

॥ अंकि पेयु शलज्जोत ॥

Rs - 20 -

**NORTH MAHARASHTRA UNIVERSITY
JALGAON**

B. P. E.

(Three Year Degree Course)

SYLLABUS

F. Y. B. P. E. Inforce From JUNE 2003

S. Y. B. P. E. Inforce From JUNE 2004

T. Y. B. P. E. Inforce From JUNE 2005

॥ अंतरी पेठू आज्ञायें ॥

**NORTH MAHARASHTRA UNIVERSITY, JALGAON
FACULTY OF EDUCATION**

**Bachelor of Physical Education, Three Year Degree Course
Inforce From June 2003**

The North Maharashtra University, initiates and accepts the three year degree course in Bachelor of Physical Education, The Course shall come into force from June 2003.

1. Duration of The Course -

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

2. Structure of the course - (For Regular Students)

The course of study shall consist mainly of Theory and Practice work pertaining to physical Education.

It will be divided into three parts.

- i) First Year B. P. E.
- ii) Second Year B. P. E.
- iii) Third Year B. P. E.

3. Admission Requirements - Qualification -

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

(a) Passed the 12th standard Examination of the Maharashtra State Board of Secondary and Higher Secondary, Education with English as one of the subject of passing OR passed the Pre-University examination of the University or an examination recognised as equivalent therer to of any other statutory University.

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

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

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

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

II) The Second B. P. E. Examination -

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

III) The Final B. P. E. Examination -

- i) Shall have passed the second B. P. E. Examination of the University &
- ii) Prosecudure a regular course of study for not loss than one academic year in a college.

- 4) An applicant for admission to an examination shall produce a certificate from the Principal regarding his Physical and Medical fitness toe undergo tests in skills.
- 5) Admission to the course shall be governed by the rules and regulations framed by the university authorities.
- 6) The fees for the examination shall be as prescribed by the university authority (E.C.) from time to time.
- 7) An Examinee who is unsuccessful at an examination shall be eligible for admission to a subsequent examination on the payment of a fresh examination fees. The marks obtained by such candidate for sessional work when he appeared for the first time shall be taken into consideration when he reappeared at the examination.
- 8)
 - i) The scope of the subject shall be as indicated in the syllabi.
 - ii) The medium of instruction for the examination shall be Marathi, English, Hindi.
- 9) **The Scheme of Examination -**
The Bachelor of Physical Education (B. P. E.) degree course consist of

3000 Marks in total, which are divided in three parts.

F. Y. B. P. E. 900 Marks

S. Y. B. P. E. 1000 Marks

T. Y. B. P. E. 1100 Marks

Year		External Assessment	Internal Assessment	Total Marks
F. Y. B. P. E.	Theory Practical	600 Marks 200 Marks	--- 100 Marks	600 Marks 300 Marks
S. Y. B. P. E.	Theory Practical Practice Teaching	600 Marks 150 Marks 100 Marks	--- 100 Marks 50 Marks	600 Marks 250 Marks 150 Marks
T. Y. B. P. E.	Theory Practical Practice Teaching	600 Marks 150 Marks 200 Marks	--- 150 Marks	600 Marks 300 Marks 200 Marks

F. Y. B. P. E.

Part I

THEORY

Theory - External Assessment - 600 Marks (University Examination) There will be university Examination of Following theory Papers.

Paper I-	Principles and History of Physical Education.	100 Marks
Paper II-	General Science.	100 Marks
Paper III-	Anatomy and Physiology	100 Marks
Paper IV-	Organization and Administration of Physical Education.	100 Marks
Paper V-	English	100 Marks
Paper VI-	Marathi or Hindi	100 Marks

(Paper V and VI Languages - as prescribed by the North Maharashtra University for F. Y. B. A.)

Part II Skills - External Assessment - 200 Marks.

(University Examination)

- A) Skills in Major Indian and Foreign Games Athletics and other Physical Exercise skill in
- Major Games (10 Game) 150 Marks
 - Formal Activities 30 Marks

B) Term end Examination and Tutorials (12 Tutorial) (Internal Assessment) 100 Marks

- 1) First Term end Examination of 50 marks each paper will be held at first term end It will consist at 300 marks
- 2) Second term end examination of 100 marks each paper will be held before second terms end it will consist of 600 marks.
- 3) Test Tutorials During the year 12 Tutorials each of 25 marks will be taken i.e. total 300 marks. Out of above 1200 marks one should get minimum 600 marks i.e 50 % marks.

Part III Practics Teaching

150 Marks

- | | | | |
|----|--|---|-----------|
| | 50 Marks | Internal Assessment | |
| | 100 Marks | External Assessment (Uni. Examination) | |
| a) | i) 10 Lesson taken throughout the year in the secondary school situation
(4 Marks per lesson) | | 40 Marks |
| | ii) Mentanence Lesson Observation Book
(Marks to be assigned Internally) | | 10 Marks |
| b) | Two lesson to be given at the annual examination Uni. Examination | | 100 Marks |
| | One lesson of Athletics. | | 50 Marks |
| | One lesson of other Physical Activities (Games) | | 50 Marks |

Total Marks Of S.Y.B.P.E. 1000 Marks

T. Y. B. P. E. Part I

Theory- External Assessment -University Examinations 600 Marks

Paper I	Health Hygiene and saniation	100 Marks
Paper II	Yoga	100 Marks
Paper III	Elements of Physical Education	100 Marks
Papar IV	Test and Measurements	100 Marks
Paper V	Officiating and Coaching	100 Marks
Paper VI	Remedical and Corrective Physical Education.	100 Marks

Part II Skills External Assessment : 150 Marks
(University Examination)

A) Specially in any one games from Group A and any one from Group B.

	Group "A"		Group "B"
1.	Hockey	1.	Yogasanas
2.	Basket Ball	2.	Athletics
3.	Kho-Kho & Kabaddi	3.	Badminton

- | | |
|----------------|-----------------|
| 4. Volley Ball | 4. Wrestling |
| 5. Cricket | 5. Table Tennis |
| 6. Foot Ball | 6. Gymnastics |

75 Marks for the Games of specialisation in Group A	75 Marks
75 Marks for the Games of specialisation in Group B	75 Marks

B) Term end Examination and Tutorials (Internal Assessment) 100 Marks

- 1) First Term end Examination of 50 marks each paper will be held at first term end It will consist at 300 marks
- 2) Second term end examination of 100 marks each paper will be held before second terms end it will consist of 600 marks.
- 3) Test Tutorials During the year 12 Tutorials each of 25 marks will be taken i.e. total 300 marks. Out of above 1200 marks one should get minimum 600 marks i.e 50 % marks.

c) Computer Literacy Programme	50 Marks
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Part III Practice Teaching	200 Marks
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(External Assessment) University Examination.

