

अमरावती विद्यापीठ

AMRAVATI UNIVERSITY

शिक्षण विद्याशाखा

(FACULTY OF EDUCATION)

अभ्यासक्रमिका

प्रथम शारीरिक शिक्षण स्नातक परीक्षा-१९९६

PROSPECTUS

of

The First Examination for the Degree of
Bachelor of Physical Education 1996



1995

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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 examination 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 on 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 Examination 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)
- Ordinate No. 10 : Providing for Exemptions and Compartments

- Ordinance No. 107 Admission of Candidates to Group I
- Ordinance No. 108 Recording of a student of Government University Student on the rolls of the University
- Ordinance No. 138 For improvement of Discipline
- Ordinance No. 109 Prescribed rules for Revaluation of Answer Books at Examinations at University Examinations

Dr. K. G. Khambare
 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 question 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 syllabi 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 6 short sub question with no internal choice

AMRAVATI UNIVERSITY

FACULTY OF EDUCATION

* ORDINANCE NO. 74

Examinations Leading to the Degree of शारीरिक शिक्षण स्नातक (Bachelor of Physical Education)

1. (i) There shall be three examinations leading to the Degree of शारीरिक शिक्षण स्नातक (Bachelor of Physical Education)

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

(ii) The द्वितीय शारीरिक शिक्षण स्नातक (Second B.P.E) Examination.

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

(2) The duration of the course shall be of three academic years with the प्रथम शारीरिक शिक्षण स्नातक (First B.P.E) Examination, at the end of the first academic year, the द्वितीय शारीरिक शिक्षण स्नातक (Second B.P.E) Examination, at the end of second academic year and the अन्त्य शारीरिक शिक्षण स्नातक (Final B.P.E) Examination at the end of the third academic year.

2. The examinations specified in paragraph 1 shall be held annually at such places and on such dates as may be held appointed by the Academic Council.

3. Subject to his compliance with the provisions of this Ordinance and of other Ordinances in force from time to time, an applicant for admission to:

* Ordinance to be effective from the Academic session 1977-78 as approved by the Executive Council 22/23-9-77. As amended by Ordinance No. 4 of 1980 (Executive Council, dated 19-4-1980) and further amended by Ordinance No. 7 of 1980 (Executive Council, dated 25-4-1980) and Ord. No. 25 of 1994

(A) The प्रथम शारीरिक शिक्षण स्नातक (First B.P.E) Examination shall have:-

- (a) passed the पूर्व विद्यापीठ (Pre University) Examination of the University OR the 12th standard Examination of the Maharashtra State Board of Secondary and Higher Secondary Education and English as one of the subjects of passing or an examination recognised as equivalent there to of any other Statutory University.

OR

- (b) Passed the 12th Standard Examination of the Maharashtra State Board of Secondary and Higher Secondary Education, with English or any Indian Language or any examination recognised as equivalent thereto in such subjects and with such standards of attainments as may be prescribed;

OR

- (c) passed the Secondary School Certificate Examination of a Statutory Board with English or any Indian language as one of the subjects 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 Government; and
- (i) prosecuted a regular course of study for not less than one academic year in a College; and
- (iii) attained or shall attain the age of 17 on the 1st of October of the year of his admission to College;
- (B) the द्वितीय शारीरिक शिक्षण स्नातक (Second B.P.E) Examination shall have:
- (i) passed the प्रथम शारीरिक शिक्षण स्नातक (First B.P.E) Examination of the University; and

- (ii) prosecuted a regular course of study for not less than one academic year in the College; and
- (C) the अन्वय शारीरिक शिक्षण स्नातक (Final B.P.E) Examination shall have:
- (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 Application 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 अन्वय 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

Part-I Theory

	Maximum Marks		
	Theory	Sessional	Total
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 Sessional Work 100

Total Marks 800

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

Part-I Theory

	Maximum Marks		
	Theory	Sessional	Total
1. Physiology of Exercises	80	20	100
2. Education Psychology and Counselling & Guidance.	80	20	100
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 Yogaasana, Hiyas and Croa 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

Part-III Teaching:**Marks**

(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 1000

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

Part-I Theory**Maximum Marks**

	Theory	Sessional	Total
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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>
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	<u>200</u>	<u>200</u>
Total	<u>400</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	164
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 स्नातक (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 स्नातक (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 शारिरीक शिक्षण स्नातक (First B.P.E) Examination or the द्वितीय शारिरीक शिक्षण स्नातक (Second B.P.E) Examination shall be entitled to receive a Certificate signed by the Registrar and those successful at the अन्त्य शारिरीक 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 First Examination for the Degree of Bachelor of Physical Education****Part-I Theory****PAPER-I****ELEMENTS OF PHYSICAL EDUCATION**

