

Final B. P. E.

Prospectus No. 97166

अमरावती विद्यापीठ
AMRAVATI UNIVERSITY

शिक्षण विद्याशाखा
(FACULTY OF EDUCATION)

अभ्यासक्रमिका
अन्त्य शारीरिक शिक्षण स्नातक परीक्षा १९९७

PROSPECTUS
OF
The Final Examination for the Degree of
Bachelor of Physical Education 1997



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Ordinance No. 19 : Admission of Candidates to Degrees

Ordinance No. 109 : Recording of a change of name of a University Student in the records of the University.

Ordinance No. 138 : For improvement of Division

Ordinance No. 159 : Prescribed rules for Revaluation of Answer Books of Examinees at University Examinations.

Registrar
Amravati University

PATTERN OF QUESTION PAPER ON THE UNIT SYSTEM

The Pattern of question paper as per unit system will be broadly based on the following pattern.

- (1) Syllabus has been divided into units equal to the number of questions to be answered in the paper. On each unit there will be a question either a long answer type or a short answer type.
- (2) Number of question will be in accordance with the unit prescribed in the syllabus for each paper i.e. there will be one question on each unit.
- (3) For every question long answer type or short answer type there will be an alternative choice from the same unit. However, there will be no internal choice in a question.
- (4) Division of marks between long answer and short answer type question will be in the ratio of 40 and 60.
- (5) Each short answer type question shall contain 4 to 8 short sub question with no internal choice.

AMRAVATI UNIVERSITY
SPECIAL NOTE FOR INFORMATION OF THE STUDENTS

(1) Notwithstanding anything to the contrary, it is notified for general information and guidance of all concerned that a person, who has passed the qualifying examination and is eligible for admission only to the corresponding next higher examination as an ex-student or an external candidate, shall be examined in accordance with the syllabus of such next higher examination in force at the time of such examination in such subjects, papers or combination of papers in which students from University Departments or Colleges are to be examined by the University.

(2) Be it known to all the students desirous to take examination/s for which this prospectus has been prescribed should, if found necessary for any other information regarding examinations etc., refer the University Ordinances Booklet the various conditions/provisions pertaining to examinations as prescribed in the following Ordinances -

- Ordinance No. 1 : Enrolment of Students.
- Ordinance No. 2: Admission of Students
- Ordinance No. 4 National Cadet Corps
- Ordinance No. 6: Examination in General (relevant extracts)
- Ordinance No. 7-A: Condonation of Deficiency of Marks for Passing an Examination or for improvement of Division there at in the Faculties of Arts, Science, Commerce, Education, Social Science, Law, Home Science and Engg. & Technology and Examinations in Pharmaceutical Sciences.
- Ordinance No. 7-B: Condonation of Deficiency of Marks for Passing an Examination in the faculty of Medicine (Excluding examinations in Pharmaceutical Science)
- Ordinance No. 9 : Conduct of Examinations (Relevant extracts)
- Ordinance No. 10: Providing for Exemptions and Compartments

(i) passed the द्वितीय शारीरिक शिक्षण स्नातक (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. Without prejudice to the other provisions of Ordinance No.6 relating to the Examinations in General, the provisions of Paragraph, 5,8,10 and 31 of the said Ordinance shall apply to every Collegiate candidate.

5. 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.

6. The fee for each of the examinations shall be Rs.77/- plus a fee of Rs.10/- per practical Examination

7. An examinee who is unsuccessful at an examination shall be eligible for admission to a subsequent examination on payment of a fresh fee. 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 subjects shall be as indicated in the Syllabus.

(ii) The medium of instruction for the examination shall be Marathi, Hindi or English and the question papers shall be set in Marathi, Hindi or English. Translations of the papers shall be provided in the other two languages also other than in which the paper is set.

9. The प्रथम शारीरिक शिक्षण स्नातक (First B.P.E.) Examination shall consist of two parts and the द्वितीय व अन्त्य शारीरिक शिक्षण स्नातक (Second and final B.P.E.) Examinations shall consist of three parts viz.

Part- I Theory.

Part-II Practical Skills,

Part-III Teaching Ability or Practice Teaching.

प्रथम शारीरिक शिक्षण स्नातक (First B.P.E.) Examination.

<i>Part-I Theory</i>	<i>Maximum Marks</i>		
	<i>Theory</i>	<i>Sesional</i>	<i>Total</i>
1. Elements of Physical Education	80	20	100
2. General Science	80	20	100
3. History	80	20	100
4. Anatomy and Physiology	80	20	100
5. Health, Hygiene and Sanitation	80	20	100
6. Language	80	20	100
Part-II Skills:			
(a) Skill in major games (Indian and Foreign) Athletics, Gymnastics and other Physical Exercises including Yoga			200
(b) Year's Sesional Work			100
Total Marks			<u>900</u>

द्वितीय शारीरिक शिक्षण स्नातक (Second B.P.E.) Examinations

<i>Part-I Theory</i>	<i>Maximum Marks</i>		
	<i>Theory</i>	<i>Sesional</i>	<i>Total</i>
1. Physiology of Exercises	80	20	100
2. Education Psychology and Counselling	80	20	100
3. Guidance.			
3. Yoga	80	20	100
4. Methods in Physical Education	80	20	100
5. Kinesiology	80	20	100
Part-II Skills			
Skill in Games (Indian and Foreign), Athletics, Gymnastics, other Physical Exercises including Yogaena, Hykes and Cros.			
Country Provided that for Second Year Part-II Skills, Internal marks, 200 shall be 100 out of 200, and External marks 100 shall be distributed as follows:			
(1) Games-Indian and Foreign (one game each)		20	
(2) Athletics (4 Events)		40	
(3) Gymnastics (4 Apparatus)		20	
(4) Other Physical activities including Yoga (out of which marks for Yoga will be Ten)		20	

<i>Part-III Teaching:</i>	<i>Marks</i>
(a) 10 lessons taken throughout the year in Secondary School situation (marks to be assumed internally)	100
(b) Two lessons to be given at the Annual Examination of which one shall be on Games and Athletics and the other shall be on other Physical Activities.	200
Total Marks for Part-I, II & III	<u><u>1000</u></u>

अन्त्य शारीरिक शिक्षण स्नातक (Final B.P.E.) Examination

<i>Part-I Theory</i>	<i>Maximum Marks</i>		
	<i>Theory</i>	<i>Sessional</i>	<i>Total</i>
I. Principles and History of Physical Education	80	20	100
II. Organisation & Administration of Physical Education	80	20	100
III. Recreation	80	20	100
IV. Test and Measurement in Physical Education	80	20	100
v. Officiating and Coaching	80	20	100
VI. Health Education and Remedial and Corrective Physical Education	80	20	100

Part-II Skills

Classification of Internal and External Marks for Part-II Examination Skills

	External Marks	Internal Marks
(a) Specialization in Games of Aquatics	50	50
(b) Specialization in Physical Activities	50	50
(c) Combatives and Indigenous Activities	40	40
(d) Specialization in Athletics	50	50
(e) Skills in Remedial Massage	10	10

Provided that for Final Parts-II Skills,
Internal Marks shall be
200 out of 400

	<u>200</u>	<u>200</u>
Total	<u><u>400</u></u>	

**Part-III Practice Teaching
(External Examination)**

	Maximum Marks	
(a) Two lesson to be given at the time of the Final Examination one on Athletics and the other on Major Games	150	
		200
b) Test in Officiating in two Games	50	184
Total Marks for Part-I, II and III		<u>1200</u>

10. In order to pass the examination, the examinee must obtain not less than 25% marks excluding the Internal Assessment marks and 30% marks each Theory paper as a whole and not less than 40% marks in the external examination of the Part-II at the First B.P.E. and of Part-II and III at the Second and Final B.P.E. Examinations, and also obtain not less than 40% of the aggregate prescribed for each part and for each examination as a whole of the First, Second and Final B.P.E. Examinations.