One Lesson on Athletics	100 Marks
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One lesson on major games from Group A	100 Marks
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Total Marks Of T.Y.B.P.E

1100 Marks

NORTH MAHARASHTRA UNIVERSITY, JALGAON
FACULTY OF EDUCATION
PROSPECTUS - Degree of Bachelor of Physical Education.

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

- i) The First B. P. E. Examination.
- ii) The Second B. P. E. Examination.
- iii) The Final B. P. E. Examination.

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

- | | | |
|----------|---|---|
| Part I | - | Theory |
| Part II- | → | Practical Skills, |
| Part III | - | Theaching Ability or Practice Teaching. |

Part I THEORY

Paper - I

PRINCIPLES AND HISTORY OF PHYSICAL EDUCATION

A) Principles of Physical Education.

1. Concept of Physical Education.
2. Definition of Physical Education.
3. Scope of Physical Education.
4. Importance of Physical Education as Profession :
Abrief Review of Physical Educaiton in the Country.
5. Qualities of Physical Education Teacher, Opportunities for Physical Education Teacher in service and employment.
6. Aims and objective of Physical Education.
7. What are Principles ?
8. Importance of Principles, Application of Principles.
9. Principles vovenning growth and developments,
Significences of age and sex.

B) Psychological Principles :

1. Principles of use, disuse and overuse.
2. Effect of Exercies.
3. Optimum amount of exercise for healthful living.
4. Human energies and how they are spent.
5. Fatigue, stress and its effect on physical and mental health relaxation.
Tension, Flexibility, Rhythm and strenth.
6. Principles governing breathing exercise, yogic exercises and swedish exercise.

- C) Psychological Principles :**
 Personality, Raw Material of Character, Transfer of Training, Law of learning, Habit, Reflexion, Conditioned Reflex. Effect of emotions on health Role of fighting Instinct competitions Co-Operation, Competitive sports, Age and Sex characteristics. Theories of Play, Adjustment. Educational Implications and opportunities of Physical Education.
- D) Physiological Principles :**
 Traditions, Traditions and its influence on behaviour social values, channels of recognition, Influence of Physical Education and recreation as socialising factors.
- E) Historical -**
 Influence of experience of other evaluation of experience in terms of results, various systems of Physical Education. German Swedish, of Problems and methods of study.

HISTORY OF PHYSICAL EDUCATION

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

Reference Books -

- (Principles of Physical Education)
1. Foundation of Physical Education by Charles A. Bucher.
 2. Introduction to Physical Education by J. P. Sharman.
 3. Physical Education by Onberteuffer, Delbert.
 4. Modern Principles of Physical Education by J. R. Sharman.
 5. Principles of Physical Education by J. P. Williams.
 6. Physical Education, Interpretations and Objectives by Jay B. Nash.

(History of Physical Education)

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

Paper II GENERAL SCIENCE PHYSICS

Importance of Science, Basic Science, Science required for Physical Education.

Mechanics and General Properties of matter : Systems of Units, Motion, Newton's Law of Motion and their application, Velocity, Force, Centrifugal and centripetal with examples centre of gravity, simple pendulum, levers, energy, transformation of energy, friction, Angle of friction (only elementary) Barometer, Boyle's Law Exhaust pump and ball inflator, Density and specific gravity (without measurements) Elasticity, Stress and Strain, Hooke's Law, Young Modulus (without determination)

Heat : Effect of heat, Temperature and Thermometer (Simple - Thermometer) Physical meaning of specific heat and latent heat, Mode of transfer of Heat, conduction, convection and Radiation, Knowledge of Mechanical equivalent of Heat.

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

CHEMISTRY

Atom, Molecule, Elements and Compounds, Symbols, Formula, Physical and Chemical changes, Introduction to periodic classification, Ionic Theory, solubility, crystallisation Acids, bases, salts, neutralisation, hydrolysis.

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

Oxygen : Preparation, Properties, Uses, Classification of Oxides, Oxidation and reduction.

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

Chlorine : Laboratory methods of preparation, properties, uses Bleaching action of Chlorine, Hydrochloric acid, laboratory preparation,

manufacture properties and uses. **Carbon :** Different allotropic forms Carbon Monoxide Carbon Dioxide, Precipitation, Properties and uses.

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

Carbohydrates : Definition classification, general properties Glucose and Fructose preparation properties, uses. **Fats Oils and Soaps :** Extraction of fats and oils properties.

BIOLOGY

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

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

Books Recommended :

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

Paper III

Anotomy and Physiology

Anotomy -

The Body : A general study of the human body and its systems.

Bones of the Body : Form and general structure and classification of bones.

Joints : Movable, Slightly movable and immovable Joints,

Classification of movable joints, Ligaments of knee and angle joints

Muscular Systems : General structure of striated and unstriated muscle distribution of these two types of muscles in the body.

Position, Origin, Insertion, Action of the following skeletal muscle,

Praphezius, Rhomoids - Serratua Anterior, Pectoralis, Deltoid, Supprasinatus,

Lattissinus Dorsi, Bicepsbrachi, Brachioradialis, Brachialis, Priceps, Psoas,

Major and Minor, Sartorius Gleuteus, Tibialis, Anaticus, Rectus Abdominis,

External Obliques, Internal Obliques.

Brief Accounts of the following of the Body :

1. Circulatory System.
2. Respiratory Systems.
3. Nervous Systems.
4. Excretroy system.
5. Digestive System.
6. Endocrine System.

Anatomy Practical (For Sessinal Work only)

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

PHYSIOLOGY

Elements of General Physiology : The Animal Cell, Elementary Constituents and Physical Properties of Protoplasm. The structural basis of the body.

HUMAN PHYSIOLOGY

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

Books recommended :

1. Text Book of Anatomy by Holinshed.
2. Applied Physiology by Samson Wright.
3. Physiology and Anatomy by Kimber and Gray.
4. Primary Caste Anatomy by Besmagine (Williams and Wilkins Company, Baltimore)
5. Anatomy and Physiology by Smount and Macdonals (Edward Arnold)
6. An Introduction to Fundamental Anatomy by David Sinclair (Blackwell Publications.)
7. Kinesiology by Katherine Well (Saunders Company)
8. An Introduction to Fundamental Anatomy by David Sinclair (Blackwell Publications.)

