

Second B.P.E.

Prospectus No. 96165

अमरावती विद्यापीठ

AMRAVATI UNIVERSITY

शिक्षण विद्या शाखा

(FACULTY OF EDUCATION)

अभ्यास क्रमिका
द्वितीय शारीरिक शिक्षण स्नातक परीक्षा १९९६

PROSPECTUS

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



1995

(Price Rs. 7/-)

*Continued for 1997 Exam,
alongwith Notification"

PUBLISHED BY
Dr. K. G. Khamare
Registrar
Amravati University
Amravati - 444 602

© "या अभ्यास क्रमिकेतील (Prospectus) कोणताही भाग अमरावती विद्यापीठाच्या पूर्वानुमती शिवाय कोणत्याही पुनर्मुद्रित किंवा प्रकाशित करता येणार नाही"

"No part of this prospectus can be reprinted or published without specific permission of Amravati University."

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. 19 : Admission of Candidates to Degrees
Ordinance No. 109 Recording of a change of name of a
University Student in the records of the
University.

Ordinance No. 138: For improvement of Division

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

Dr. K. G. Khamare
Registrar
Amravati University

PATTERN OF QUESTION PAPER ON THE UNIT SYSTEM

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

- (1) Syllabus has been divided into units equal to the number of questions to be answered in the paper. On each unit there will be a question either a long answer type or a short answer type
- (2) Number of question will be in accordance with the unit prescribed in the 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 8 short sub question with no internal choice.

1
AMRAVATI UNIVERSITY

FACULTY OF EDUCATION

: ORDINANCE NO.74

Examination 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:

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

- (a) passed the पूर्व विपरीत (Pre University) Examination of the University OR the 12th standard Examination of the Maharashtra State Board of Secondary and Higher

: 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

Secondary Education with English as one of the subjects of passing or an examination recognised as equivalent thereto 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
 (ii) attained or shall attain the age of 17 on the 1st of October of the year of his admission to College;

(B) the ~~उच्च माध्यमिक~~ (Second B.P.E) Examination shall have:

- (i) passed the ~~उच्च माध्यमिक~~ (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 ~~उच्च माध्यमिक~~ (Final B.P.E) Examination shall have:

(ii) passed the द्वितीय शारीरिक शिक्षण स्नातक (Second B.P.E.) Examination of the University; and

(iii) 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 Paragraphs 5,8,10 and 31 of the said Ordinance shall apply to every Collegiate candidate.

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

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

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

8. (i) The scope of the subjects shall be as indicated in the Syllabus.

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

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

Part-I Theory.

Part-II Practical Skills,

Part-III Teaching Ability or Practice Teaching.

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

Part-I Theory

	Theory	Maximum Marks	
		Sesional	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 Sesional Work	100
Total Marks	300

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

Part-I Theory

	Theory	Maximum Marks	
		Sesional	Total
1. Physiology of Exercises	80	20	100
2. Education Psychology and Counselling	80	20	100
3. Guidance	80	20	100
4. Yoga	80	20	100
5. Methods in Physical Education	80	20	100
6. Kinesiology	80	20	100

Part-II Skills

Skill in Games (Indian and Foreign), Athletics, Gymnastics, other Physical Exercises including Yogasana, Hykes and Croc. 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	<u><u>1000</u></u>

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

Part-I Theory	Maximum Marks		
	Theory	Sessional	Total
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. Officialing 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>
<hr/>	<hr/>
Total	400

**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 शारीरिक शिक्षण स्नातक (First B.P.E.) Examination or the द्वितीय शारीरिक शिक्षण स्नातक (Second B.P.E.) Examination shall be entitled to receive a Certificate signed by the Registrar and those successful at the अन्त्य शारीरिक 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 Second Examination for the Degree of
Bachelor of
Physical Education.

PART-I THEORY

PAPER I

PHYSIOLOGY OF EXERCISE.

Unit 1. Energy- Meaning of energy

- a) Production and use of energy.
- b) Types of Energy.
- c) Aerobic and anaerobic sources of muscular energy.

Unit 2. Muscles:

- a) Types of muscles.
- b) Characteristics of skeletal muscles, innervation & blood supply.
- c) Microscopic structure of muscles fiber, sensory organ of muscle.
- d) Biochemical changes in muscle during exercise, second wind.
- e) Muscle fatigue and recovery process, debt.