11. There shall be classification of successful examinees at the प्रथम व द्वितीय शारीरिक शिक्षण स्तरक (First and Second B.P.E.) Examinations.

12. Successful examinees obtaining 65% or more marks in the aggregate for the प्रथम, द्वितीय व अन्त्य शारीरिक शिक्षण स्तरक (First, Second and Final B.P.E.) Examinations taken together inclusive of all the parts of the examinations, namely- Theory, Skills and Practice Teaching, shall be placed in the First Division; those obtaining less than 65% but not less than 50% in the Second Division, and all other successful examinees in the Third Division.

13. Successful examinees obtaining not less than 75% marks in a Paper of the Theory Part of the Examination shall be declared to have passed the examination with Distinction in that Theory Paper; and those obtaining not less than 80% of the total marks in Part- II or Part-III of the Examination shall be declared to have passed the examination with Distinction in that part.

14. Provisions of Ordinance No.7 A relating to the

Condonation of Deficiency of Marks for Passing an examination and of Ordinance No. 10 relating to Exemptions and compartments shall apply to the examinations under this Ordinance.

15. As soon as possible after the examination but not later than 30th June next following the Executive Council shall publish a list of successful examinees arranged in three divisions. The names of examinees passing the examination as a whole in the minimum prescribed period and obtaining the prescribed number of places, in the First or Second Divisions shall be arranged in Order of Merit as provided in the Examinations in General Ordinance No.6.

16. Notwithstanding anything to the contrary in this Ordinance no person shall be admitted to an examinations under this Ordinance if he has already passed the same examination or an examination of any other Statutory University which has been recognised as a equivalent to that examination.

17. Successful examinees at the प्रथम बारिक शिक्षण स्नातक (First B.P.E.) Examination or the द्वितीय बारिक शिक्षण स्नातक (Second B.P.E.) Examination shall be entitled to receive a Certificate signed by the Registrar and those successful at the अन्त्य बारिक शिक्षण स्नातक (Final B.P.E.) Examination shall on payment of the prescribed fees, receive a Degree, in the prescribed form, signed by the Vice-Chancellor.

SYLLABUS PRESCRIBED FOR

**The Final Examination for the Degree of
Bachelor of Physical Education,**

PART - I THEORY PAPER - I

PRINCIPLES AND HISTORY OF PHYSICAL EDUCATION.

- Unit - I
- a) Meaning; Concept and Scope of physical education.
 - 2) Importance of physical education as a profession.
 - b) 1) What are principles; applications; of principles to programme.
- Unit - II
- Physiological Principles :
- a) 1) Principles governing growth and development; significance of age and sex.
 - 2) Principles of use; disuse and overuse.
 - 3) Optimum amount of exercise for healthful living.
 - b) 1) Human energies and how they are spent.
 - 2) Fatigue, stress and its effect on physical; mental health; relaxation; flexibility. Rythem and strength.
 - 3) Principles governing breathing exercises and swedish exercises.
- Unit - III
- a) Psychological principles :-
 - 1) Personality, Psycho-social needs for the normal development, success, Recognition, Security, Adventurary experience.
 - 2) Transfer of training, laws of learning, conditioned reflex, effect of emotions on health, competition; co-operation, age and sex characteristics.

3) Influence of the group on the individual and vice-versa.

- b) Sociological principles :-
- 1) Traditions and their influence on behaviour patterns (social inheritance)
 - 2) Social values.
 - 3) Physical education and recreation as sociological factors.
 - 4) Physical education and sports as a socialising agency.

Unit - IV

History of physical education :-

- a) Physical education in ancient civilizations :-
- 1) Ancient India - Vedic and Epic period.
 - 2) Ancient Greece-Spart and Athons.
 - 3) Ancient Rome.
 - 4) Ancient Olympic Games.
- b) Physical education in European countries during 18th and 19th century :-
- 1) Physical education in Germany.
 - 2) Physical education in Sweden.
 - 3) Physical Education in Denmark.

Unit-V a) 1) Physical education in Great Britain during 19th and 20th century.

- 2) Physical Education In U.S.S.R. during 19th and 20th Century.
- 3) Physical education in U.S.A. during 19th and 20th century.
- 4) Modern Olympics.

b) Physical education in Modern India.

- 1) Physical education during British period (from 1825 to 1930 A.D.)
- 2) Recent Developments in Physical Education and sport after independence.
- 3) Asian Games.
- 4) 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 of Education by J.R. Sherman.
- 3) Physical Education by Oberteuffer, Delbert.
- 4) Modern Principles of physical education by J.R. Sharman.
- 5) Principles of physical education by J.F. 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 Emmet A. Rice.
- 3) Physical education in India. National Association of Physical education and Recreation India.
- 4) History of physical education by F.E. Leonard and George B. Affleck.

PAPER - II**Organisation and Administration of Physical Education.**

- Unit - I (a) **Introduction** : Definition of Terms, Importance, Objectives, Guiding, Principles.
-
- (b) Schemes of Organisation, N.F.C., N.C.C. School Sport..

- Unit-II (a) Facilities: Construction and care of Gymnasia, Swimming Pools, Playing Fields, Playing Grounds.
(b) Equipment: Need, purchase, maintenance, issue and disposal.
- Unit-III (a) Professional Preparation: Qualities of a Teacher, Training, Problems facing and Teacher, Students Leadership.
(b) Programme planning: Principles and Factors affecting the time-table, preparing time-tables, Scheduling School Sports Problems of School Sports, Intra-murals, Inter-Institutional.
- Unit-IV (a) Records and Registers: Attendance, Tests, Health and Character Extra-Curricular Activities.
(b) Budget and Finance: Preparation of Budget, Administration, Rules of Expenditure, Forms and Routine of payments and entries, Accounting and Auditing.
- Unit-V (a) Organisations working in the field of physical Education in India.
(b) Evaluation.
(c) Camping: Meaning, Educational Value and type 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.: Organisation 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.
७. शारीरिक शिक्षा प्रबंध एवं प्रशासन: शर्मा, करमरकर, तिवारी.
८. शारीरिक शिक्षा संगठन, प्रशासन, पर्यवेक्षक एवम् शिबीर :
- अ. के. करमरकर, अभयकुमार श्रीवास्तव.

**PAPER-III
RECREATION**

- Unit-I 1. History of Early and Modern Recreation and Leisure,
2. Philosophy and Principles of Recreation.
- Unit-II 1. Objectives of Recreation
2. Scope and Significance of Recreation.
- Unit-III 1. Rural, Urban and Industrial Recreation.
2. Recreation in Schools and Colleges.
3. Recreation for ill and disabled.
4. Recreation for the aged.
- Unit-IV 1. Recreation Leadership
2. Programme planning in major areas of Recreation.
- Unit-V 1. Recreational facilities.
2. 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 by Drought.
4. Methods of Physical Education by Bucher.
5. क्रीडारंजन लेखक ल.पु. खोलापुरकर
Kreeda Ranjan by L.P. Kholapurkar).

Paper-IV

TEST AND MEASUREMENT IN PHYSICAL EDUCATION

- Unit-I: History and Need.
- a) History of measurement in Physical Education.
 - b) Meaning of Test and Measurement.

- c) Need for Test and Measurement in Phy. Education.
- d) The use of Test and Measurement in Phy-Education.

Unit-II: Criteria for Selecting Tests:

- a) Validity
- b) Reliability
- c) Objectivity
- d) Norms
- e) Standard Norms
- f) Accuracy and interpretability

Unit-III: Physical Fitness Test:

1. Strength Test-
 - a) Fisherman's battery on basic fitness test
 - b) Physical Fitness Index.
 - c) Sargent Test.
2. Motor Fitness Tests-
 - a) J.C.R. Test
 - b) National Physical efficiency test.
3. Cardiovascular Test
 - a) Harward's Step Test
 - b) Foster Test
 - c) Cooper's Twelve minuter Run & Walk Test.

Unit-IV: Sport skills and knowledge test:

1. Sport skill test-
 - a) Application of Skill Test.
 - b) Fundamental of Measuring Teachniques in sports.
 - c) Standard activity tests- Miller Volley ball test, Johnson Basketball ability test, Goal shotting test in hockey.
2. Sports Knowledge Test-
 - a) Principles of writing knowledge test.

- b) Validity and reliability of standardized test.
- c) Physical Education Knowledge test.

Unit-V: Test Administration and Elementary Statistical Methods.

1. Test Administration.
 - a) Organisation of the testing programme.
 - b) Selecting of test.
 - c) Skills and Techniques of test administration.
2. Elementary Statistical Methods-
 - a) The Frequency distribution
 - b) Measure of central tendency
Mean-Median-Mode
 - c) Reliability measures-
 - i) Standard errors- Standard error of mean
median standard deviation co-efficient
correlation.
 - ii) Probable error.
 - d) Standard Measure- 'T' score.

Reference Books Recommended:

1. Clarks H: Application of Measurement of Health Physical Education, Prentice Hall, Inc. 1967.
2. Larson L.A. & Yucom R.D. Measurement and Evaluation in Physical Health and Recreation Education St. Luis, C.V.. Mosby Co.
3. Mathew, Donald: Measurement in Physical Education London, W.B. Saunders & Co.
4. Neilson, N.P.: An Elementary Course in Statistics Test and Measurements in Physical Education, California National Test, Palo Alto.
5. Harbans Singh: Teaching Hockey Through Testing, Kamal, Laxmi Sports Industries.
6. Wilks, S.S.: Elementary Statistical Analysis, Calcutta, Oxford and T.B.H. pub.

PAPER-V

Officiating and Coaching

- Unit-I (a) Coaching-Coaching, Teaching and Training, Principles of Coaching.
(b) Personality of Coach, Methods of Personality Skills.
- Unit-II (a) Principles of Conditioning, Methodical Principles of weight Training Isometric Training, Circuit Training.
(b) Cross Country, Fartlok, pressure Training and Sprint Training.
- Unit-III (a) Basic Principles and Planning of Training Schedule: Maintenance Fitness.
(b) Selection of Players, Measures for maintaining and stimulating the interest of students in Games and Sports.
- Unit-IV (a) Analysis of individual and Term Performance.
(b) Sports Hygiene, Safety measures in Sports.
- Unit-V (a) Official-his duties and qualities, Factors influencing officiating.
(b) Record Sheets, Facilities, Techniques, Strategies and Rules and their interpretations of the following-
Athletics, Football, Hockey, Volleyball, Basketball, Cricket, Kabaddi, Kho-Kho, Gymnastics, and Wrestling.
Also for girls-Netball, Throwball, Badminton, Table Tennis etc.

REFERENCE BOOKS:

1. Harold, Abraham and Jack Crumps (Athletics The Naldrett Press, London).
2. Doherty: Modern Track and Field.
3. Miller: Fundamentals of Track and Field.
4. D.B. Cromwell Championship Technique in Track and Field.
5. Breshnabam 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. Bee Chair: The Service Coaching.
11. Toby Dave: Basket-Ball Officiating.
12. John Bunn: Basket Ball Methods.
13. Sir Pelham Warner: The Book of Cricket.
14. H.S. Athaw and E.W. Swenton: History of Cricket.
15. Reg. Simpson: Cricket.
16. Dhanraj Hubert: Volley-Ball Hand Book.
17. C.P. Emery : Modern Volley-Ball.
18. Laneaga Robert: Volley-ball.
19. Figon & Holard-Hockey.
20. Milfort-Hockey Practice and Tactics.
21. Norwan F. Bonnet-Improving Your Hockey.
22. Dhyanchand-Goal, 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 Referee.
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.
32. क्रिडा अधिशाखा पद्धती अ. के करमरकर

PAPER-VI

Health Education & Remedial & Corrective Phy.
Education.**Part I -Health Education**

- Unit-I
1. Definition of Health Education, Meaning and 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 Heredity and Environment on health.
- Unit-II
1. General Principles of Co-Ordinated School Health Programme
 - (a) Health Services-
 - i) Apraisal aspect.
 - ii) Preventive aspect,
 - iii) Remedial aspect.
 - (b) Health Instruction for different age groups.
 - (c) Health Supervision.
 2. Evaluation of Health Programme.
 3. World Health Organisation.

PART II-**REMEDIAL AND CORRECTIVE
PHYSICAL EDUCATION**

- Unit-III
1. Meaning, Importance and scope of Posture Education.
 2. Concept and Classification of posture-
 - a) Correct and Incorrect Posture.
 - b) Static and dynamic Posture.
 - c) Body type and Posture.
- Unit-IV
1. Postural Deformities:

- a) A study of Physical defects in Posture and the corrections to be arrived at-
 - i) Kyphosis, ii) Lordosis, iii) Scoliosis,
 - iv) Flat foot, V) Bowed legs.
 - b) Knocked Knees.
 - c) Corrective Exercise.
 - d) Assessment of Posture-Posture Test.
 - e) Therapeutic exercise and their classification.
2. Principles of the Planning of the Programme of Corrective Physical Education in School.

Unit-V

1. a) A brief History of Massage
 - b) principles of application of Massage.
 A Classification of the manipulations used in Massage and the effects of each such type on different systems of human body
 - a) Stroking Manipulation,
 - b) pressure Manipulations,
 - c) Percussion Manipulation,
 - d) Shaking Manipulation.
2. a) Indications and Contraindications of Massage movements.
- b) Massage in sport.
- c) Common Athletic injuries and their Treatment, First Aid-
 - 1) Sprain, 2) Strain, 3) Confusion,
 - 4) Abrasion, 5) Fractures, Dislocation.
- d) Application of Heat, Cold Exercise and Massage

BOOK RECOMMENDED:
PART I

Health Education:

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 1964).
4. Turner, et al: School Health and Health Education, S. Louis, The C.V. Mosby Co., 1970.

5. Ober Teuffer, D: School Health Education: Harper & Bros, New York, 1968.

Part-II

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

Part-II-Skills

Marks 200

Examination System, Distribution of Marks and Teaching Contents

Activities of the examination are grouped into the following Sections and contents of each activity of examination are also given below with its procedure and system of examination.

SECTION I

Specialisation in Games And Aquatics . . . 50 Marks

1. System of Examination:

The examination will be conducted in any TWO games selected by the examinee. The examinee has to select any TWO Games for the examination from the followings. But both games should not be Indian Games for the examination:

Foot Ball, Hockey, Basket Ball, Volley Ball, Cricket, Hand Ball, Kabaddi, Kho-kho, Table Tennis, Badminton and Water Polo.