- Unit-I 1. Physical Education (i) Definition (ii) Meaning and Scope, Misconception about Physical Education.
2. Aims and objectives of Physical Education General outline.
- Unit-II 1. Meaning of various terms and general contents used in physical Education:
- (1) Gymnastic (2) Athletics (3) Formal Activities (4) Indigeneous Activities (5) Games (6) Miner Games (7) Acquatics (8) Rhythmics (9) Yoga (10) Hiking (11) Picnic (12) Camping (13) Corrective Physical Education
2. Contribution of Vyayamshalas and Akhadas in Growth and Development of physical Education in India.
- Unit-III Physical Education as Science: Brief History of allied sciences and topics.
- a) Sports Psychology
 b) Sports Medicine.
 c) Sports Sociology.
 d) Sports Biomechanics.
 e) Fitness conditioning and Training.
 f) Sports Nutrition.
- Unit-IV Guiding Principles of Physical Education

i) Biological Principles

- a) Growth And Development.
- b) Heridity and Environment.
- c) Body Types
- d) Anatomical Differences

ii) Psychological Principles:

- a) Learning
- b) Transfer of Training.
- c) Motivation.

ii) Sociological Principles

- a) Cultural Influence
- b) Group dynamics.
- c) Recreation.

Unit-V Physical Education as profession:

- a) Meaning And characteristics of profession.
- b) Physical Education in Schools and Colleges.
- c) Characteristics and duties of Physical Education Teacher
- d) Teacher Training courses in Physical Education

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 Analitical History of Physical Education:
S. Hariharan and Tirunarayan
6. Principles of Physical Education: Surajan Singh

PAPER-II
General Science
Physics

Unit-1 1. 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.

2. 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.)

Unit-II 1. 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.

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

CHEMISTRY

Unit-III 1. Atom, molecule, elements and compound, symbols formula, physical & chemical changes Introduction to periodic classification. Ionic theory, solubility crystallisation. acids, bases salts, neutralisation, hydrolysis.

2. Atom Structure- Protons, Neutrons (Elementary ideas)

Oxygen: Preparation Properties. uses. classification

of oxides. oxidation and reduction. water: Purification hard and soft water. Removal of hardness Demineralisation.

- Unit-IV 1. Chlorine: Laboratory methods of preparation properties, uses Bleaching action of chlorine, Hydrochloric acid. Laboratory Preparation, Manufacture, Properties & uses.

Carbon: Different allotropic forms, carbon monoxide, carbon dioxide precipitation, properties, uses, fuel gases, coal gas, oil gas.

2. 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

- Unit-V 1 (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.

2. (i) Metabolism-Anabolism and Ketabolism. Structure of Cell, Cell Division, Different types of Cells, Tissues, Organs (Example from plants and animals).

(ii) Classification of Plants (only elementary knowledge)

- Unit-VI 1. (i) Classification of Animals (only elementary knowledge).

(ii) Elementary study of Hydra, Tapeworm, Earth Worm, Cockroach, Mosquito, Butterfly, Frog and Bird.

2. (i) Interdependence of Plants and Animals.

(II) Theory of Evolution and heredity.

Note: Through threr 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 Bahl and Tuli.
5. A class Book of Botany by Dutta.
6. Text-Book of Zoology by Vidyarthi.
7. Intermediate Physics by Basu and Chaudhari
8. Pre-University Physics. Parts I & II by C.H. Gupta.

BOOKS FOR REFERENCE

अभिनव भौतिक शास्त्र (मराठी)	लेखक श्री डी एस निमाडे श्री पी एस बाजपे श्री डी एस सुपे श्री एस बी चौधरी	मे सुविचार प्रकाशन मंडळ ४६.१.४ सदाशिव पेठ, पुणे
हायर सेकंडरी फिजीक्स (इंग्रजी)	लेखक प्रा वि जी लागु प्रा पी एल काळे प्रा पी जी वाळुंजकर	मे श्री विद्या प्रकाशन, २५० १६, शनिवार पेठ, अण्णरभुजा देवी रस्ता, पुणे- ३०
प्रगत माध्यमिक रसायनशास्त्र भाग १ (मराठी)	लेखक श्री आर. पी सोसोनी, श्री. एल. एच. गाडगीळ	टी मॅकमिलन कं. ऑफ इंडिया ली मर्केटाइल हाऊस, २रा माळा मॅजेस्टीक स्टुडीओ रोड, पुदी मुंबई-१०
प्रिन्सिपलस ऑफ केमेस्ट्री	लेखक श्री व्ही एस दर्शन श्री व्ही. जी सोमलवार	टी. मॅकमिलन कं ऑफ इंडिया ली मर्केटाइल हाऊस, २रा मजला मॅजेस्टीक स्टुडीओ रोड, पुदी मुंबई-१०

श्री. एस्. वाय. नामजोशी

जीविक विज्ञान (मराठी)	लेखक प्रा. जी आर. क्षीरसागर प्रा. सी.एन. पाटील.	मे.गो.य. राणे प्रकाशन, २०४० ४, सदाशिव पेठ, पुणे-३०
लाईफ सायन्स (इंग्रजी)	लेखक प्रा. एस्. डी. मुद्दुमदार प्रा. एस.डी. पाटील. प्रा.आर.बी. फळसाळकर	मॅ. सुविचार प्रकाशन, ४६, १, ४ सदाशिव पेठ, पुणे- ३०.