Unit 3. Circulatory System:

- a) Functioning of heart during exercise.
 - i) Stroke volume, cardiac output, pulse rate.
- b) Effect of braining of functioning of heart.
- c) Block-constituents, Role during exercise-Blood lacta
 CO₂ in blood, O₂ carriage in body Oxyhemoglobin,
 Blood pressure changes during exercise.
- d) Changes in blood cells during exercise.

Unit 4. Respiratory System:

a) General functioning of the system-Various measures & capacities like Vital capacity, tidal air, residual air, inspiration and expired air pressure.

b) Transportation of gases.

i) At lung level ii) at Cellular level.

c) Changes during exercise in respiratory system

d) Effect of long term training on respiratory capacities

Unit 5. Excretory and other Systems:

a) Excretion of waste products, from muscles temperature regulation during exercise.

b) Role of endocrine during exercise.

c) Nutrition and its planning during training.

PRACTICAL

1. Body measurement, Pulse rate, Blood pressure, Nerve muscle Preparation, Switch, tetanum fatigue, Vital capacity.

List of Books for reference:

- 1) Physiology of Exercises- by Maccurdy and Mekenzh.
- 2) Physiology of Exercise-by Karpovich.
- 3) Sports Physiology-by Fox
- 4) Exercise Physiology - by Morehanse & Miller.
- 5) Physiological Basis of Physical Education & Athletics by Mathews and Fox.
- 6) Exercise Physiology - by David H. Clarke.

EDUCATIONAL PSYCHOLOGY AND
COUNSELLING AND GUIDANCE

- Unit-I
1. a) Psychology as a Science, its meaning, its bearing on Education and Physical Education.
b) Mental Process: Body mind relationship, Neuro-Muscular skills.
c) General Inmate Tendencies: Motives, Needs, Drives, Sympathy Imitation, Suggestion Play, Play way in Education and sublimation of Inmate Tendencies.
 2. a) Stages in Development:- The nature of Growth and Development Characteristics at various stages of Development.
b) Products of Developments: Habit complexes, sentiments and character.
c) Herodity and Eavironment.
- Unit- II.
1. (a) The Learning Process: Nature Laws of learning, Motivation in Learning, Attention and interest, Learning curves, Transfer of training.
b) Efficient Training - Memory, Motor Memory and their training.
 2. a) Intelligence - Its nature and Development.
b) Mental Hygiene-Meaning, its importance, headling of exception children Role of Physical Education in preventing adjustment and promotion of proper health.
- Unit-III
1. a) Fatigue- Physiological and Psychological aspects of Fatigue.
b) Personality- Its meaning, Development of

Personality, Adjustment through Physical Education.

- c) Discipline and Behaviour.
- 2. a) Individual Differences.
- b) The Psychology of the conscious and its bearing.
- c) The Psychology of the Group.

Unit-IV Counselling and Guidance: Only Mementary Knowledge;

- 1. a) Meaning, importance and scope of the subject.
- b) Basic concepts of counselling and Guidance.
- c) Psychological basis of guidance and counselling, individual differences, Psychological Testing.
- 2. a) Objectives of guidance.
- b) Qualities and Qualification of a Counsellor.

Unit-V 1. Group work: Only elementary Knowledge:

- a) Meaning of Group Work.
- b) Nature and objective of group work.
- 2. a) Group Dynamics: Some general principles
- b) The role of the leader in the group.
- c) Responsibilities and qualities of a leader.

Books for Reference :

- 1. Psychology of Adjustment by Shafer.
- 2. General Psychology by Garrentt.
- 3. Educational Psycholgooy by Gats.

4. Educational Psychology by Skinner.
5. Solving personal Problems by Elliot.

PAPER-III- YOGA

PRELIMINARY:

- Unit-I
1. Yoga- Meaning, concept, mis-conceptions about Yoga- Relationship with Physical Education.
2. Historical Background of Yoga- Yogic Texts.
- Unit:II
1. Yoga as a discipline of life- Mode of living, Cults of Yoga (Only Central Ideas)
(i) Raj Yoga, (ii) Bhakti Yoga, (iii) Karm Yoga (iv) Gyan Yoga.
2. Hatha Yoga Philosophy.
- Unit-III
1. Astanga Yoga with special reference to:-
(1) Yams (2) Niyama (3) Asan, (4) Pranayams Types of Asanas and Pranayams.
2. Shat. Karma- Personal hygiene of Yoga:- (Six purifactory Methods of Yoga- Neti, Dhauti, Nasti, Nauli, Gajkarmi, Kunja)
- Unit - IV
1. Bandhas, Mudras and Chakras of Yoga.
2. Recent advances In Yoga Education Yoga as a Science.
- Unit V:
1. The therapeutic values of Yogic Practices.
2. Corrective values of Yogic Practices.