Distribution of marks for a game examination is given below:

i) Advance Skills and Techniques . . .	10 Marks
ii) Playing Efficiency . . .	5 Marks
iii) Maintaining of Note Book . . .	5 Marks
iv) Viva-Voce . . .	5 Marks
(For each Game)	
Total	<u>25 Marks</u>

2. Teaching Contents:

The contents of each game are as follows:-

- A.
- i) History of the Game.
 - ii) Measurement of the field and preparation of the field.
 - iii) Equipment and materials of the game.
 - iv) Fundamental and advance skills.
 - v) Lead up games.
 - vi) Techniques, Strategies and System of Play.
 - vii) Rules and Regulations of the game.
 - viii) Tournaments played at National and International level.
 - ix) Records (World, Olympic, Asian and National).
 - x) Awards in the game.
 - xi) Books and Magazines.
 - xii) Methods of Coaching and Methods of Training.
 - xiii) Officiating:
 - a) Duties of Officials.
 - b) Score Sheet
 - c) Signals
 - d) Whistling.

- B. Details of Skills and Techniques of play of each Game are given below:-

FOOT BALL

(1) Fundamentals of the Game:

- i) Kicking (low drive, high drive, chipped pass, punt)
- ii) Receiving (low ball and high ball)

- iii) Heading (Stationary and Jumping)
- iv) Dribbling (Inside and outside of the foot dribble, Full in step dribbling)
- v) Tackling (Front Block, Sliding, Shoulder to Shoulder)
- vi) Throwing in.
- vii) Feinting with ball.
- viii) Goalkeeper's Technique.

(2) Skill:

a) Defensive-

- i) Low Ball:- Stopping Method, Kneeling Method.
- ii) Medium Ball- Half kneeling Method, withdrawal Method 'w' Method.
- iii) High Ball:- Nest Method.
- iv) Diving to Low Ball Medium High Ball.

b) Attacking-

- i) Attack through Hand:- Under Hand Throw, Side Arm Throw, Overhead Throw.
- ii) Attack through Leg:- Punt-volley, Side-Volley, Front-Volley.

(3) System of Play:

(4 - 2 - 4; 4 - 3 - 3; 4 - 4 - 2; 4 - 1 - 3 - 2)

(4) Tactics-

- a) Attacking Tactics:- Width in attack, Depth in attack, Mobility in attack, penetration in attack.
- b) Defensive Tactics:- Balance in Defence, Concentration in Defence, Depth in Defence, Delay in Defence.

HOCKEY

Fundamental and Advance Skills:

- (1) Hitting:- Straight, Wrong Foot, Turn Around and Hit, Reverse Hit.
- (2) Stopping:- Straight Stopping, Stopping to the Right Side and Left Side, Reverse Stopping.
- (3) Pushing:- Straight, Wrong Foot, Reverse Push.

- (4) Flicking:- Straight, Wrong Foot, Reverse Flicking.
- (5) Scoping:- Straight and Push Scoping.
- (6) Dribbling:-
- (7) Passing:- Parallel Pass, Through Pass, Return Pass,
- (8) Tackling:- Shadow Tackling, Lunge and Tackle,
Fainting, Tacklem Reverse Side Tackling.

BASKET BALL

- i) Player's stance and Ball Handling
- ii) Passing And Receiving-
 - a) Two hand passes-Over Head Pass, Base Pass, Chest Pass, Bounce Pass, Side Pass.
 - b) One hand passes-Over Head, Base Pass, Bounce Pass, Side Pass, Cross Step & Pass, Under Arm Pass, Round Arm Pass, Back Pass, Hook Pass, Roll Pass
- iii) Dribbling-
 - a) Low Dribble
 - b) High Dribble.
- iv) Shooting:-
 - a) Two Hand Shots-Over Head Shot, Base Shot, Set Shot, Jump Shot.
 - b) One Hand Shots-Over Head Shot, Base Shot, Set Shot, Jump Shot, Hook Shot.
 - c) One Hand Lay Up Shot
 - d) Running Shot and Variations of Shots.
- v) Rebounds:-
 - a) Offensive Rebounds
 - b) Defensive Rebounds.
- vi) Defence and Offence-
 - a) Man to Man Defence
 - b) Zone Defence.
 Offence:- Fast Break, Cross ways screening.
- vii) Foot work:- Fakes, Feints, Pivots.

VOLLEY BALL

- (1) Service- Under Hand, Side Arm, Round Arm, Tennis, Float and Span.
- (2) Receiving- Under Hand and Over Hand.
- (3) Passing -
 - a) According to Height: High, Medium Low passes.
 - b) According to Direction.
Forward, Over Head and Back Passes.
- (4) Smashing- Straight Arm Smash, Waist Smash, Turn and Smash, Round Arm Smash, Tapping.
- (5) Blocking- a) Individual Block (Single Man)
a) Group Block (Double and Tripple Man)
- (6) Team Offence- Single Attack, Double Attack, Group Attack.
- (7) Team Defence- Forward Angle and Backward Angle Defences.
- (8) Individual Defence- Dive and Roll (Forward, Sideward, Backward) Air Dive, Dig and Roll.
- (9) System of Play- 4 - 2 ; 5 - 1; 6 - 0.
- (10) For Skill Examination 10 Assignments through the year.

CRICKET

- (1) Fundamentals:
 - a) Skills of Batsman:- Grip, Stance, Back Lift, Placement of the Foot, Contact of the Ball.
 - b) Defence:- Forward and Back Foot Defence.
 - c) Bowling:- A correct Grip, Smooth Run-up, A Balanced Delivery & Follow-through.
 - d) Fielding:- Stopping and Throwing Ball, low and High Catch.
 - e) Wicket Keeping:- Stance, The Feet, The Hands, Gathering the Ball.

(2) Advance:

- a) Types of Strokes-Let cut, Square Cut, Cover Drive, Straight Drive, On Drive, Hook Shot, Pull Shot, Sweep Shot, Leg Glance.
- b) Types of Bowding Skills-
In Swing, Out Swing, In Cutter, Out Cutter, Off Break, Leg Break, Googly, Bouncer, Bimar, Yorker.

HAND BALL

(1) Passing:-

- (a) Wrist Pass
- (b) Ground Pass
- (c) Chest Pass
- (d) Back Pass

(2) Shooting:-

- (a) Jump shot
- (b) Standing Shot
- (c) Running Shot
- (d) Stay Up Shot
- (e) Dim Shot.

(3) Goal Keeping:-

- (a) Ground
- (b) Base
- (c) over Head.

(4) Dribbling:-

- (a) Low Dribbling
- (b) High Dribbling.

(5) Fake and Feint.

(6) System of the Game:

- (a) Defence and
- (b) Offence.

KABADDI

- (1) Skills and Techniques:
- a) Skills of Raider:-
 - i) General Requirements-Cant, Dodging, Hand and Foot Movements, Eye Sight.
 - ii) Skills of Attack:-
 1. Use of hands.
 2. Use of legs:- Leg Thrust, Side Kick, Mule Kick, Round Kick.
 - iii) Skills of Escape:- Jump over the Anti, Dragging by Force, Pushing by hands, Turning and Twisting to release from the ankle hold. Breaking the Cordon.
 - iv) Pursuing.
 - b) Skills of Anties:
 - i) General Skills- (In combination) Role of specific Positions & Flexible Movements of Anties, Covering and Chain Formation.
 - ii) Individual Skills:- Ankle Hold and Leg Lift, Waist Hold and Lift, Hand hold, Blocking the raider, Dashing on the Raider, Wrist Hold.
 - iii) Skill in combination:- Half moon trap, Full moon trap, Double covering trap, Driving the raider to lobby.
- (2) Strategies and moves of Attack (Raiders)
- i) Pursuing
 - ii) Pressure Tactics-Deep Entry.
 - iii) Pressure and Dash.
 - iv) Safe Entry and Defensive Play.
 - v) Third Raid Planning
- (3) Counter Strategies (Antis) Defence:-
- i) Position and Placement of Anties
 - ii) Playing at end line
 - iii) Corner and Third Combination
 - iv) Buck Line Blocking
 - v) Use of Chains.