Reference :

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

Paper IV**Organization and Administration of Physical Education.**

1. Introduction: Defination of Terms, Importance objection, Guiding Principles.
2. Schemes of Organization N. F. C., N. C. C. School Sports.
3. Facilities : Construction and care of Gymnasia, Swiming Pools. Playing P'eles, Playing Grounds.
4. Equipment s: Need, Purchase, Maintenance, issue and disposal.
5. Professional Preparation : Qualities of a Teacher Training, problems facing the Teacher, Students Leadership.
6. Programme Planning : Principles and Factors affecting the time-table preparing time - tables schedules school sporta, Probles of school sports, problems of school soorts, Intra- Murals, Inter- Institutional.
7. Records and Registers, Attends , Test, Health and Character, Extra Curricular Activities.
8. Budget and Finance : Preparation of Budget, Administration, Rules of Expenditure, Forms and Routine of payments and entries, Accounting and Auditing.
9. Organisation meaning in the field of physical education in India.
10. Supervision - Meaning & Scope objectives Essentials feature of good spervision methods of supervision.
11. Camping - Maning, Educational Value and types of camps leadership, location of camps Health and safety food and programmes.

Books Recommence -

1. Voltmer & Esslinger : Organisation and Administration
2. Joseph R : Organization of Physical Education.

3. Hughes and French : Administration of Physical Education.
 4. Thomas J. P. : Organisation of Physical Education.
 5. Bucher : Administration of Schools Health and Physical Education.
 6. Forsythe and Duncan : Administration of Physical Education.
- Paper V and VI- Language as prescribed by the North Maharashtra University for FYBA)**

S. Y. B. P. E.
Part I
THEROY

Paper I
Kinesiology -

1. Definition, Aims and Objectives Brief Story, Scope and limitations, importance in coaching and physical medicine.
2. Anatomic Fundamentals - Terminology of various types of movements, lever and its kinds importance in mechanical action, bony levers in the body, Muscle and bone relationship, joints, their kinds and movements, planes and axes of body.
3. Structural and Functional Classification of Muscles, Direction, of muscle fibres and relations to muscle action, angle of pull.
4. Locations and Actions of the muscles acting on following points in their corresponding movements -

i) Shoulder girdle and joints.	ii) Neck Joints,
iii) Trunk Joints,	iv) Hip Joints,
v) Knee Joints,	vi) Ankle Joint,
vii) Elbow Joints,	viii) Wrist Joints.
5. Movement and its patterns :
Efficient movements, factors causing efficient movements, Rhythm co-ordination, Practice, body positioning Factors effecting the movements frictions, density of water and air, resistance, body surface force of gravity.
6. Physical principles concerning motion :
 1. Principles of inertia.
 2. Principle of equilibrium.

3. Principles of giving impetus to external objects.
4. Principles of receiving the forceful objects.
5. Principles of moving one's own body in the air, water and on the ground.
6. Principles of pulling, pushing and lifting the heavy objects.
7. Body positioning in sports specially in running, throwing, jumping, walking, ascending and descending movements, Importance of posture.
8. Application of Kinesiology :
 - i) Technique of analysis and evaluation of human motion in sports activities.
 - ii) Application of kinesiology to the teaching of sports movements.

PRACTICAL

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

List of Book for Reference :

1. Kinesiology and the Anatomy Motion by E. N. Dural.
 2. Psychology of Coaching by W. D. Kawther.
 3. Scientific Basis of Athletic Training by Morehous end Rasch.
 4. Principles of receiving the forceful objects.
 5. Principle of moving one's own body in the air, water and on the ground.
 6. Principle of pulling, pushing and lifting the heavy objects.
 7. Body positioning in sports especially in running, throwing jumping, walking, ascending and descending movements, importance of posture.
 8. Application of kinesiology :
 - (i) Technique of analysis and evaluation of human motion in sport activities.
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- Practical
1. Body measurements, pulse rate, blood pressure nerve muscle, preparation twitch, tetanus, fatigue, vital Capacity.

List of Books for Reference -

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

Paper II

METHODOLOGY OF PHYSICAL EDUCATION

1. Scope and Importance of Methods : of teaching different physical activities - Their different patterns, General and special activities such as Athletics, Gymnastics, Games etc. Their importance & Purpose.
2. Classification - Classification of pupils for routine Physical Education activities and competitions various methods of classification, their advantages and disadvantages.
3. Lesson Planning.
4. Tournaments and Competitions : Groups competitions and their importance methods of Organisation Group competitions types of Tournaments Methods of conducting tournaments Intramural and Extra-Mural Competitions Games of Law Organisation, Organization of sports meets.
5. Methods of organizing picnics and hikes - Planning of programme for various age groups organization of Excursions.
6. Construction and marking of play field for various games, laying out of runways, track construction of jumping pits preparing and marking of different play-fields. Their measurements and requirements.
7. Publicity and public relations methods of preparing :
 - i) Demonstration,
 - ii) Displays,
 - iii) Exhibitions,
 - iv) Play days.
8. Measurements and Measurements Qualities of good test, type of test and procedure in Physical Education Individual and standard Physical efficiency test, procedure conduction test and examination in physical education - evaluation of physical education and its progress.

Paper III

HEALTH EDUCATION

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

7. School Hygiene - Schools Building - Ventilation light and seating arrangements, water supply facilities, play ground,
8. Diettics -
Food - its constituents - caloric value of food balance diet, special diets for children athletic - under weight, over weight.

Books Recommended -

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

**Paper IV
RECREATION**

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

Books Recommended :

1. Introduction to Community Recreation by G. D. BGutler.
2. Recreation - Dr. R. C. Kapil.
3. Community Recreation - A Guide to its organization by M. D. Meyer and K. Brightbill.
4. Coming Drought.
5. Methods of Physical Education by Bucher,
5. Krida Ranjan by Kholapurkar.

Paper V

EDUCATIONAL PSYCHOLOGY COUNSELLING AND GUIDANCE.