Reference Books:

1. Asanas & Pranayamas - Swamj Kavalayananda.

2. Yoga Personal Hygiene- Shri Yogendra.
3. Yogic Exercises by the Fit and the Ailing - S. Muzumdar.
4. Yogic Asanas for Health and Vigour - Dr. Role,
5. Hatha Yoga: Goswami, S.S.
6. Hatha Yoga: Ancient and Modern- Wood, E.
7. Raj Yoga- Swami Vivekanand.
8. Bhakti Yoga- Swami Vivekanand.

PAPER-IV

METHODS OF PHYSICAL EDUCATION

- Unit-I
1. Scope and Importance of Methods: Methods of teaching different Physical activities- Their different patterns, General and Special activities such as Athletics, Gymnastics, Games, etc. Their importance and purpose.
 2. Classification: Classification of pupils for routine Physical Education activities and competitions- various methods of Classifications, Their advantages and disadvantages.
- Unit-II: Lesson Planning
- Unit-III
1. Tournaments and Competitions: Group competitions and their importance, Methods of organising Group Competitions- types of Tournaments, Methods of conducting Tournaments.
 2. Methods of conducting Intra-mural and Extra-mural Competitions, Games of Law Organisation, Organisation of Excursions.
- Unit IV
1. Construction and markings of play-field for various games, laying out of runnings, Track construction of jumping pits- Preparing and markings of different play

fields. Their measurements and requirements.

2. Publicity and public relations methods of preparing
(i) Demonstration, (ii) Displays (iii) Exhibitions (iv) Play-days.

Unit-V 1. Measurement and Measurement Qualities of good test, type of tests and procedure in Physical Education- Individual and standard Physical efficiency test.

2. National Physical Efficiency Test, Procedure of conducting test and examination in physical Education- Evaluation of Physical Education and its progress.

Reference Book:-

1. Methods in Physical Education by Dambach J.C. Williams.
2. Physical Education Lesson by Dr.J.P.Thomas
J.F.N.Schwendener.
3. The sports organizers Hand Book by Dr.Wakhana
(Wecks and H.A.Winckles)
4. Methods in Physical Education by Kozman
Cassidy- Jackson.
5. शारीरिक शिक्षा अध्यापन पद्धती : शर्मा, करमरकर, तिवारी

PAPER- V

KINESIOLOGY

Unit- 1 a) Meaning, Concept, Objectives and Scope of Kinesiology in Sports coaching and Physical Education.

b) Historical Background of the subject.

Unit 2. a) Antatomical Fundamentals.

b) Structural and Functional classification of Muscles, Direction of Muscle fibers and relation to muscle action, angle of pull, torque.

Unit- 3 a) Location and Action of Muscles.

i) Shoulder girdle and joint.

ii) Neck joint.

iii) Trunk joint.

iv) Hip joint.

v) Knee joint.

vi) Ankle joint.

vii) Elbow joint.

viii) Wrist joint.

b) Movement and its patterns Efficient movement.

Unit- 4. Physical principles concerning motion:

i) Principles of inertia

ii) Principle of equilibrium.

iii) Principle of giving impetus to external objects.

iv) Principle of receiving the forceful object.

v) Principle of moving one's own body in the air, water and on the ground.

vi) Principle of pulling pushing and lifting the heavy objects.

Unit- 5. a) Body positioning in sport in running, throwing, jumping

b) Application of Kinesiology. i) Technique of analysis and evaluation of human motion in a sports activities.

ii) Application of Kinesiology to the teaching of sports movements.

Practical:

1. Body measurements, angle of joints measurement.
2. Use of calipers, goniometers.

List of Books for Reference:

- 1) Efficiency of Human Movements by N.B. Jauneler.
- 2) Kinesiology and the Anatomy of Motion by E.N. Duval.
- 3) Psychology of Coaching by W.D. Laster.
- 4) Scientific Basic of Athletic Training by Morehouse and Rasch.
- 5) Efficiency of Human Movements by Brown. (W.B. Saunders Co.)
- 6) Kinesiology and Applied Anatomy by Rasch, Burke Lee and Pebiger.
7. Kinesiology by Catherine wells.