PAPER-III

HISTORY

(History of India from 1761 A.D. to 1947 A.D)

- Unit I: 1 Effect of the Third Battle of Panipat 1761, Peshwa Madhavrao I, Nana Fadnavis.
2. Mahadragi Scindia-Angle-Maratha relations 1775 to 1818, Downfall of the marathas.
- Unit II: 1 Lord Clive Establishment of British Rule in Bengal, Dual Govt. established by Lord Clive.
2. Warren Hastings- Lord Cornwallis, Lord Wellesley, Lord Hastings, Lord Amherst.
- Unit III: 1 Lord William Bentinck, Lord Anckland, Ellenborough, Rise of Sikh power under Ranjeet Singh.
2. Lord Dalhousie, War of Independence 1857, Queen's Proclamation, Lord Lytton, Lord Ripon.
- Unit IV: 1 Lord Curzon, Religious and Social movement in India
2. Raja Rammohan Roy, Swami Dayanand Saraswati, Swami Vivekanand, Dr. Annie Besent.
- Unit V: 1. Indian Nationalism, Indian National movement (1885 to 1947).

2. Dada Bhai Nauroji, Gopal Krishna Gokhale, Lokmanya Tilak, Mahatma Gandhi.

BOOKS RECOMMENDED:

1. Thompson and Garrett: Rise and Fulfillment of British Rule in India.
2. S.R. Sharma: The marking of Modern India.
3. R.C. Majumdar: Advanced History of India.
4. Cambridge Shorter History of India
5. S.C. Sarkar & K. K. Datta: Modern Indian History Vols 1 & 2 (1951).
६. सत्यनारायण दुबे: आधुनिक भारत का इतिहास.
७. ईश्वरीप्रसाद: आधुनिक भारत का इतिहास.
८. आर. आर. सेठी: आधुनिक भारत का इतिहास
९. गो.स. सरदेसाई: ब्रिटिश रियासत (पूर्वाधी)
१०. गो.स. सरदेसाई: ब्रिटिश रियासत (उत्तराधी)
11. C.Davies: Historical Atlas of India.
12. G.S.Sardesai: New History of the Marathas. (vols. I and II)
13. A History of India from the earliest time to the present Day by Micheal Edwards (Asia publishing House, Bombay).
१४. प्र. श. गो. कोलारकर: भारताचा इतिहास, १७६१ ते १९३५ भाग दुसरा. (आनंद प्रकाशन, नागपूर).
१५. के.मु. केशट्टीवार: अर्वाचीन भारत (पडगीलवार प्रकाशन, नागपूर)
१६. एस् जी कोलारकर: युरोपचा इतिहास.

Note: Maps on relevant topics showing important places, kingdoms etc are to be studied.

Paper-IV
Anatomy and physiology
Anatomy

Unit-I 1 (i) The Body- A general study of the human body and its systems.

ii) Bones of the Body Form and General structure and classification of bones.

2. Joints: Movable, slightly movable and immovable joints. Classification of movable joints Ligaments of knee and angle joint.

Unit-II Muscular System

1. General structure of striated and unstriated muscles. 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, Brachioradiális, Brachialis, Triceps, Psoas Major and Minor, Sartorius Gluteus, Maximus, Biceps Femoris, Rectus Femoris, Gastrocnemius, Soleus, Tibialis, Posterior, Peroneus, Tibialis Anticus, Rectus Abdominis, External Obliques Internal Obliques.

2. Brief account of the following systems of the Body:-

1. Circular System
2. Respiratory System.

Unit-III 1. i) Nervous System.
 ii) Excretory System.

2. i) Digestive System.
 ii) Endocrine System.

HUMAN PHYSIOLOGY

Unit-IV 1. (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.

2 (a) The blood and circulation including the physiology of heart and blood vessels. Lymph gland, Tissue, Fluids and Cerebro Spinal Fluids.

(b) Respiration including knowledge of adoption under different atmospheric conditions.

(c) Renal excretion.

Unit-V 1. Nervous system and sensation:-

(a) The Central nervous system.

(b) Autonomic Nervous system.

(c) The General Senses: Cutaneous senses, Muscle sense, etc.