1. Psychology as a Science, its meaning its bearing on Educations and Pysical Education.
2. Mental Process : Body mind relationship, Neur-Muscular Skills.
3. General Inmate Tenderies : Movives, Needs, Drives, Sympathy. Imitation, Uggestion play, Play way in Education and sub imation of Inmate Tendencies.
4. Stages in Development : The Nature of Growth and Development Characteristes at various stages of Development.
5. Products of Developments : Habits complexes, Sentiments and character.
6. Heredity and Enviorment.
7. The learning process : Nature laws of learning Motivation in learning, Attention and interest, Learning curves, Transfer, training.
8. Efficient Training : Memory, Motor Memory and their training.
9. Intelligence : Its Nature and Development.
10. Mental Hygiene : Meaning, Its importance, handling of exceptional children, Role of Physical Education in preventing adjustments and promotion of proper Health.
11. Fatigue. Physiological and Psychological aspects of Fatigue.
12. Personality : Its meaning, Development of Personality, Adjustment throught Physical Education.
13. Discipline and Behaviour
14. Individual Differences.
15. The Psychology of the conscious and its bearing.
16. The Psychology of the Group.
Counselling and Guidance and Scope of the Subject.
 1. Meaning, importance and scope of the subject.
 2. Basic concepts of conselling and Guidance.
 3. Psychological basis of guidance and sounselling, individual difference, psychological testing.
 4. Objectives of guidance.
 5. Qualities and qualification of a counsellor.
Group Work - Only Elementary Knowledge.
 1. Meaning of Group Work.
 2. Nature and Objective of group work.
 3. Group dynamics : Some general priniciples.
 4. The role of the leader in the group.
 5. Responsibilities and qualities if a leader.

Books for Reference -

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

Paper VI

Physiology

- A) Physiological concept of Health and Fitness
Hygienic and Aesthetic value of Exercise.
- B) Exercise and its classification
Passive, Assistive, time resistive - isometric isotonic static, concentric, eccentric.
- C) Functioning of different systems of the body during exercise.
- D) Difference between secondary and active individual.
- E) Effects of training on following systems.
 1. Cardiorespiratory. 2. Muscular. 3. Excretory.
- F. Role of Muscular Systems in exercise -
 - a) Microscopic structures of striated muscle.
 - b) Contractile elements in muscle and the changes in muscle groups.
Reciprocal Innervation.
 - c) Nerve Control of muscle contraction, Agonist and Antagonistic muscle group. Reciprocal innervation.
 - d) Glycogen cycle and Fuel for work.
 - e) O₂ Utilization, O₂ debt, Aerobic and Anaerobic phase of Exercise, Second Wind, Lactic acid formation and disposal.
 - f) Fatigue and Staleness.
 - g) Relaxation and Rest.
 - h) Muscle stitch, Cramp, pull, tear, strain,
 - i) Aging changes in muscle.
- G Physiological study of warming up conditioning and training, effects of altitude on training.
- H. Energy consumption and its measurements.

List of Books for Reference:

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

T. Y. B. P. E.

Part I
THEROY

Paper I

Health Hygiene and Sanitation

Health : Concept of Health, Personal, health care of eyes, ears, mouth, skin, hair, clothing, rest, exercise, relaxation and sleep, care of surroundings, Diet and nutrition, Air, Ventiation, Beverages, alcohol, parcotics, smoking-their eggect on health.

First Aid :

- 1) Outline and scope of First Aid.
- 2) Dressing and bandages with Practical Instruction,
- 3) Asphyxia,
- 4) Shock, its causes and treatment,
- 5) Methods of artificial respiration,
- 6) Common causes of in nibility and general rules of treatment,
- 7) The symptoms, types and general treatment of fractures and other inju-ries to the joints and muscles of the human body.
- 8) Various types of wounds and haemorrhages with general rules of treat-ment and pracical instrutions,
- 9) General rules of treatment for -
 - a) Poisoing by administrering antidotes,
 - b) Burns and scalds,
 - c) Foreign matter under the skin , eyes, ears etc.
- 10) The carrying of injured persons.
- 11) common athletic injuries.

Hygiene and Sanitation, probkems of water supply-Food stuffs, air and vantilation-Disposal of refuse- Dumping -Conservancy and w a t e r carriage system.

Books Recommended :

1. Hand-book of Hygienk and public Health by V.P.Bedi.
2. The school Hygiene Service by leif vara and Leff,s
3. A text-book of Heaith Education Denis Prirries and A.J.Delzeltwerd.
4. Health Education : Dr. S.P.Chatbey.
5. Health Education and Hygiene B.C.Rai.
6. Anatomy Physiology for Nurses by evely pearce.

7. (Furneaux's) Human Physiology, Edited by William A.M. Smart.
8. First Aid : John Ambulance.

Paper II

YOGA

Preliminary :

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

Types of Asanas and Pranayamas.
6. Shat karmas-personal hygiene of yoga : (Six purificatory methods of yoga-Neti, Dhauti, Basti, Nauli, Gajkari, Kunjal)
7. Bandhas, Mudras and chakras of Yoga.
8. Recent advances in yoga education, yoga as a Science.
9. The therapeutic and corrective values of yogic practices.

Reference Books :

1. Methods in Physical Education by Lambach J.C. Williams J.F.N. Schwendener
2. Physical Education lessons by Dr. J.P. Thomas.
(Weeks and H.A. Winekles)
4. Methods in physical Education by Kosman Cassidy- Jackson.

Paper III

Elements of Physical Education

- 1) Physical Education :
 - (i) Definition,
 - (ii) Meaning and Scope, Misconceptions about Physical Education.
 - (iii) Aims and objectives of physical Education-General outline.
- 2) Meaning of various terms and general contents used in physical Education .

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

3. A Brief survey of GROWTH and development of physical Education and sports in India :

a) Contribution of Vyayasshale and Akhadas.

b) British Period:

(i) The British Influence-Gymkhane, Sports, Clubs, Military and physical Training .

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

(iii) Physical Education in schools and colleges.

(iv) Influence of political forces on physical education india.

c) Period of Independence :

3 (I) Government Efforts :

a) Physical Education, Advisory Bodies and sports councils .

b) Sports Authority of India.

c) National Coaching Scheme.

d) Physical Education development schemes.

e) Honour and incentives to sportsman.

(i) Arjun Award.

(ii) National Award.

(iii) Chhatrapati Award and Abhimanue Award.

f) National College of Physical Education.

g) National Fitness corps.

ii) Private efforts :

a) Sports Federation and Associations.

b) International, National and state level Tournaments.

c) India's Participations in International sports.

d) Contribution Institutions Promoting yoga and Indian Physical Culture.

4) Training Institute and Professional Organisations :

a) Growths and development of Physical Education :

Colleges in India.

b) Various courses in teacher training programme.

c) Job opportunities.