PART II SKILLS

1. **Major Games:**
 (1) Net-Ball, (2) Tenniquoits, (3) Throw-Ball (4) Table-Tennis, (5) Basket-Ball (6) Foot-Ball (7) Volley-Ball, (8) Cricket (9) Hockey (10) Badminton (11) Kabaddi and (12) Kho-Kho.
 (Serial Nos 1 to 4 for women)

(Note: Examinees will select any two games which he has not offered for the First B.P.E. Examination from Indian and Foreign games.)

2. Athletics: Sprints, Middle Distance Runnings, Hurdles, Hop-step and Jump, High Jump, Polevault, Running Broad Jump, Shot-put, Discus, Javelin Throw.

A. PART II

SKILLS

Marks 100

Examination System, Distribution of Marks and Teaching contents

Activities of the examination are grouped into the following sections and Contents of each activity of examination are also given below with its procedure and System of Examination.

Section - 1

MAJOR GAMES (ANY TWO)

... 30 Marks

1 System of Examination :

The examination will be conducted in any TWO games selected by the examinee. The examiner has to select any TWO games from the followings :

Foot Ball, Cricket, Kho-Kho, Hand Ball.

Badminton, Throw Ball

Distribution of Marks for a game examination is given below :

- | | | |
|-----------------------|----------------|-----------------|
| i) Game Performance | 10 Marks | 15 Marks |
| ii) Note Book Keeping | 5 Marks | 1 for each Game |

2 Teaching Contents :

The Contents of each game are as follows :

- A
- i) Brief history of the game
 - ii) Measurement and preparation of the field
 - iii) Fundamental skills.
 - iv) Lead up games

- v) Rules of the game
- vi) Records and Awards
- vii) Officiating
- viii) Organisation of different level Tournaments
- xi) Books and Magazines

B) Details of Fundamental Skills of play of each game are given below :

Foot Ball :

- 1) Fundamentals of the game :
 - i) Kicking (with different parts of the Foot-Low, Medium and high ball)
 - ii) Receiving (Low ball, Medium Ball and High Ball)
 - iii) Heading (Forward, Backward and Side Ways)
 - iv) Dribbling (Inside of the Foot, Outside of the Foot, Combination sole Dribbling)
 - v) Trackling (Front block, Sliding and Shoulder to Shoulder)
 - vi) Throwing in
 - vii) Feinting
 - viii) Goalkeepers Technique
 - a) Defensive (Low-Ball, Medium High Ball, High Flight)
 - b) Attacking (Attack through hand and attack through Leg Low Medium & High Ball)

2. System of Play :

(4-2-4 ; 4-3-3 , 4-4-2; 4-3-2)

Cricket :

- i) Fundamental Skills of the Batsman:-
 - (1) Grip (2) Stance (3) Back Lift (4) Placement of the Foot (5) Contact of the Ball.
 - ii) Defence : Forward and Back Foot Defence.
 - iii) Fundamental Skills of the Bowling :
 - (1) A current grip (2) Smooth run-up
 - (3) A balanced delivery & Follow - through
 - iv) Fundamental Skills of Fielding :
 - (1) Stopping & Throwing the ball
 - (2) Low and high Catch.
- v) Wicket Keeping

- 1) Stance (2) The feet (3) The Hands
- 4) Gathering the ball.

Kho-Kho :

1. **Skills of chasing : -**
 - a) Giving and Receiving kho
 - b) Pursuing
 - c) Covering the Runner
 - d) Dive and Touch
 - e) Taping at the ankle
 - f) Taking direction from sitting position.
2. **Skills of Running :**
 - a) Dodging
 - b) Zigzag run play
 - c) Stepping Judgement
 - d) Single chain
 - e) Playing on Pati
 - f) Oval Play.

Hand Ball :

1. Passing - Up lift Pass, Ground Pass, Chest Pass, Back Pass
2. Shooting - Jump, Standing Running.
3. Goal Keeping - Ground, Base Over Head.
4. Dribbling - Low and High
5. System of the Game Defence and Offence

Badminton :

- a) Type of Grips
- b) Type of Services - Toss Service, High Service, Low service.
- c) Strokes - Fore Head Drive, Back Hand over, Head clear drop shot.
- d) Single Game and Double Game.