REFERENCE BOOKS

1. Wakharkar, D.G. "Kabaddi", Parel Bombay -12 Maharashtra State Kabaddi Association, 1969.
2. Rao C.V. "Kabaddi", Patiala, J.A. Lewis NIS 1971.
3. आपटे, कृ. चि: "आमचा राष्ट्रीय खेळ हू वू तू" पुणे प्रकाशन, मुद्रणालय, १९४२.
4. Rules Book of AKFI

KHO-KHO

(1) Skills of Chasing or Attacking:

- i) Skills of giving and receiving Kho.
(Judgement Kho, Effective Kho)
- ii) Technique of pursuing and covering the runner.
- iii) Technique of marking the runner out-
 - a) Use of hands-Taping at the ankle.
 - b) Dive & Touch-Dive on Pati, Running Dive, Angular Dive on Pole.
- iv) Technique of taking direction-
 - a) From sitting position.
 - b) From the square near pole.
- v) Effective Pursuit.

(2) Skill of Running or Defence:

- i) Dodging:- Dodging of the Pati, Dodging on-the Pole.
- ii) Zigzag Run play.
- iii) Stepping Judgement-Change of Stride
- iv) Running Techniques:
Single chain, Double Chain, Playing on Pati, Tripple Chain, Oval Play, Play in Combination

REFERENCE BOOKS

1. यादव, योगेश "खो खो", मुंबई १४
महाराष्ट्र खो खो असोसिएशन, १९७१.

2. Mujumdar, D.C. "Encyclopedia of Indian Physical Culture" Baroda, Good Champions, 1950.
3. बनसोड कमलादेवी "जो जो" भारतीय खेल
4. पांडेय लक्ष्मीकान्त, "भारतीय जो जो की मीमांसा", नई दिल्ली मेट्रोपोलिटन बुक कंपनी, १९८२

TABLE TENNIS

- (1) Counter- Fore Hand Counter; Back Hand Counter
- (2) Top Spin- Fore Hand Top Spin, Back Hand Top Spin
- (3) Side Spin- Fore Hand Side Spin, Back Hand Side Spin.
- (4) Fore Hand Drop Shot; Back Hand Flick
Fore Hand Drive; Back Hand Drive
- (5) Service- Fore Hand Top Spin; Back Hand Top spin
Fore Hand Back Spin; Back Hand Back spin
Fore Hand Side Spin; Back Hand Side Spin
High Toss Service; Back Hand & Fore Hand.

BADMINTON

- a) Type of Grips
- b) Types of services- Top Service, High Service, Low Service, Toss Play., Back Hand Service.
- c) Strokes- Fore Hand Drive, Back Hand Under Arm Clear, Drop Shot, Back Hand Overhead Clear, Back Hand Smash, Fore Hand Smash, Back Hand Drop, Fore Hand Overhead Clear.
- d) Single Game and Double Game

WATER POLO**I. Introduction to the Game:**

- 1) Historical Development of the Rules.
- 2) Development of skills and Tactics
- 3) The International Game.
- 4) The Attraction of Water Polo.

II. General Playing Conditions:

- 1) The Rules of Water Polo-
 - a) The Playing Area b) The Equipment
 - c) The Players d) The Play.
- 2) Fouls:
 - A) Ordinary Fouls
 - b) Major Fouls.
- 3) Substitutions
- 4) Officials:
 - a) The Referee
 - b) Time Keeper
 - c) The Secretary
 - d) The Goal Judges.

III. Basic Skills:

- 1) Off the Ball-
 - a) Swimming Strokes in Water Polo
 - b) Other Watermanship Skills.

Book Recommended

"Water Polo" by David Bar & Andrew Groden

c) Off the Ball Defence:-

i) Positioning ii) Tackling.

d) Off the Ball Attack:-

i) Positioning ii) Collecting iii) Driving

iv) Cutting v) Turning your man vi) Rotating.

2) On the Ball Skills:-

a) Lifting from under neath b) Rotating Lift

c) Toss Up Lift d) Pressure Lift e) Grasp and Lift.

A) Throwing the Ball

B) Catching the Ball

C) Passing the Ball

D) Dribbling.

E) Carrying the Ball.

- 3) Shooting:
- The Straight Shot
 - The Top Shot
 - Forward Sling Shot
 - Backward Shot
 - The Layout Shot
 - Hook Shot
 - Swimming Shots
- 4) Goal Keeping:
- Positioning for a shot
 - Maintaining the Angle
 - After the Save.

IV Tactics:

- Basic Attacking Formation
- Basic Attacking Principles
- Basic Defensive Principles.

V Conditioning for water Polo.

Section II

Specialization in Yoga, Gymnastics
and Malkhamb (Any TWO)

50 Marks

1. Yoga:

System of Examination:-

The Examination will be conducted in Asanas, Pranayama, Bandh Mudra and Shatkarmas selected by candidate and told by Examiner.

Distribution of Marks and Examination system are given below:

- I. Asanas -
- | | |
|---|---------|
| a) 3 Asanas as told by Examiner
(2 Marks each) = | 6 Marks |
| b) 2 Asanas of candidate's choice
(2 Marks each) = | 4 Marks |

10 Marks

- II. Pranayama-
- a) One Pranayama as told by Examiner = 3 Marks
- b) One Pranayama of candidate's Choice = $\frac{2 \text{ Marks}}{5 \text{ Marks}}$
- III. Bandh Mudra-
- a) One Mudra as told by Examiner = 3 Marks
- b) One Mudra of candidate's Choice = $\frac{2 \text{ Marks}}{5 \text{ Marks}}$
- IV. Shatkarmas-
- a) One Shatkarma as told by Examiner = 3 Marks
- b) One Shatkarma of candidate's Choice = $\frac{2 \text{ Marks}}{5 \text{ Marks}}$

Teaching Contents:

The Teaching Contents of Yoga Specialization are as follows:-

I. Asanas:

- (1) Shirsasana (2) Mayurasana (for boys only) (3) Sarvangasana (4) Karnapidasana (5) Dhanurasana (6) Ardha Machhendrasana (7) Padmasana (8) Naukasana (9) Chakrasana (10) Bakasana (11) Shatabhasana (12) Vatayanasana (13) Vrikshasana (14) Pachhimatanasana (15) Matchasana..

II. Pranayama:

- (1) Suryabhedan (2) Ujjayi (3) Shitali (4) Shatkari (without kumbhakas).

III. Bandha Mudra:

- (1) Uddiyan Bandha (2) Jivha Bandha

- (3) Jalandhar Bandha
 (4) Yoga Mudra (in Padmasana) (5) Simha Mudra
 (6) Shambhavi Mudra (7) Maha Mudra.

IV. Shatkarmas:

- (1) Sutra Neti (2) Danda Dhouti (3) Vastra Dhouti
 (4) Agnisar (5) Kapalbhati (6) Moul.