Reference Books :

1) Foundation of Physical Education : Bucher.

2) Introduction to Physical Education : Sharma J.R.

- 3) Manual of Physical Education : Wakharkar.
- 4) A History of Physical Education : E.A.Khan.
- 5) An Analytical History of Physical : Education : S. Hariharan and C. 6)
Principles of Physical Education Surjan Singh.

Paper IV

TEST AND MEASUREMENTS

- Unit - I** A) Introduction :
- 1) Meaning of Test, Measurements and Evaluation.
Need and Importance of Tests and Measurements and
Importances Evaluation in Physical Education .
 - 2) Meaning of statistics , Need and Importance of Statistics.
 - 3) Meaning of Data. Kinds of Data.
 - 4) Frequency Tables-Meaning construction and uses.
Population and sample, sampling techniques- importance
and Principles.
- Unit II** B) Fundamentals of Statistics :
- 1) Measure of central Tendency- Meaning uses & Calculation from
frequency tables.
 - 2) Measures of variability Meaning uses and calculation.
 - 3) Graphical representation of Data- Meaning uses & Techniques.
 - 4) Percentiles Meaning, uses and calculations.
 - 5) Correlation- Meaning uses and calculations.
- Unit -III** C) Test Evaluation and construction;
- 1) Knowledge test. Importance and types.
 - 2) Items to be included in objective and subjective knowledge.
 - 3) Criteria of test selection.
 - 4) Administration of Testing Programme.
- Unit - IV** Measurement of Health status :
- 1) Measurements of nutritional status (Subjective & Objective)
 - 2) Somatotyping a brief account of Kretschmer's and Sheldon's body
types.
 - 3) Medical tests-vision (Shellen's Chart) Hearing (Watch tick Method
) Blood pressure, vital capacity.
- Unit -V** E) Measurement of Social efficiency, physical fitness and skill per-
formance.
- 1) Social efficiency-Meaning and administration and interpretation of behaviour
rating scales.
 - 2) Sports skill tests- Lockart and McPherson Badminton test.

- a) Johnson Basketball Ability test.
- b) Modonald soccer Test.
- c) Brady Volleyball Test.
- d) Dribble and Goal Shooting test in hockey.
- e) Fitness Tests-Roger's Pfx, Ashperd, Youth fitness tests, Indian Motor fitness tests ICR Test and kran's weber tests.

List Of Books.

- 1) Clarike M.H. Application of measurement to health and physical Education by Englewood cliffs N.J. Prentice Hall
- 2) Larson L.A. and Yacom R.D. Measurement & Evaluation in Physical Health and Recreation Educ. St. Louis C.V. Mosby com. 1957.
- 3) Mathew Donalk. Measurement in P.E. London W.B. Saunders company 1973.
- 4) Neilson Nip : An elementary course in statistics, test and measurement in p.e. National test poloalth 1950
Journal of Physical Education & Sports Science.
Sai Ingpe (Publication & Information Unit)

Paper V

OFFICIATING AND COACHING

Coaching :

- i) Coaching, Teaching and Training. ii) Principles of Coaching.
- iii) Personality of a coach. iv) Methods of presenting skills.
- v) Principles of conditioning.
- vi) Methodical Principles of Weight Training, Isometric Training Circuit Training, Cross Country, Fartlek Training, Pressure Training and sprint Training.
- vii) Basic Principles and Planning of Training schedule.
- viii) Maintenance of fitness. ix) Selection of players.
- x) Measures for maintaining and stimulating the interest of students in games and sports.
- xi) Analysis of individual and team performance.
- xii) sports hygiene.

Officiating :

- i) Official his qualities and duties.
- ii) Factors influencing officiating.
- iii) Record sheets, facilities, Techniques, Strategies and Rules and their Interpretations of the following.

Athletics, Football, Hockey, Volley-Ball, Basket-ball, cricket, Kabaddi, Kho-Kho, Gymnastics and Wrestling, Net-Ball, Hand-Ball, Table-Tennis, Badminton etc.

Reference Books :

1. Harold, Abraham, and Jack crumps : Athletics (The Naldrett press, London)
2. Doherty : Modrn Track and Field.
3. Miller : Fondamentals of Track and Field.
4. D.B.Cromwell : Championship Technique in Track and field.
5. Breshnaham and Tuttle : Track & Field
6. Meeley : Test and Measurements.
7. Webster ; Scientific Principles of coaching.
8. Abraham c.c. : Basket-Ball Teacnique, Tacties.
9. Allen C. Forrent : Better Bucket-Ball Teachique , TRACTIES>
10. Bee clear : The service coaching.
11. Toby dave : Basket-Ball Methods.
12. Sir pelham warner : The Book of cricket.
13. H.S.Althaw and E.W.Swention : History of Cricket.
14. Johnbunn Basket Ball Methods.
15. Reg simpson Cricket.

Paper VI

REMEDIAL AND CORRECTIVE PHYSICAL EDUCATION

1. Meaning importance and scope of posture.
2. Concept and classification of posture.
 - i) Correct and Incorrect Posture.
 - ii) Static and dynamic Posture.
 - iii) Body type and Postrue.
- 3 Postural Deformities-
 - i) A- study of physical defects in posture and the corrections to be arrived at
 - a) Kyphosis, b) Lordosis c) Scoliosis,
 - d) Flat foot e) Bowed legs f) Knocked Knees.
 - ii) Corective Exercise: iii)Assessment of posture-Posture Test.
 - iv) Therapeutio exercise and their classification.
- 4 Principles of the planning of the programme of corrective physical Education in school.

B-I i) A Brief History of Massage.

ii) Principles of application of Massage.

II . A classification of the Manipulation used in Masage and the effectis of each such type on defferent systems of human body

a) Stroking Manipulation . b) Pressure Manipulation.

c) Percussion Manipulation. d) Shaking Manipulation.

III - Indications and contraindications of massage movements.

IV - Massage in sport.

V _ a) Common Athletic injuries and their tretatment first aid :

1) SPRAIN. 2) Strain 3) Contusion

4) Abration 5) Fractures Dislocation.

Books Recommended :

1. Corrective Physical Education by Rathbone (J.I.H.B. Samnders and c.)
2. Manual of massage and movement by prof . E.M.Naro (Eaber)
3. Therapeutic Exercises for body Alignment and Function by William Maclimond catherine Worthingham (W.B.SAUNDRS & CO.)
4. Massage and Medical Gymnastics by M.V.Lace (J.& A. Churchill Ltd.)
5. Preventive and corctive physical Education by stafford and kelly (Ronald Press co. New york)
6. Tests and measurements by mecloy and young.
7. Principals of Exercise Therapy by dana Garkinar (G.Bell & Son.)
8. D.Tidy's Masssag and Renudial Exercises for medical and surgical Conditions by wale (Bristol, John Wright and sons, Ltd.)