Throw Ball :

1. Service - Under Arm, Over Head, Side Arm.
2. Throwing - Throwing with both hands, Throwing with single hand, Jumping and Throw, Pevoting.
3. Receiving - Receiving with both hands jump and Receiving.

**SECTION - II
ATHLETICS**

. 40 Marks

1. System of Examination :
a) Performance

The examination will be conducted in any ONE event from EACH Group selected by the examinee. The groups are given below :

- i) Running - 200/800/1500 Mts. 10 Marks
- ii) Jumping - Half Step & Jump / Pole Vault 10 Marks
(For Girls - Long Jump)
- iii) Throw - Javelin / Hammer / Shot 10 Marks

b) Book Keeping 10 Marks

Maintaining Note Book of Athletics covering history, warming up and skills analysis of the events.

2. Teaching Contents :

The Teaching Contents for the Athletics are given below:

- A.
 - i) Introduction about Athletics
 - ii) Marking of Track, Throwing Circle, Sector and approach run.
 - iii) Skills
 - iv) Rules and Regulations
 - v) Records (Indian, Asian & Olympic)
 - vi) Officiating
 - vii) Books and Magazines

- B. Skills and Techniques :
 - i) Running :
Working Up : (General & Specific) Conditioning,
Principles of Walking and running, starting of Different events,
Types of Finishing Running events, Marking of Track, Officials.
 - ii) Jumping :
 - a) Triple Jump : (Hop, Step, Jump)

- b) Pole Vault : Grip and carry, run up, Plant, Take off Rock back Pull & Turn, Clearance.
 c) Long Jump : Hang Style, Hitch Kick.

iii) **Throwing :**

- a) Javelin Throwing :
Holding, Approach, Through, Reverse.
 b) Shot Putting :
Brein Technique, Rotational Technique,
Orthodox Technique.
 c) Hammer Throwing :
Preliminary Swings, Transition, Turn,
Delivery Recovery.

Note : (Skill Analysis and Score Sheets Preparation for all Performance Tests.)

SECTION - III
GYMNASTICS (ANY TWO APPARATUS)

. . . . 10 Marks

1. System of Examination

The examination will be conducted in Parallel Bar/Uneven Bar, Roman Rings, Malkhamb and Pommel Horse. The examinee has to select any TWO apparatus for the examination.

The Distribution of marks and system of examination is given below :

- | | | |
|-----|---|-----------------|
| i) | Parallel Bar / Uneven Bar - | |
| | a) Two stunts as told by examiner
(Each stunt 1.5 Marks) | 3 Marks |
| | b) One Stunt of candidate's choice | 2 Marks |
| | Total | <u>5 Marks</u> |
| ii) | Roman Rings - | |
| | a) Two stunts as told by examiner
(Each stunt 1.5 Marks) | . . . 3 Marks |
| | b) One stunt of candidate's choice | 2 Marks |
| | Total | <u>5 Marks</u> |

- iii) **Malkhamb**
- | | | |
|--|-------|-----------------------------|
| a) Two Skills as told by examiner ^s | | 3 Marks |
| (Each skill 1.5 Marks) | | |
| b) One skill of candidate's choice | | 2 Marks |
| | | Total <u>5 Marks</u> |
- iv) **Pomelled Horse -**
- | | | |
|------------------------------------|-------|-----------------------------|
| a) Two stunts as told by examiner | | 3 Marks |
| (Each stunt 1.5 Marks) | | |
| b) One Stunt of candidate's choice | | 2 Marks |
| | | Total <u>5 Marks</u> |

2. Teaching Contents :

A. General :

- i) Introduction about Gymnastics
- ii) Equipments and their measurement
- iii) Rules and Regulations
- iv) Records - International, Asian, Indian
- v) Journals

B. Skill

- i) Parallel Bar / Uneven Bar -
 - a) Streight Arm Rest
 - b) Bend Arm Rest
 - c) Bend Arm Single March
 - d) Bend Arm Double March
 - e) Single Arm Single March
 - f) Single Arm Double March
 - g) Shoulder Balance
 - h) Side Rest on the Bar
 - i) "L" Balance
 - j) Change Over
 - k) Forward Roll
 - l) Horse Riding
 - m) Front Dismount
 - n) