned Reflex. Effect of emotions on health Role of fighting Instinct competition Co-operation, Competitive sports, Age and sex characteristics. Theories of Play, Adjustment. Educational Implications and opportunities of Physical Education.

(D) Sociological Principles :

Traditions. Tradition and its influence on behaviour

Social values, Channels of recognition, Influence of Physical Education and recreation as socialising factors

(E) Historical :

Influence of experience of other, evaluation of experience in terms of results. Various systems of Physical Education. German Swedish, of Problems and Methods of Study.

HISTORY OF PHYSICAL EDUCATION

1. Physical Education Primitive Society.
2. Physical Education Ancient India.
3. Physical Education in the Ancient Oriental Nations-Persia, Egypt, China.
4. Physical Education in Ancient Greece with special reference to Olympic Games.
5. Physical Education Dark Ages.
6. Physical Education among the Romans.
7. Physical Education in the Age of Chivalry.
8. Physical Education during the Renaissance & 18th Century Society.
9. Physical Education in Germany, Denmark and Sweden.
10. Physical Education in France, Great Britain and other European Countries.
11. Physical Education in U.S.S.R.
12. Physical Education in America.
13. Physical Education in present India and modern trends in Physical-Education with special reference to modern Olympic Game Youth Movement including Youth Hostel, Cadet Corps, etc

Reference Books :

(Principles of Physical Education):

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.

(History of Physical Education ):

1. History of Physical Education by Eraj Ahmed Khan.
2. Brief History of Physical Education by Emmel A. Rice.
3. Physical Education in India. National Association of Physical Education and Recreation Association of Physical Education and Recreation, India.
4. History of Physical Education By F.E. Leonard and George B. Affleck.

Part -I. Theory - PAPER -II

Organization and Administration of Physical Education.

1. Introduction : Definition of Terms, Importance objection, Guiding Principles.
2. Schemes of Organization N.F.C., N.C.C. School Sport.
3. Facilities : Construction and care of Gymnasias, Swimming Pools. Playing P eles, Playing Grounds.
4. Equipment : Need, purchase, maintenance, issue and disposal.
5. Professional preparation : Qualities of a Teacher Training,

Problems facing the Teacher, Students Leadership.

6. Programme Planning : Principles and Factors affecting the time-table preparing time-tables Scheduling School sports Problems of School sports, Problems of School Soorts, Intra-murals, Inter-Institutional.
7. Records and Registers : Attendance, Test, Health and Character, Extra Curricular Activities.
8. Budget and Finance : Preparation of Budget, Administration, Rules of Expenditure, Forms and Routine of payments and entries, Accounting and Auditing.
9. Organisations working in the field of Physical Education in India.
10. Supervision - meaning & scope-objectives-Essential features of good supervision - methods of supervision.
11. Camping : Meaning, Educational Value and types of Camps Leadership, Location of Camps Health and Safety, Food and Programme.

Books Recommended :

1. Voltmer and Esslinger : Organisation and Administration.
2. Joseph, P.M. : Organization of Physical Education.
3. Hughes and French : Administration of Physical Education.
4. Thomas, J.P. : Organisation of Physical Education.
5. Bucher : Administration of School Health and Physical Education.
6. Forsythe and Duncan : Administration of Physical Education.

Paper - III

RECREATION.

1. History of Early and Modern Recreation and Leisure.
2. Philosophy and Principles of Recreation.
3. Objectives of Recreation.
4. Scope and Significance of Recreation.
5. Rural, Urban and Industrial Recreation.
6. Recreation in School and Colleges.
7. Recreation for ill and disabled.
8. Recreation for the aged.
9. Recreation Leadership.
10. Programme Planning in major areas of Recreation.
11. Recreational facilities.
12. Audio-visual Aid, Hiking, Camping and Youth Leadership.

Books Recommended :

1. Introduction to Community Recreation by G.D. Butler,
2. Community Recreation-A Guide to its Organization by M.D. Meyer and C.K. Brightbill.
3. Camping Drought.
4. Methods of Physical Education by Bucher,
5. Kreedra Ranjan by Kholapurkar.

PAPER - IV

OFFICIATING AND COACHING

Coaching :

- i) Coaching, Teaching and Training.
- ii) Principles of Coaching.
- iii) Personality of a coach.
- iv) Methods of Presenting Skills,
- v) Principles of Conditioning.
- vi) Methodical Principles of Weight Training, Isometric Training, Circuit Training, Cross Country, Fartlek Training, Pressure Training and Sprint Training.
- vii) Basic Principles and Planning of Training Schedule.
- viii) Maintenance of Fitness.
- ix) Selection of Players.
- x) Measures for maintaining and stimulating the interest of students in Games and Sports.
- xi) Analysis of individual and team performance
- xii) Sports hygiene.

2. Officiating :

- i) Official his qualities and duties.
- ii) Factors influencing Officiating.
- iii) Record sheets, facilities, Techniques, Strategies and Rules and their interpretations of the following.  
Athletics, Football, Hockey, Volley-Ball, Basket-Ball, Cricket, Kabaddi, Kho-Kho, Gymnastics and Wrestling, Net-Ball, Hand-Ball, Table-Tennis, Badminton 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.  
Technique in
4. D.B.Cromwell : Championship Track and field.
5. Breshnam and Tuttle : Track and Field.
6. Meeley : Test and Measurements.
7. Webster : Scientific Principles of Coaching.
8. Abraham C.C. : Basket-Ball for Women (Y.M.C.A. Publishing - House, Calcutta).
9. Allen C. Forret : Better Basket-Ball Technique, Tactics.
10. See Clair : The Service Coaching.
11. Toby Dave : Basket-Ball Officiating.
12. John Dunn : Basket-Ball Methods.
13. Sir Pelham Warner : The Book of Cricket.
14. H.S. Althaw and E.W. Swention : History of Cricket.
15. Reg. Simpson : Cricket.

16. Dhanraj Hubert : Volley-Ball Hand Book.
17. C.P. Emery : Modern Volley-Ball.
18. Laneaga Robert : Volle y-Ball.
19. Figon & Holard : Hockey.
20. Milford : Hockey Practice and Tactics.
21. Norman F. Bonnet : Improving Your Hockety.
- 22- Dhyanchand : Gopal, Sports and Pastime.
23. Casewell, E. Soccer for Junior and Senior High Schools.
24. Coyen Herbert, E : Coaching of Soccer.
25. The Foot-Ball Association : Reference Chart.
26. The Foot-Ball Association : How to Become a Referge .
27. The Foot-Ball Association Coaching Manual.
28. John W. Bunn : The Art of Officiating Sports.
29. E.C. Callaghev & Rex Perry : Wrestling.
30. Encyclopaedia of Indian Physical Culture, Baroda.
31. S.S. Naval Institute : Wrestling.

PAPER - V

REMEDIAL AND CORRECTIVE PHYSICAL EDUCATION.

1. Meaning importance and scope of Posture.
  2. Concept and Classification of Posture.
    - i) Correct and Incorrect Posture.
    - ii) Static and dynamic Posture.
    - iii) Body type and Posture.
  3. Postural Deformities-
    - i) A-Study of Physical defects in Posture and the corrections to be arrived at -
      - a) Kyphosis,
      - b) Lordosis,
      - c) Scoliosis,
      - d) Flat foot,
      - e) Bowed legs,
      - f) Knocked knees.
    - ii) Corrective Exercise.
    - iii) Assessment of Posture-Posture Test.
    - iv) Therapeutic exercise and their classification.
  4. Principles of the Planning of the Programme of Corrective Physical Education in School.
- B-I. i) A Brief History of Massage.  
ii) Principles of application of Massage.
- II.. A Classification of the Manipulations used in Masage and the effects of each such type on defferent systems of human body.
  - a) Stroking Manipulation.
  - b) Pressure Manipulation.
  - c) Percussion Manipulation.

d) Shaking Manipulation.

III. - Indications and Contraindications of Massage movements.

IV. - Massage in sport.

V. - a) Common Athletic injuries and their Treatment, First aid :-

- 1) Sprain,
- 2) Strain,
- 3) Contusion,
- 4) Abrasion,
- 5) Fractures, Dislocation,

b) Application of Heat, Cold, Exercise and Massage

Books Recommended :

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

PAPER VI

TESTS AND MEASUREMENTS

Unit-I A. Introduction :

1. Meaning of Tests, Measurements and Evaluation, Need and Importance of Tests and Measurements and Evaluation in Physical Education.
2. Meaning of Statistics. Need and Importance of statistics.
3. Meaning of Data, Kinds of Data.
4. Frequency Tables-Meaning construction and uses. Population and sample, sampling techniques - importance and principles.

Unit-II B. Fundamentals of Statistics :

1. Measure of Central Tendency-Meaning uses & calculation from frequency tables.
2. Measures of variability-Meaning uses and calculation.
3. Graphical representation of Data-Meaning uses & techniques.
4. Percentiles-Meaning, uses and calculations.
5. Correlations-Meaning, uses and calculations.

cont....23

Unit-III C. Test Evaluation and construction :

1. Knowledge Test, Importance and types.
2. Items to be included in objective and subjective knowledge.
3. Criteria of tests selection.
4. Administration of Testing programme.

Unit -IV Measurement of Health Status :

1. Measurements of nutritional status (Subjective & objective)
2. Somatotyping-A brief account of Kretschmer's and Sheldon's body types.
3. Medical Tests-Vision (Shellen's Chart) Hearing (Watch tick method ) blood pressure, vital capacity.

Unit-v E. Measurement of social efficiency, Physical fitness and skill performance.

1. Social efficiency-Meaning and administration and interpretation of behaviour rating scales.
2. Sports skill tests-Lockart and Mc Pherson Badminton Test.
  - a) Johnson Basketball Ability Test.
  - b) McDonald Soccer Test.
  - c) Brady Volleyball Test.
  - d) Dribble and Goal shooting test in hockey.
3. Fitness Tests-Roger's PFI, AAHPERD, Youth Fitness Tests, Indian Motor Fitness Tests ICR Test and Kraus-Weber Test.

List of Books :

1. Clarke H.H. : Application of Measurement to Health and Physical Education by Englewood cliffs N.J. ( Prentice Halline )
2. Larson L.A. and Yacom R.D. : Measurement & Evaluation in Physical Health and Recreation Education , stolouis :C.V.Mosby Com.1957.
3. Mathew Donalak : Measurement in P.E. London, W.B.Sanders Company 1973.
4. Neilson N.P. : An elementary course in statistics, Test and Measurement in P.E., National Test Polo alth 1960  
Journal of Physical Education & Sports Science.  
SAI LNCPE ( Publication & Information Unit) Gwalier 474002.

Part II - Skills :-

Specialisation in any two games from Group A and any one from Group B. - ( External Assessment)

Group 'A'	Group 'B'
1. Basket - ball	1. Athletics.
2. Volleyball.	2. Wrestling.
3. Football.	3. Gymnastic.
4. Cricket.	4. Table Tennis.
5. Kho-Kho & Kabaddi.	5. Badminton.
6. Hockey	6. Yogasana.

Part III - Practice Teaching ( External examination )

- 1. Two lessons to be given at the time of the Final Examination one on Athletics and the other on Major games From Group 'A' Group A. 150
- 2. Test in officiating in two Games. 50

Total Marks:- 200.

Third year Marks :- 1100.

100 marks for each Games of Specialisation in Group A = 200

100 marks for the Games of Specialisation in Group B = 100

Rules for passing for First, Second, Third year P.E. Examination

Minimum 40% marks in each head of passing and 50% in the aggregate.

For First class : Minimum 60% in the aggregate For first class

with Distinction: Minimum 70% in the aggregate.

The following factors shall be observed while assessing practice Teaching lessons-

- 1. 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. Rapport (Approach and Relationship).
- 2. Leadership and teaching ability -
  - 1. Self confidence and self responsibility.
  - 2. Self Development and initiative.
  - 3. Command and control of the Class.
  - 4. Instructional Technique, i.e. Sequence of Teaching.
- 3. Maintenance of the interest and spirit of the lesson and total impression, impact and effect of the lesson.
  - 1. Activity, Enthusiasm.
  - 2. Knowledge about the subject and maturity.

.....XBXOX.....