2. Gymnastics:

System of Examination:-

The Examination will be conducted in Ground Gymnastics and in any ONE Apparatus selected by candidate and told by Examiner.

Distribution of Marks and Examination System are given below:

i) Ground Gymnastics:

- | | |
|---|----------------|
| a) Three Stunts as told by Examiner
(Each Stunt 3 Marks) = | 9 Marks |
| b) Two Stunts of candidate's Choice
(Each Stunt 3 Marks) = | <u>6 Marks</u> |
| | 15 Marks |

ii) Any ONE apparatus (Candidate's Choice):

- | | |
|---|----------------|
| a) Two Stunts as told by Examiner
(Each Stunt 3 Marks) = | 6 Marks |
| b) One Stunt of Candidate's Choice | <u>4 marks</u> |
| | 10 Marks |

Teaching Contents:

i) Ground Gymnastics (Compulsory Gymnastics):

- From Sitting Position: Forward and Backward Roll.
- From Kneeling Position: Forward and Backward Roll.
- Straddle Position: Forward and Backward Roll.
- From Stooping Position: Forward and Backward Roll.
- Cart-Wheel
- Hand Stand, Hand Stand and Forward Roll.
- 'V' Balance, Frog Balance, Aeroplane Balance, 'T'

Balance.

h) Head Stand (Balance)

i) Dive and Roll.

ii) Balancing Beam (Girls)

(A) Walk on Toe

(b) Novelty Walk

(c) 'V' Balance,

(d) Saggori Jump

(e) 180° Turn

(f) Simple Dismount

(g) Forward Roll

(h) Simple Jump

(i) Knee Balance,

(j) Aeroplane Balance

(k) 'T' Balance.

iii) Uneven Bar (Girls)

(a) Swing (b) Mounts (c) Hip Circle

(d) One Leg Circle (e) Simple Dismount.

iv) Parallel Bar:

(a) Straight Arm Rest

(b) Bend Arm Rest

(c) Bend Arm Single March

(d) Bend Arm Double March

(e) Single Arm Single March

(f) Single Arm Double March

(g) Shoulder Balance

(h) Side Rest

(i) 'L' Balance

(j) Change Over

(k) Forward Roll

(l) Horse Riding

(m) Front Dismount

(n) Straddle Sit

(o) Swings

v) Vaulting Horse:

(a) Jump on Jump Off (b) Knee On Jump Off

(c) Through Vault (d) Split On Astride Vault

(e) Side Vault (f) Hand Springs

- vi) Single Bar/ Horizontal Bar:
 (a) Simple Swing (b) Belly Roll to upright position
 (c) Short Circle (d) Upstart to down Swing
 (e) From Swing to reverse split dismount.
- vii) Roman Rings:
 (a) Straight Arm Hang (b) Inverted Hang
 (c) Reverse Hang (d) Pull-ups/Push-ups
 (e) Forward Circle (f) Up Start
 (g) Dislocation (h) Split Dismount
 (i) Half/Full Rest (j) Short Arm Balance
 (k) 'L' Balance (l) Reverse Plank.
- viii) Pommel Horse:
 a) Position over the Horse
 b) One Leg Half Circle from both side
 c) One Leg Full Circle
 d) Scissors
 e) Back Scissors
 f) Both Legs Circles
 g) Dismount
 h) Combination of exercises

3. Malkhamb (Simple, Cane, Hanging) . . . 25 Marks

System of Examination:

The Examination will be conducted in Simple, Cane and Hanging Malkhamb as told by Examiner and selected by candidate.

The distribution of marks and Examination system are given below:

- | | | |
|---|--|----------------|
| i) Simple Malkhamb: | | |
| a) Three Skills as told by Examiner
(Each Skill 2 Marks) = | | 6 Marks |
| b) Two Skills of Candidate's Choice
(Each Skill 2 Marks) = | | 4 Marks |
| | | <hr/> 10 Marks |

- ii) Cane Malkhamb:
- | | | |
|------------------------------------|---|----------------|
| a) One Skill as told by Examiner | = | 3 Marks |
| b) One Skill of candidate's Choice | = | <u>2 Marks</u> |
| | | 5 Marks |
- iii) Hanging Malkhamb :
- | | | |
|---|---|----------------|
| a) Two Skills as told by Examiner
(Each Skill 4 Marks) | = | 8 Marks |
| b) One Skill of candidate's Choice | = | 2 Marks |
| | | <u>10Marks</u> |

Teaching Contents:

- i) Simple Malkhamb (Wooden)-
Salami, Ghoda Udi, Sadhi Udi Dasrang, Bagal Udi
Dasrang, Bagali Tedi, Bagal Farara, Vrikshasan,
Matsasana, Mayurasana, Mayur Pankhi.
- ii) Cane Malkhamb-
Sadhi Tedi, Padmasana, Akarna Dhanurasana,
Pataka, Yeshu, Sadhi Udi.
- iii) Hanging Malkhamb-
Sadhi Udi Dasrang, Dasrang, Sadhi Tedi,
Atil Phirki, Kurmasana, Guru Pakad.

Section III Combatives OR Rhythmics 40 marks

Combatives- Wrestling / Judo / Boxing

Rhythmics- Dance (for Girls)

b) Indigenous Activities-Lezim, Lathi, Baneti, Gadgafari.

system of Examination:

Examination will be conducted in wrestling or Judo or Boxing as per candidate's choice. Wrestling and Boxing are for men and Judo is for men and women both. The Examination of Dance will be conducted for women only.

The distribution of marks and Examination System are given below:-

- | | | |
|--|---|---------|
| I) Wrestling / Judo / Boxing - | | |
| a) Two holds as told by examiner | = | 10Marks |
| b) One hold of candidate's Choice | = | 5 Marks |
| c) Bout on Mat for 2 minutes | = | 5 Marks |
| | | 20Marks |
| II) Any TWO Dances of candidate's (Women) choice
in group of 10 to 15 candidates
(Each Dance 10 Marks) | = | 20Marks |

Indigenous Activities:

The examination will be conducted in Lezim, Lathi, Baneti and Gadgafari for men and women both.

The distribution of marks and Examination System are given below:-

- | | | |
|--|---|---------|
| (i) Lezim- | | |
| a) Two exercises as told by Examiner
(Each exercise 1.5 Marks) | = | 3 Marks |
| b) One exercise of candidate's Choice | = | 1 Mark |
| c) Exercise performed by a candidate
in a group of 15 candidates. | | 1 Mark |
| | | 5 marks |
| (ii) Lathi- | | |
| a) Two exercises as told by examiner
(Each exercise 1.5 Marks) | = | 3 Marks |
| b) One exercise of candidate's Choice | = | 1 Mark |
| c) Exercise performed by a candidate
in a group of 15 candidates. | | 1 Mark |
| | | 5 marks |
| (iii) Baneti- | | |
| a) Two exercises as told by examiner
(Each exercise 1.5 Marks) | = | 3 Marks |
| b) One exercise of candidate's choice | = | 2 marks |
| | | 5 marks |

(iv) Gadgafari-

- a) Two exercises as told by examiner
(Each exercise 1.5 Marks) = 3 Marks
- b) One exercise of candidate's choice = 2 Marks

 5 marks

Teaching Contents:

The teaching contents of these activities are given below:-

Combatives:-

A Wrestling-

- (1) Ru-dusta-Pa (2) Gavtab (3) Ek Dust ek Pa
(4) Kunde (5) Diro (6) Fane kamar (Hip Throw)
(7) One Arm Throw (8) Orange buggal
(9) Fitile (10) Lung

B) Judo:-

(a) Falling-

- i) Ueoro Ukemi - Back Fall
ii) Uoko Ukemi - Side Fall
iii) Mai Ukemi- Front Fall
(Mai Long Ukemi)
(Mai High Ukemi)

(b) Throwing-

- i) Agoshi - Hip Throw
ii) Haraigoshi - Sweeping with Throw
iii) Eppom Shiomage - One Side Arm Throw
iv) Shipinage - Shoulder Throw
v) Tiyotashi - Body Drop
vi) Uchimata - Thigh Throw
vii) Ocotogari - Major Outer Reaping Throw
viii) Ochigari - Major Inner Reaping Throw
ix) Tomainage - Stomach Throw.