2. (a) Special Sense Such as that of vision, hearing voice and speech, smell, taste.

(b) Ductless glands (endocrine organs)

(c) 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 Besmagine (Williams and Wilkins Company, Baltimore).
5. Anatomy and Physiology by Smount and Mackdonald

(Edward Arnold).

6. An Introduction to Fundamental Anatomy by David Sinclair (Blakewell Publications)
7. Kinesiology by Katherine Wells (Saunders Company)
8. An introduction to Fundamental Anatomy by David Sinclair (Blackwell Publications)..
9. मानव शरीर रचना एवम् किंवा क्रिया विज्ञान - वैद्य एस.बी. हिल्लेकर
10. Gray's Anatomy by D.V. Davies (Lanmans).
11. Cunningham's Manual of Practical Anatomy
12. Kinesiology and Applied Anatomy by Reasch- Burke (Lee and Tebiger).
13. Text-book of Human Physiology by C.C.Chaterjee (Central Book Agency, 14, Bankim Chatarji Street, Calcutta-12)
14. Essential of Human Physiology by S.M. Banerjee (S.Bhattacharya & Co.).
15. Essentials of Physiology by Benbridge and Manzies (Edited by Hargrige and D' Silva).
16. Dr. Bhave-Anatomy and Physiology.
17. The living Body by Best and Tayer (Asian publications.)
18. Samson Wrights' Applied Physiology (Oxford Medical Publications).

PAPER-V

Health, Hygiene and Sanitation

- Unit-I
1. Health, Concept of health, Personal health-care of eyes, ears, mouth, skin, hair, clothing, rest, exercise, relaxation and sleep, care of surroundings.
 2. Diet and nutrition, air, Ventilation, Beverges, alcohol, narcotics, smoking-their effect on health.
- Unit-II
1. First Aid (1) Outline and scope of First Aid, (2) Dressing and bandages with Practical Instruction, (3) Asphyxia, (4) Shock, its causes and treatment.
 2. Methods of artificial respiration, (2) Common causes of insensibility and general rules of treatment and practical instruction.
- Unit-III
1. (1) Various types of wounds and haemorrhages with

general rules of treatment and practical instruction (2)
The symptoms, types and general treatment of fractures and other injuries to the joints and muscles of human body.

2. (1) General rules of treatment for-
 - (a) Poisoning by administering antidotes.
 - (b) Burns and scalds.

Unit-IV 1. (1) Foreign matter under the skin, eyes, ears etc.

(2) Snake-bite.

2. (1) The carrying of injured persons and
- (2) Common athletic injuries.

Unit-V 1. Hygiene and Sanitation. Problems of water supply food stuffs, air and Ventilation.

2. Disposal of refuse-Dumping-Conservancy and water carriage system.

BOOKS RECOMMENDED:

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

PAPER-VI Language

Object: The object of this paper will be to develop the ability of experssion of Hind or Marathi OR English amongst the Students. The students should be able to teach either one of these languages.

मराठी (अनिवार्य)

वेळ: ३ तास

गुण ८०

या विषयाची एक प्रश्नपत्रिका राहिल. सूक्ष्म वाचनाकरिता पाठ्य पुस्तक संवाद भाग १ (अमरावती विद्यापीठ प्रकाशन)

या पुस्तकात वैचारिक, ललित आणि कविता व व्यवहारभाषा असे चार विभाग राहतील

पहिल्या ३ विभागाचे अ व ब गट पाहून त्यापैकी एका गटातून दिर्घोत्तरी एक, तर दुसऱ्या गटातून लघूत्तरी दोन प्रश्न विचारले जातील. दिर्घोत्तरी प्रश्नाला १५ गुण, तर लघूत्तरी प्रश्नाला प्रत्येकी ५ गुण राहतील

वैचारिक	गट अ :	निबंध १ ते ५
	गट ब :	निबंध ६ ते ९
ललित	गट अ :	१ ते ४
	गट ब :	५ ते ८
कविता	गट अ :	१ ते ५
	गट ब :	६ ते १०

व्यवहार भाषेत अभिनंदन आभार, निमंत्रण आणि अभिप्राय व्यक्त करणारी पत्रे राहतील त्यावर दोन लघूत्तरी प्रश्न विचारले जातील प्रत्येक प्रश्न ५ गुणांचा असेल. निबंध वैचारिक, सामाजिक, आर्थिक विषयावर एक निबंध विचारला जाईल त्यासाठी १० गुण राहतील. एक प्रश्न पाठ्य पुस्तकातील उतारा शुद्ध करण्यासाठी राहिल. त्यास ५ गुण राहतील

II हिन्दी (अनिवार्य भाषा)