CONTENTS OF SKILLS EXAMINATION

F.Y.B.P.E.

Activies of the Examinaiton are grouped into the following the contents of each activity of examination

i) Major Games (10 Games)	150 Marks
ii) Formal Activies	30 Marks
iii) Athletics (Running Events)	20 Marks
<hr/>	
Total	200 Marks

I) Major Games :

- 1) **Volley Ball** -
 - a) Individual Skills
 - i) Service - Under hand, side arm , Round arm , Tennis Float & spine services.
 - ii) Receiving - Under hand Over hand
 - iii) Passing
 - a) As per height low medium & High
 - b) As per Direction Forward, Overhead & back

iv) Smashing

- a) Straight arm smash b) Wrist smash
- c) Trun & smash d) Round arm smash
- e) Tapping

v) Blocking

- a) Individual Block b) Group block

vi) Diffence

- a) Drive, Dive & Role (Forward back - Word & side word) Dig & Role.

B) Team Skills -

- a) Systems of play 5-1,4-2,6-0
- b) b) Attacking - Single, Double & Triple
- c) Diffence Grading - Forward Angle & Backward angle diffence
- d) Rotation-

2) Basket Ball

- i) Player's stance and ball handling.
- ii) Passing and receiving.
 - a) Two hand passes : Overhead pass, base pass, chest pass, Bounce Pass, Side pass
 - a) One Hand passes : Overhead pass, base pass, , Bounce Pass, Side pass, Cross step & pass, under arm pass, Round arm pass, Back pass, Hook pass, Role 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
 - Running one hand and two hand shots and variations of shots.
- v) **Rebounds** a) Offesive rebounds b) Defesive rebound
- Offence -** Fast break, Criss Cross, Screening give and go.
- vii) **Foot work - fakes & feints, Pivots.**

3 . Weght Training & Best Physique

- a) Teaching Contants : i) **Technique of lift**
 - 1) Snatch 2) Clean and Jerk
 - ii) Knowledge of weight groups
 - iii) Rules and Regulations of Weight lifting competitions.
- b) Bast Physique i) **Muscle groups**
 - 1) Double Bices 2) Front Latis Dorshi (wings)
 - 3) Back Double Biceps 4) Back Latis dorsi
 - 5) Side Chest & Calf 6) Triceps
 - 7) Abdominal & Thigh

4 . Foot Ball

- i) Kicking
 - a) With inside of the foot b) Full instep
 - c) Inside of the instep d) Outside of the instep
- ii) **Receiving**
 - a) Inside of the foot , thigh chest, sole
- iii) **Dribbing :**
 - a) Inside of the foot
 - b) Outside of the foot
 - c) Combination of inside and outside of the foot
- iv) **Heading :**
 - Forward, Backward, sideward
- v) **Tackling**
 - a) Front Block
 - b) Should to shoulder charge
 - c) Sliding tackle
- vi) **Feinting wllth ball**

- vii) Throwing in
- viii) **Goal Keeper's techniques.**
 - a) Defensive : Stopping methods kneeling method, half kneeling method, with draw method 'M' & Nest Method.
 - b) Attacking - attack, through hand and leg, leg, Punt, side volley front volley.
- ix) System of play . 4-2-4,4-3-3,3-1-3, 1-3-3, 4-4-2

5)Kho-Kho -

- i) **Chaser's Skill**
 - a) Sitting Position , Bullet, Parallel,
 - b) Pole Turn
 - c) Kinds of Kho- simple, running , Judgement.
 - d)Covering Position Monkey, Standing combination.
 - d) Tapping - Tapping below waist Tapping over waist pole Tapping
 - f) Dive- Front, Side Running.
- ii) **Runnr's skill**
 - a) Chain - Single , Triple
 - b) Oval - Short, Long, Middle Distance
 - c) Dodge Front Backs
 - d) Entry
- iii) **Playing**

6)Ball Badminton

- i) Types of Grips ii) Types of Service - simple , spine , high,
- iii) Strokes - Forhand drive ,back hand drop, back hand over head clear
- iv) Singale game & Double game

7) Kabaddi -i) Skills of Raider -

- a) Cent b) Stance & Foot work c) Mule kick , Side Kick, Back Kick, d) Persuits e) Toe Touch
- ii) Skills of anti Raider -
 - a) Chain Formation b) Stance & Movement
 - c) Knee Hold , Thigh's Hold , Trunk hold, Wrist hold.
- ii) Release from holds

8)Badminton -

- a) Types of Grips
- b) Types of services - Toss Sevice , Toss Play High service, Low serve, Back Hand serve.
- c) Strokes - Forhand drive, back hand under arm clear, drop shot, back hand over head clear, Back hand smash, Back hand drop.
- d) Single game & double game.

9)Cricket :-

- i) **Fundamental skills of bastmen-**
 - a) Grip b) Stance c) Back life d) Placement of foot
 - d) Placement of foot e) Contact of the ball
 - f) Drive : Forward Square low and High drive
- ii) **Diffence : Forward & back foot diffence**
- iii) **Fundamental skills of Bowling;**
 - a) correct grip b) smooth run up
 - c) a balanced delivery and follow through
- iv) **Fundamental skills of Bowling**
 - a) stopping & through the ball b) Low and high catch
- v) **Wicket kepping**
 - a) stance b) The Feet c) The hand d) gathering the ball

10) Net Ball

- a) Stance and ball Handly
- b) Catching
- c) Shooting
- d) Footwork
- e) Defence
- f) Passing

Distribution of marks for each game examination is given belows

- i) Fundamental skill 10 Marks
- ii) Playing Efficiency & Oral 5 Marks
(15 Marks for each games)

v) **Formal Activities**
Calisthenics :- (Any Three) 30 Marks

1) Mass P.T

- a) N.F.C.M.P.T.Table No.1 (Ex. 1 to 10)
- b) N.F.C.M.P.T.Table No.2 (Ex. 1 to 5)
- c) N.F.C.M.P.T.(In sitting position) (Ex. 1 to 5)
- d) N.F.C. Exercise Table 1 to 8

2) Dumbells

3) Ring Drill

4) Ghungar khathi

A group of 20 Candidate with demonstrate the following activities
Mass P.T. , Dumbells , Ring Drill, Ghungar Khathi each activity each for 10
Marks

Athletics Events

20 Marks

The performance of the examinee will be taken and converted
into marks as per the conversion table attached in.

Running — i) Fundamental skills and technique of Running of sprints middle & long
distance races.

- ii) Types of Starts Standing & Crouch starts.
- iii) Types of finish of races.
- iv) Hurdle starts clearance & landing techniques relays batton exchange
& its types
- v) Use of starting block techniques of operation of stop watches & gun
operation.

Group wise from the following group each activities carries 10 Marks

- i) 100 Mts. Run/110 Mts. Hurdles / 100 Mts. Hurdles
- ii) 200 Mts. /400 Mts./800 Mts. Run

S.Y.B.P.E.

PART II SKILLS EXAMINATION (Any Ten games) 150 marks

1) Athletics (Throws)

The performance of the examinee will be taken and converted into
marks as per the conversion table attached in.

a) Shot put Techniques

- i) Perry O Brien Techniques
- ii) Discoput Technique
- iii) Orthodox put

b) Discuss :-

Techniques of holding ,swing , turn, Release of disc,
Turning Techniques

c) Javaline :-

Technique of Grips, Carry, Approach release reverse.

d) Hammer :-

- 1) Grip, Stance Preliminary swings.

Transition 1) Cycle Phase ii) Non Cycle Phase Turn

Delivery & Recovery.

2) Handball

i) Ball Holding

ii) Passing - Overhead pass, chest pass / side arm pass, a cross
body pass, under arm pass, bounce pass, back pass

iii) Catching - variation of catch.

iv) Dribbling - Low dribble & High Dribble.

v) Shooting - Jump shoot , standing shot, Three step shot, dive shot.

- vi) Goal Keeping High, Medium & Low
- vii) Landing - Goal Keepers diving, Player's diving
- viii) Defending & offending
- ix) Systems of the game.

3) Soft Ball i) Running ii) Throwing iii) Pitching
iv) Batting v) Catching

4) Judo
i) Stance
ii) Throwing Techniques standing foregin throwing Technique.
a) O- Goshi (Hip Throw) b) Harai Goshi (sweeping Join)
c) Ippon- Seio Nege (One side shoulder throw)
d) Seio Nege (One side shoulder throw)
e) Uchi Mata (Thigh Throw)
iii) Ground Technique
a) Kasha Gatame (Side four quarter Hold)
b) Yokeseo Gatame (Upper four quarter hold)
c) Kata Gatame (Shoulder hold)

5) Table - Tennis :

- i) Grip of the racket- pen grip, shakehand grip.
- ii) Body position and action.
 - a) Back hand push
 - b) Back hand Drive.
 - c) Fore hand drive
 - d) Fore Hand push
 - e) Top spin style
 - f) Back spin style
- iii) Service - Simple, Spin - Top, Back & side spine
- iv) Smash
- v) Single & Double play.

6) GYMNASTICS I

- A) Mat Exercises :- (Rolls)**
- i) From sitting Position : Forward & Backward Roll
 - ii) From kneeling position : Forward & Backward Roll
 - iii) Straddle position : Forward & Backward Roll
 - iv) From stooping Position: Forward & Backward Roll
 - v) Cartwheel
 - vi) Hand stand & Hand stand d & forward roll
 - vii) Balances v. Balance Frog Balance, airplan balance, T Balance
 - viii) Head stand (Balance)
 - ix) Dive and Roll
 - x) Back Bend

7) Athletics Events

The performance of the examinee will be taken and converted into marks as per the conversion table attached in.

- Throws**
- a) Shot put Techniques
 - i) Perry O Brien Techniques
 - ii) Discoput Technique
 - iii) Orthodox put
 - b) Discuss :-
Techniques of holding, swing, turn, Release of disc,
Turning Techniques
 - c) Javaline :-
Technique of Grips, Carry, Approach release reverse.
 - d) Hammer :-
1) Grip, Stance Preliminary swings.

Transition 1) Cycle Phase ii) Non Cycle Phase Turn,
Delivery & Recovery.

8) Hockey :

- i) Grips body position placement of the ball and execution follow through
- ii) Hitting - Straight hit, Hit on wrong foot, Reverse stick hit, Turn around hit.
- iii) Stopping : Straight Push, Reverse stick push, push on wrong foot.
- iv) Pushing:
 - a) Push - Straight push, Reverse stick push, Push on wrong foot.
 - b) Flick : Straight flick, Reverse flick. c) Scoop - Push Scoop, Straight Scoop

- v) Dribbling
- vi) Passing - Parallel pass Through pass, Return pass.
- vii) Trackling - shadow Teackling Lung & Teckte from left side.
- viii) Bulling
- ix) Goal Keeping - stoping with legs, ped and clearnace air stoping & clearnace with stick & pad.
- x) System of play 5-3-2-1, 4-4-2-1, 4-3-3-1

9) Yogasanas

- 1) Tadasana 2) Vrikshasana 3) Garudasana
- 4) Chakrasana 5) Trikonasana 6) Uttakatasana 7) Vajrasana 8)
- Ganumukhasana 9) Padmasana 10) Yoga Mudra Vajrasana
- 11) yoga Mudra in Padmasana 12) Tolasana 13) Paschimottanasana
- 14) Akarnadhanurasana 15) Vakrasana 16) Ardhamatshendrasana
- 17) Supta Vajrasana 18) Matsyasana 19) Shavasana 20) Viprit Karni 21)
- Sarvangasana 22) Hallasana 23) Karnapidasana 24) Makarasana 25) Ardha
- salbhasana 26) Salbhasana 27) Dhanurasana
- 28) Naukasana 29) Mayurasana 30) Bhujangasana 31) Bakasana 32)
- Shirashasana 33) Suriya Naraskar

- 10) Long Tennis i) servics ii) Fore hand Drive iii) Fore hand push
iv) Back hand drive v) Single & double play

11) GYMNASTICS II

B) Apparatus Gymnastics :