(c) Ground -

- i) Keshajotami- Scarf Hold
ii) Katagotami - One Side Shoulder Hold
iii) Kameshiyogotami- Upper Four Quarter Hold
iv) Yoko Shigotami- Side Four Quarter Hold
v) Hada Kajami- Neck Chop.

c. Boxing-

- 1) The Stance and Footwork
- 2) The Straight Left, Defence and Countering
- 3) Attacking Counter Punches- Left Hook, Right Upper Cut, Right Hook.
- 4) Infighting
- 5) Combination Punches.

Rhythmics-

(Dance for Girls)

- 1) Koli Nritya (Maharashtra)
- 2) Himachali Folk Dance
- 3) Garbha, Tippari (Gujarat)
- 4) Haryani Folk Dance
- 5) Lezim- Jagoi, Khamba Thoibi (Manipur)

Indigenous Activities:-

A. Lezim (Sadha):

Char Awaz, Atha Awaz, Edi Lagav, Pavitra, Age Falang, Pichhe Falang, Do Rukh.

B. Lathi:

Salami, Sidhi Bel, Choumukhi, Ulti Bel
Choumukhi, Belya Choumukhi, Bagatwar Choumukhi,
Jangwar Choumukhi.

C. Baneti:

Gotshir, Golashir Chal, Age Falang, Pichhe Falang,
Chamak, Bahushir.

D. Gadgafari:

Gadgafari Halchal, Gadgafari Pavitra, Age-Piche Chal,
Do Kona Shila, Do Kamar, Ghasar, Do Kona Shila
Do Ghutan, Khoch, Sirwar.

Section IV

Athletic Performance - - -

50 Marks

System of Examination:

The Examination of Performance of the following activities will be conducted. The Marks are given are below:-

i) 100 or 200 Meters Run . . .	10 marks
ii) 800 or 1500 Meters Run . . .	10 marks
iii) High Jump or Pole Vault . . .	10 marks
iv) Long Jump or Half Step and Jump . . .	10 marks
v) Discus / Javelin / Shot / Hammer . . .	10 marks
	<u>50 Marks.</u>

Teaching Contents:

The Teaching Contents of Athletic Activities are as follows:-

- Rules and Regulations of Track and Field Events.
- Officiating
- Mechanical Analysis of all performance tests
- Records (National and International)
- Organisation of Athletic Meet.
- Circuit Training, Training Programme for Young beginners.
- Athletic Injuries
- Athletic Journals, Magazines and Books.

Section VRemedial Massage

- - - 10 marks

System of Examination:

The Examination will be conducted in the following items as told by examiner. The items and their marks are given below:

i) Posture Test	4 Marks
ii) Athletic Injuries and their Treatment . . .	3 Marks
iii) Massage	<u>3 Marks</u>
	10 Marks

Note:- The student should prepare the Practical Note Book of above items.

Teaching Contents:

Remedial Massage and Physical Corrective Exercise

I Posture Test-

- (1) Exercises for the deformities of Posture.
Kyphosis, Lordosis, Scolosis,
Flat Feet Bowled and Knocked Knee.

(2) Therapeutic Exercise.

II. Athletic Injuries- Treatment

First Aid In Sprain, Strain Contusion, Abrasion,
Fractures, Dislocation.

Application of Heat, Cold and Exercise in Injuries.

III Massage-

Different Types of Massage:

- (a) Stroking
(b) Pressure
(c) Percussion
(d) Shaking.

Note:- Counter Indications and Indications of Massage.

Appendix I

Athletic Performance Conversion Scoring table (Men)

Mark	100 Mtrs. in Seconds	200 Mtrs. in Seconds	800 Mtrs. in Minutes & Seconds	1500 Mtrs in Minutes & Seconds	110 Mtrs. Hurdle in Seconds
10	11.5	24.5	2:20	4:20	16.5
9.5	11.7	24.7	2:22	4:23	16.6
9	11.9	24.9	2:24	4:26	16.7
8.5	12.1	25.1	2:26	4:29	16.8
8	12.3	25.3	2:28	4:32	16.9
7.5	12.5	25.5	2:30	4:35	17.0
7	12.7	25.7	2:32	4:38	17.2
6.5	12.9	25.9	2:34	4:41	17.4
6	13.1	26.1	2:36	4:44	17.6
5.5	13.3	26.3	2:38	4:47	17.8
5	13.5	26.5	2:40	4:50	18.0
4.5	13.8	26.7	2:42	4:53	18.1
4	13.7	26.9	2:44	4:56	18.2
3.5	13.8	27.1	2:46	4:59	18.3
3	13.9	27.3	2:48	5:02	18.4
2.5	14.0	27.5	2:50	5:05	18.5
2	14.1	27.7	2:52	5:08	18.6
1.5	14.2	27.8	2:54	5:11	18.7
1	14.3	27.9	2:56	5:14	18.8
0.5	14.4	28.0	2:58	5:17	18.9
0	14.5	28.1	3:00	5:20	19.0

Appendix I

Athletic Performance Conversion Scoring Table (Women)

Marks	100 Mtrs. in Seconds	200 Mtrs. in Seconds	800 Mtrs. in Minutes & Seconds	100 Mtrs. Hurdle in Seconds
10	14.0	29.5	2:40	18.5
9.5	14.2	29.7	2:42	18.6
9	14.4	29.9	2:44	18.7
8.5	14.6	30.1	2:46	18.8
8	14.8	30.3	2:48	19.0
7.5	15.0	30.5	2:50	19.2
7	15.2	30.7	2:52	19.4
6.5	15.4	30.9	2:54	19.7
6	15.6	31.2	2:56	20.0
5.5	15.8	31.5	2:58	20.5
5	16.0	31.8	3:00	21.0
4.5	16.2	32.0	3:01	21.2
4	16.4	32.2	3:02	21.4
3.5	16.6	32.4	3:03	21.6
3	16.8	32.6	3:04	21.8
2.5	17.0	32.8	3:05	22.0
2	17.2	33.0	3:06	22.2
1.5	17.3	33.2	3:07	22.4
1	17.4	33.4	3:08	22.6
0.5	17.5	33.6	3:09	22.8
0	17.6	33.7	3:10	23.0

Appendix-I
Athletic Performance Conversion Scoring Table (Men)