समय ३ घंटे

पूर्णांक ८०

- १। सूक्ष्म वाचन
पाठ्यपुस्तक 'अनुभूति' (प्रकाशन-अमरावती विद्यापीठ, अमरावती) पुस्तक अध्ययन के लिए तथा अध्यापन के लिए निर्धारित है।
- २। पाठ्य पुस्तक निम्नांकित तीन भागों में विभक्त है।
(क) आधारभूत पाठ्यक्रम
(ख) भाषागत अध्ययन से संबंधित
(ग) सम्प्रेषण क्षमता के विभाग का पाठ्यक्रम
- ३। पाठ्यपुस्तक का आधारभूत पाठ्यक्रम एवं सम्प्रेषण क्षमता के विकास का पाठ्यक्रम कला विज्ञान, वाणिज्य, तथा गृह विज्ञान सभी संकायों के लिए अनिवार्य है।
- ४। भाषागत अध्ययनसे संबंधित पाठ्यक्रम प्रत्येक संकाय के लिये पृथक निर्धारित किया गया है।

सम्पूर्ण पाठ्य निम्न घटकों में विभजित है।

१। प्रथम घटक- आधारभूत पाठ्यक्रम	२५ अंक
२। द्वितीय घटक-भाषागत पाठ्यक्रम	३० अंक
३। तृतीय घटक- भाषासम्प्रेषण	२५ अंक

प्रश्न का स्वरूप-

प्रथम घटक-

क। दीर्घोत्तरी ९ प्रश्न	१० अंक
ख. लघूत्तरी ५ उच्च प्रश्न	१५ अंक

द्वितीय घटक

क. दीर्घोत्तरी ९ प्रश्न	१० अंक
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ख) लघूत्तरी ५ उप प्रश्न २० अंक

तृतीय घटक

क) भाषा सम्प्रेषण दो प्रश्न [५ + ५] १० अंक

ख) व्यावहारिक भाषा १५ अंक

१) मुहावरे ३ अंक

२) लोकोत्तियाँ ३ अंक

३) समानार्थक शब्दोंमें सूक्ष्मांतर ४ अंक

४) भृतिसम भिन्नार्थक शब्द २ अंक

५) शब्दसमुह के लिए एक शब्द ३ अंक

विशेष सूचना-लघूत्तरी प्रश्न के उत्तर लगभग १० पंक्तियों में अपेक्षित हैं।
सहायक ग्रंथ-

१) सामान्य हिन्दी बोधयन

ले. डॉ. रामदयाल कोटा, एम.ए.पी.एच.डी.

डॉ. विजयकुमार सिंघई, एम. ए. पी.एच.डी.

प्रकाशन : खन्ना प्रकाशन, जबलपुर

२) हिन्दी रचना प्रबोध

ले. डॉ. बच्चूलाल अवस्थी "ज्ञान" हिन्दी विभाग,

सागर विश्वविद्यालय, सागर [म.प्र.]

प्रकाशन : साहित्य भवन प्रा. लिमिटेड,

के. पी. कवकड़ रोड, इलाहाबाद-२.

1.COMPULSORY ENGLISH

(M. Marks 80)

1. Books for detailed study:

(a) 'FRONTIERS OF PROSE' Edited by T. Prabhakar. Macmillan (All lessons excluding the 'The Gandhi Came' by Nehru)

(b) The POETIC VISION Edited by Orient Longman.

The following poems:

1. The Quality of Mersy : Willam Shakespeare
2. On his Blindness : John Milton.
3. The Village Schoolmaster : Oliver Goldsmith
4. The solitary Reaper : William Wordsworth
5. The Cloud : P.B.shelley
6. Nightingales : Robert Bridges
7. Snake : D.H Lawrence
8. Snowy Evening : Robert Frost.

2. Text Book for Non detailed study-

'SILAS MARNER' by George Eliot. Sangam English supplementary readers. Published by Oriet Longman

3. I.
 - a) Change of naration.
 - b) Change of voice
 - c) Idioms and Phrases.
 - d) Questions forms and tenses
- II.
 - a) Comprehension Passage
 - b) Latter writing or story building

OR

Story Building

The above said exercise under 3 (1) in communication skills shall be based on the compulsory English text prescribed for B.A part I

Distribution of Marks:

1. Frontiers of prose:

a) There shall be three short answer questions out of eight of five marks each. 15

b) There shall be two long answer questions out of five each carrying 8 marks. 16

c) Four passages for explanation, two each from the detailed texts for prose and poetry: each carrying 3 marks. 12

The Poetic Vision.

d) Two questions out of four on poetry 10

2. Non detailed text:

One question out of two 10

3. Grammar: I (a) to (d) 10

II (a) to (b) 7

Internal assessment 20

Total 100

Part II-Skills

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.

(a) Skills in major games (Indian and Foreign) Athletics,

Section IMajor Games (Any Two)

Marks : 40

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 following:

Basket Ball, Volley Ball, Hockey,
Kabaddi, Table Tennis, Net Ball.

Distribution of marks for a game examination is given below:

i)	Game Performance 10 Marks)	20 marks
ii)	Viv r 5 Marks)	for each
iii)	Note Book 5 Marks)	Game

2. Teaching Contents:

The contents of each game are as follows:-

- A. i) Brief History of the Game
 ii) Measurements and preparation of the field
 iii) Fundamental Skills.
 iv) Lead Up Games.
 v) Rules of the Game
 vi) Records and Awards
 vii) Officials
 viii) Books and Magazines

B. Details of Fundamental Skills of play of each Game are given below:

Basket Ball

- i) Player's stance and ball handling
- ii) Passing and receiving:
 - a) Two hand passes- Over hand pass, Base Pass, Chest Pass, Bounce Pass, Side Pass.
 - b) One hand passes- Over head Pass, Base Pass, Bounce pass, Side Pass.
- iii) Dribbling - a) Low Dribble
b) High Dribble
- iv) Shooting:
 - a) Two hand shots - Over Head Shot, Base Shot, Set Shot.
 - b) One hand Shots-Over Head Shot, Base Shot, Set Shot.
- v) Rebounds - a) Offensive Rebound
b) Defensive Rebound
- vi) Foot work

Volley Ball

- 1. Service - Under hand service, Side Arm Service, Round Arm Service, Tennis Service.
- 2. Receiving - Under Hand and Over Head
- 3. passing - High, Medium and Low.
- 4. Smashing - Straight Arm Smash, Wrist Smash, Round Arm Smash.
- 5. Blocking - Individual Block, Group Block
- 6. System of Play- 4-2, 5-1, 6-0

Kabaddi**1. Skills of Raider-**

- a) Cant, Stance, Foot Work
- b) Mule Kick, Side Kick, Round Kick, Leg Thrust
- c) Pursuing
- d) Toe Touch
- e) Use of hands

2. Skills of Anti Raider-

- a) Position
- b) Stance and movement
- c) Chain Formation
- d) Holds- Ankle hold, Leg Hold, Thigh Hold, Waist Hold, Wrist Hold
- e) Release from Hold

Hockey**1. Fundamental Skills:**

- (i) Hitting
- (ii) Stopping
- (iii) Pushing
- (iv) Flicking
- (v) Scoping
- (vi) Dribbling
- (vii) passing
- (viii) Tackling

2. System of play : 5-3-2-1; 4-4-2-1; 4-3-3-1

Table Tennis

1. Service - Fore hand simple Service
Back hand Simple Service
2. Push - Fore hand Simple Push
Back hand Simple Push
3. Block - Fore Hand Block
Back Hand Block
4. Counter - Fore Hand Counter
Back Hand Counter.

Section IIAthletics

55 Marks

1. System of Examination:

a) Performance

The Examination will be conducted in any one event from each group as selected by the examinee. The groups are given as follows:

- | | | |
|---------------|-------------------------|----------------|
| i) Running | - 100 Mts/400 Mts | . . . 10 Marks |
| ii) Jumping | - High Jump/Broad Jump | . . . 10 Marks |
| iii) Throwing | - Shot Put/Discus Throw | . . . 10 Marks |

b) Style

Any one event to be selected from each group for each group for demonstrating style:

- | | |
|----------------------|---------------|
| i) Running Style | . . . 5 Marks |
| ii) Jumping- Style | . . . 5 Marks |
| iii) Throwing- Style | . . . 5 Marks |

- | | |
|-----------------|----------------|
| c) Book Keeping | . . . 10 marks |
|-----------------|----------------|

Main Note Book of Athletics covering history, warming Up and Skill analysis of the event.

2. Teaching Contents:

The Teaching constants of Athletics are given below:

- A) i) Brief History, ii) Measurement and preparation of Track, Throwing Cicles, Sectors, aproach run, pits etc.
 iii) Fundamental Skills, iv) Important rules and fouls.
 v) Officials and their duties, vi) Records, vii) Athletic Journals.

B. Skills

i) Running:

History of Athletics, Fundamentals of running, Running distances, (Sprints, Middle, Long), Standing Start, Prouch Start (techniques and commands used), Starting Blocks; (Placement, Angles, Measurements), Gun, Stop-watch (Dealings), Relay race: (Order of running, Methods of passing, chock Marks, baton); Hurdles: (Start, clearance, landing, stride pattern) Marathon combined events: (Decation, Heptathlon, Pentathlon)

ii) High Jump: i) Straddle Approach:

(Approach, Take off, Bar Clearance, landing)

ii) Fosbury Flop:

(Take off, Flight path, Bar Clearance, landing)

iii) Scissors Style.