- i) Balancing Beam -
 - a) Walk on toe b) Novetky walk c) V' Balance d) Saggori Jump
- e) 180 Trun f) Simple Jump g) Knee Balance f) Aeroplance Balance
- i) Forward Roll j) T Balance
- ii) UN Even Bar :-
 - a) Swings b) Mounts c) Hip circle d) One Leg Circle
- e) Simple dismount
- iii) Parallel Bar
 - a) Straught Arm Rest b) Bend Arm Rest c) Bend Arm single March
 - d) Bend Arm Double march e) Stright Arm single March
 - f) Stright Arm Double March g) Shoulder Balance
 - h) Side Rest on the bar i) 'L' Balance
 - j) Change over k) Forward Roll l) House riding
 - m) Front dismount n) Straddle sit o) Swings
 - p) Back Dismount
- iv) Vaulting House :
 - a) Jump on Jump off b) Knee on Jump off c) Through vault
 - d) Split on Astride vault e) Side vault f) Hand springs

v) Roman Rings

- a) Steight arm hang b) Inverted hand c) Reverse hang
- d) Pull ups / push ups e) Forward circle f) Up start
- g) Dislocation h) Split dismount i) Half / Full nest
- j) Short arm balance k) 'L' Balance l) Reverse Plane

vi) Horizontal Bar :-

- a) Simple seing b) Belly roll to spright position
- c) Short circles d) up start
- e) Up start to down swing f) Frin swing to reverse split disamount

vii) Pommel House :-

- a) Position over the horse b) One leg half circle from both sides.
- c) One leg full circle d) Scissors
- e) Back sissors f) Both legs circles
- g) Dismount h) Combination of exercises

12) Wrestling

The examination will be conducted in wrestling for men and folk Dance for Woman

i) Stance

- a) Aqure Stance
- c) Croas Stance
- i) Right cross Stance ii) Left cross Stance
- c) Grip

ii) Techniques

- a) Dasti b) sar Zir A bagat Dub
- c) Khu Zin taken d) Arm Bar

- | | |
|----------------------|-----------------------------|
| e) Fane Kamar (Dhak) | f) One Arm Throw (Dhobi) |
| g) Banagadi | h) OJ band (Nelson) |
| i) Fitle | j) Ek Dast Ek Pa (Kalajang) |
| k) Gav tab | i) Kunde |

Distribution of marks for each game examination is give belows

- | | |
|--|----------|
| i) Fundamantal skill, Hold & Other skill | 10 Marks |
| ii) Playing Efficiency & Oral | 5 Marks |
| (15 Marks for Each Game) | |

T.Y.B.P.E.

SPECIALISATION GAME IN GROUP A & GROUP B Skill Examination

Specialisation In any one game form Group A & any one game form Group B

Group "A"	Group "B"
1. Hockey	1. Yogasanas
2. Backet Ball	2. Ataletics
3. Kho-Kho & Kabaddi	3. Badminton
4. Volley Ball	4. Wrestling
5. Cricket	5. Table Tennins
6. Foot Ball	6. Gymnastics

75 Marks for the Games of Specialisation in Group A

75 Marks for the Games of Specialisation in Group B

Distribution of marks for game examination is given below

- | | | |
|------------------------|----------|-----------|
| 1. Fundamental skills | 30 Marks | 75 Marks |
| 2. Playing efficiency | 20 Marks | for |
| 3. Oral | 15 Marks | each game |
| 4. Maintaing Note Book | 10 Marks | |

(The Syllbus is carrig F.Y.B.P.E & S.Y.B.P.E)

SCORING TABLE FOR MEN

**Atheletics Practical Examination of B. P. E.
NORTH MAHARASHTRA UNIVERSITY, JALGAON**

Marks	100 Mts Time in Second	200 Mts Time in Second	400 Mts Time in Second	800 Mts Time in Second	Shot Put distance in Mts/Cm	Discus throw distance Mts/Cm	Javeling throw distance in Mts/Cm	High jump hight in Mts/Cm	Broad jump distance Mts/Cm	floor dips 2 Min.	Sit- up 3 Min.
0.00	19.5	35.0	86.0	3.10	5.00	10.00	12.00	1.02	3.40	8	11
0.5	18.5	34.0	84.0	3.05	5.40	11.00	13.00	1.08	3.58	10	16
1.00	18.0	33.0	82.0	3.00	5.00	12.00	14.00	1.17	3.70	12	21
1.50	17.5	32.0	80.00	2.55	6.20	13.00	16.00	1.26	3.88	14	26
2.00	16.5	31.5	79.00	2.50	6.60	14.00	19.00	1.32	4.00	16	31
2.50	15.5	31.0	78.00	2.45	7.00	15.00	21.00	1.35	4.60	20	46
3.00	14.5	30.0	76.00	2.40	7.40	16.5	24.00	1.38	4.90	26	56
3.50	13.5	29.0	74.00	2.35	7.80	19.5	27.00	1.41	5.38	30	61
4.00	13.0	28.0	72.00	2.30	8.20	22.50	30.00	1.44	5.68	32	66
4.50	12.5	27.0	70.00	2.25	8.60	25.50	32.00	1.47	5.70	34	68
5.00	12.0	26.0	68.00	2.20	9.50	28.50	35.00	1.50	5.80	36	70

(27)

SCORING TABLE FOR WOMEN

**Athletics Practical Examination of B. P. E.
NORTH MAHARASHTRA UNIVERSITY, JALGAON**

Marks	100 Mts Time in Second	200 Mts Time in Second	400 Mts Time in Second	Shot Put distance in M/CM	Discus Throw distance in Mts / cm.	Javeline throw distance in M/CM.	High Jump hight in MTs/CM	Broad Jump distance in M/CM	Floor dips ² Minitus	Sit Ups 3 Min.
0-0	20-05	43.00	94.00	3.42	3.60	5.40	0.78	2.40	4	5
0.5	19.5	42.0	92.00	3.54	5.70	5.70	0.84	2.58	6	10
1.00	19.0	41.0	90.00	3.60	6.60	6.60	0.90	2.70	8	15
1.50	18.5	40.00	88.00	3.72	7.50	7.50	0.96	2.88	10	20
2.00	17.5	39.5	86.00	3.84	9.00	9.00	1.02	3.00	12	25
2.50	16.5	39.0	84.00	3.90	10.50	10.50	1.08	3.60	18	40
3.00	15.5	38.0	82.00	4.88	13.50	15.00	1.17	3.90	22	50
3.50	14.5	37.0	80.00	6.00	16.50	21.00	1.26	4.30	26	55
4.00	14.0	36.0	78.00	7.20	19.50	27.00	1.32	4.60	28	60
4.50	13.5	35.0	76.00	8.40	22.50	30.00	1.35	4.70	30	62
5.00	13.0	34.0	74.00	9.00	25.50	33.00	1.38	4.80	32	64