Marks	Shot Put (7Kg. 260 Gram) In Metres	Hammer Throw In Metres	Discus Throw In Metres	Javelin Throw In Metres
10	10.60	35.00	33.00	50.00
9.5	10.40	34.00	32.00	48.00
9	10.10	33.00	31.00	46.00
8.5	9.80	32.00	30.00	44.00
8	9.50	31.00	29.00	42.00
7.5	9.20	30.00	27.50	40.00
7	8.80	29.00	26.00	37.00
6.5	8.40	28.00	24.50	34.00
6	8.00	26.50	23.00	31.00
5.5	7.60	25.00	21.50	28.00
5	7.20	23.50	20.00	25.00
4.5	7.05	22.00	19.00	24.50
4	6.80	21.00	18.00	24.00
3.5	6.75	20.00	17.00	23.50
3	6.60	19.00	16.00	23.00
2.5	6.45	18.00	14.00	22.50
2	6.30	17.00	13.00	22.00
1.5	6.15	16.00	12.50	21.50
1	6.00	15.00	12.00	21.00
0.5	5.90	14.50	11.50	20.50
0	5.80	14.00	11.00	20.00

Appendix-I

Athletic Performance Conversion Scoring Table (Women)

Mark	Shot Put (4 Kg.) In Metres	Discus Throw In Metres	Javelin Throw In Metres	Long Jump In Metres	High Jump In Metres
10	10.50	30.00	35.00	5.00	1.50
9.5	10.30	29.00	33.50	4.90	1.48
9	10.10	28.00	32.00	4.80	1.46
8.5	9.80	26.50	30.50	4.70	1.44
8	9.50	25.00	29.00	4.60	1.40
7.5	9.20	23.50	27.50	4.50	1.35
7	8.80	22.00	26.00	4.40	1.30
6.5	8.40	20.50	24.50	4.30	1.25
6	8.00	19.00	23.00	4.20	1.20
5.5	7.60	17.50	21.50	4.10	1.15
5	7.20	16.00	20.00	4.00	1.10
4.5	7.05	15.00	19.00	3.95	1.09
4	6.90	14.50	18.00	3.90	1.08
3.5	6.75	14.00	17.00	3.85	1.06
3	6.60	13.50	16.00	3.80	1.04
2.5	6.45	13.00	15.50	3.75	1.02
2	6.30	12.50	15.00	3.70	1.00
1.5	6.20	12.00	14.50	3.65	0.98
1	6.10	11.50	14.00	3.60	0.96
0.5	6.00	11.00	13.50	3.55	0.95
0	5.90	10.90	13.00	3.50	0.94

Appendix-I
Athletic Performance Conversion Scoring Table (Men)

Marks	Long Jump In Meters	Hop Step Jump In Meters	High Jump In Meters	Pole Vault In Meters
10	6.30	13.60	1.60	3.40
9.5	6.25	13.40	1.58	3.37
9	6.20	13.20	1.56	3.34
8.5	6.15	13.00	1.54	3.30
8	6.10	12.80	1.52	3.25
7.5	6.00	12.60	1.50	3.20
7	5.85	12.40	1.48	3.15
6.5	5.70	12.20	1.44	3.10
6	5.55	12.00	1.40	3.05
5.5	5.40	11.80	1.35	3.00
5	5.25	11.60	1.30	2.90
4.5	5.20	11.50	1.28	2.85
4	5.15	11.40	1.26	2.80
3.5	5.10	11.30	1.24	2.75
3	5.05	11.20	1.22	2.70
2.5	5.00	11.10	1.20	2.65
2	4.95	11.00	1.18	2.60
1.5	4.90	10.90	1.16	2.55
1	4.85	10.80	1.15	2.50
0.5	4.80	10.70	1.14	2.45
0	4.75	10.60	1.13	2.40

Appendix-II

**Swimming Performance Conversion Scoring Table
(Women)**

Marks	50 Mtrs. Free Style In Minutes & Seconds	50 Mtrs. Back Stroke In Minutes & Seconds	50 Mtrs Breast Stroke In Minutes & Seconds	50 Mtrs Butterfly In Minutes & Seconds
10	0:35	0:40	0:50	0:45
9.5	0:36	0:41	0:51	0:46
9	0:37	0:42	0:52	0:47
8.5	0:38	0:43	0:53	0:48
8	0:39	0:44	0:54	0:49
7.5	0:40	0:45	0:55	0:50
7	0:41	0:46	0:56	0:51
6.5	0:42	0:47	0:57	0:52
6	0:43	0:48	0:58	0:53
5.5	0:44	0:49	0:59	0:54
5	0:45	0:50	1:00	0:55
4.5	0:47	0:52	1:02	0:57
4	0:49	0:54	1:04	0:59
3.5	0:51	0:56	1:06	1:01
3	0:53	0:58	1:08	1:03
2.5	0:55	1:00	1:10	1:05
2	0:57	1:02	1:12	1:07
1.5	0:59	1:04	1:14	1:09
1	1:01	1:06	1:16	1:11
0.5	1:03	1:08	1:18	1:13
0	1:05	1:10	1:20	1:15

Appendix-II

Swimming Performance Conversion Scoring Table (Men)

Marks	100 Mtrs. Free Style In Minutes & Seconds	100 Mtrs Back Stroke In Minutes & Seconds	100 Mtrs Breast Stroke In Minutes & Seconds	100 Mtrs Butterfly In Minutes & Seconds
10	1:10	1:20	1:30	1:15
9.5	1:11	1:21	1:31	1:16
9	1:12	1:22	1:32	1:17
8.5	1:13	1:23	1:33	1:18
8	1:14	1:24	1:34	1:19
7.5	1:15	1:25	1:35	1:20
7	1:16	1:26	1:36	1:21
6.5	1:17	1:27	1:47	1:22
6	1:18	1:28	1:38	1:23
5.5	1:19	1:29	1:39	1:24
5	1:20	1:30	1:40	1:25
4.5	1:22	1:32	1:42	1:27
4	1:24	1:34	1:44	1:29
3.5	1:26	1:36	1:46	1:31
3	1:28	1:38	1:48	1:33
2.5	1:30	1:40	1:50	1:35
2	1:32	1:42	1:52	1:37
1.5	1:34	1:44	1:54	1:39
1	1:36	1:46	1:56	1:41
0.5	1:38	1:48	1:58	1:43
0	1:40	1:50	2:00	1:45

Appendix-III

Weight Lifting Body Weight Category Table

Weight Group In Kilogram	Weight (in Kilogram) & Technique	
	Snatch	Clean and Jerk
54	40	45
59	45	50
64	50	55
70	55	60
76	60	65
83	65	75
91	70	80
99	75	85
108	80	90
108 & above	90	95

B. Year's Sessional Work	200 Marks
Section I 50	
Section II 50	
Section III 40	
Section IV 50	
Section V 10	

Internal Assessment in above sections of Specialization will be made on the following basis:

1. Level of achievement and participation in competition.
2. Note Book.
3. Attendance.
4. Organisation of Projects.
4. Teaching Ability.
6. Officiating Ability.

Internal Assessment in theory Part I	120 Marks
20Marks in each paper	
a) Terminal Exam	10
b) Assignment	5
c) Attendance	5

PART - III - PRACTICE TEACHING

- (a) Two lessons to be given at the time of the Final Examination One on Athletics and the other on Major Games Mark 150
- (b) Test in Officiating in two games. Mark 50

Total Marks 200

The following factors shall be observed while assessing Practice Teaching Lessons-

1. Preparation of the Teacher and his position-
 - 1) Plan of the lesson.
 - 2) Suitability of equipment and formation of the class
 - 3) Teacher's personal turn-out and demonstration.
 - 4) Report (Approach and Relationship).
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) Actvity, Enthusiasm.
 - 2) Knowledge about the subject and maturity.

Book recommended :

“तेराकी” जयप्रकाश दुबळे प्रकाशाक - चन्द्रकांत दुबळे, नागपूर