(Approach, Take off, Bar Clearance, landing)

iii) Long Jump: i) Hang style:

ii) Hitch Kick:

(Approach, Take off, Flight, Landing)

iv) Shot Putting:

i) O' Brien Technique:

ii) Rotational Technique:

(Preliminary Stance, shift, delivery)

v) Discuss Throwing:

(Holding, Swings, Turn, Turn and Winding up, Uncoiling, Reverse)

Section IIIGymnastics

40 Marks

1. System of Examination:

The examination will be conducted in Ground Gymnastics Horizontal Bar, Beam, Vaulting Box and Keeping Note Book.

The distribution of marks and examination system is given below:

i) Ground Gymnastics:

a) Two stunts as told by Examiner
(Each stunt 3 Marks) 6 Marks

b) One stunt of candidate's choice 4 Marks

Total 10 Marks

ii) Horizontal Bar/Beam:

a) Two stunts as told by examiner
(Each stunt 3 Marks) 6 Marks

b) One stunt of candidate's choice 4 Marks

Total 10 marks

iii) Vaulting Box:

a) Two Vaults as told by Examiner
(Each Vault 3 Marks) 6 Marks

b) One Vault of candidate's choice 4 Marks

Total 10 Marks

iv) Note Book

. . . . 10 marks

2. The Teaching Contents:

The contents of Gymnastics are given below:

- i) Brief History ii) Measurement iii) Officials
- iv) Records.

Skills:

- i) Ground Gymnastics:
 - a) Forward and Backward Roll from Sitting position.
 - b) Forward and Backward Roll from kneeling position.
 - c) Forward and Backward Roll from Straddle Position.
 - d) Forward and Backward Roll from stooping Position.
 - e) Cart Wheel
 - f) Hand Stand, Hand Stand and Forward Roll.
 - g) 'V' Balance, Frog Balance, Aeroplane Balance, 'T' Balance,
 - h) Head Stand Balance
 - i) Dive and Roll.
- ii) Horizontal Bar:
 - a) Simple Swing
 - b) Belly Roll to upright position.
 - c) Short Cycles
 - d) Upstart
 - e) Upstart to down swing
 - f) From Swing to reverse split dismount.
- iii) Balance Beam:

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	
- iv) Vaulting Box:
 - a) Jump on : Jump off
 - b) Knee on: Jump off
 - c) Through Vault

- d) Split on Astride Vault
- e) Side Vault
- f) Hand Spring

V) Note Book:

The Note Book will cover the following items:

- a) Brief History of Gymnastics
- b) Equipments and materials required
- c) Measurement
- d) Skills and Techniques
- e) Duties of Officials
- g) Records- International, National, Asian and Indian.
- g) Rules and Regulations.

Section IV

Formal Activities. 25 Marks

1. System of Examination:

The examination will be conducted in Lezim, Dumbbells, Indian Club, Ex. Table, Drill Marching and Band into a group of 10 to 15 candidates.

The distribution of marks and the system of examination is given below:

i) Lezim	5 Marks
ii) Dumb-bells/Indian Club/Ex.Table	5 Marks
iii) Drill Marching	5 Marks.
iv) Band (Flute-Drum-Side Drum)		
a) Any one song on Flute	5 Marks
b) Play on Drum and Side Drum	5 Marks
		<hr/>
		Total 25 Marks

2. Teaching Contents:

The contents of each activity are given below:

i) Lezim:

a) Ghati Lezin-Char Avaz, Ath Awaz, Age Pav, Pav Chakkar, Aadha Chakkar, Aadhi Baithak, Puri Baithak, Kopara

ii) Dumb-bells/Indian Club/Ex.Table:

- a) Eight exercises on Dumbbells
- b) Eight exercises on Indian Clubs
- c) Sitting Mass P.T.- Eight Exercises
- d) Standing Mass P.T.- Eight exercises.

iii) Marching:

Savdhan, Vishram, Dahine Mud, Banye Mud, Pichhe Mud, Kadam Tal, Tej Chal, Samane Salute, Khuli Line Chal, Nikat Line Chal, Kadam Tal.

iv) Band (Drum, Side Drum & Flute):

- a) National Antham
- b) Salute (Salami)
- c) March Past
- d) Demonstrations of Drills

Section-V

Yoga

25 Marks

1. System of Examination:

The Examination will be conducted in Asanas and Kriyas selected by candidates and told by examiners.

The distribution of marks and system of examination is given below.

i) Asanas:

- a) Three Asanas as told by Examiner:

(Each Asana 3 Marks)	. . . 9 Marks
b) Two Asanas of candidate's choice (Each Asana 3 Marks)	. . . <u>6 Marks</u>
Total	15 Marks

ii) Kriya:

a) Two Kriyas as told by Examiner (Each Kriya 5 Marks)	. . . 6 Marks
b) One Kriya of candidate's Choice	. . . 4 Marks
	<hr/>
	Total 10 Marks

2. Teaching Contents:

The contents of Asanas and Kriyas are given below :

i) Yogasanas:

- 1) Padmasana 2) Buddha-Padmasana
- 3) Paschimottanasan 4) Mahamudra 5) Yogamudra
- 6) Bhujangasana 7) Ardha Shalabhasana 8) Shalabhasana
- 9) Dhanurasana 10) Akarnadhanurasana 11) Halasana
- 12) Chakrasana 13) Vakrasana 14) Utkasana
- 15) Jolanulasana (16) Ardhamatsyendrasana
- 17) Bakasana (18) Kukutasana 19) Vajrasana
- 20) Sarvangasana (21) Matsyasana 22) Naukasana
- 23) Garudasana (24) Gomukhasana (25) Tadasana.

ii) Kriyas:

- 1) Jal Nati 2) Agnisar
- 3) kapalbhati 4) Tratak
- 5) Uddiyan 6) Nauli

Section VI

Olympiads

Swimming/ Wrestling/ Judo . . . 15 Marks.

1. System of examination:

The examination will be conducted in Swimming, wrestling and Judo. The examiner will have to select any ONE of them.

The distribution of marks and examination system is given below:

Swimming/ Wrestling/ Judo (Any ONE)

2) Swimming:

Two skills as told by examiner (Each skill 3 Marks)	. . . 6 Marks
Two skills of candidate's choice (Each skill 3 Marks)	. . . 6 Marks
50 Mts. Swimming with any Style	. . . 3 Marks
Total	15 Marks

b) Wrestling:

Two skills as told by examiner (Each skill 3 Marks)	. 6 Marks
Two skills of candidate's choice (Each skill 3 Marks)	6 Marks
A bout of 3 minutes	. 3 Marks
Total	15 Marks

c) Judo

Two Holds as told by examiner (Each hold 3 Marks)	. 6 Marks
--	-----------

Two Holds of candidate's choice . (Each Hold 3 Marks)	. . . 6 Marks
A Bout of 3 Minutes	. . . 3 Marks
Total	15 Marks

2. Teaching Contents:

The contents of Swimming, Wrestling and Judo are given below:

i) Swimming:

I Introduction to the Swimming:

- a) Historical development of Swimming Strokes
- b) Rules of Swimming
- c) Measurement of the Swimming Pool
- d) The Equipments
- e) Officials
- f) Records

II The Stroke Mechanics:

- a) The Crawl Stroke
- b) The Back Stroke
- c) The Butterfly
- d) The Breast Stroke
- e) Starts and Turns

Books Recommended:

1. Competitive Swimming Manual for Coaches and Swimmers: By Dr. James E. Counsilman.
2. Science of Swimming: By Dr. James E. Counsilman.
3. Coaching the Young Swimmer: By Kurt Williams & Orjan Modsen

ii) Wrestling:

- a) Brief History

- b) Mat Measurement
- c) Rules
- d) Officials and their duties
- e) Stance- Square stance, Cross Stance, Right Cross Stance, Left Cross Stance, Wrestling Grip.

f) Skills

- (1) Dast (2) Sanzir a buggal dub
- (3) Sitting Dasrang (4) Standing Dasrang
- (5) Kastana Latna (6) Ghissa
- (7) Oj-band/Nelson (8) Bangadi (9) Ru Dast a Pa
- (10) Tega

iii) Judo:

- 1. History of the Judo
- 2. Rules and Regulations
- 3. Officials and their duties

4. Techniques

a) Falling techniques:

- i) Urono Ukemi - Back fall
- ii) Uoko Ukemi - Side Fall
- iii) Mai Ukemi - Front Fall

b) Throwing Techniques:

- i) Ogesthi- Hip Throw
- ii) Haraigoshi- Sweeping Loin Throw
- iii) Oppon Shio Nage- One Arm Side Throw
- iv) Shio Nage- Shoulder Throw
- v) Uchimata- Thigh Throw

c) Ground Techniques:

- i) Keshagami-Scraf hold
- ii) Kata Galami- One Arm Side Hold
- iii) Hada Kajami- Necklet Neck Chop

(b) Year's sessional work	- - - -	Total Marks 100
i) Internal Assessment	- - -	60

(10 marks in each section)

ii) Participation in Internal competition.	- - -	10
iii) camp leadership	- - -	10
iv) Social service/ Participation in Cultural activities.	- - -	10
v) Attendance	- - -	10
Internal Assessment in Theory part-I	- - -	120
20 marks in each paper:		
a) Terminal examination	- - -	10
b) Assignment	- - -	5
c) Attendance	- - -	5
		<u>20</u>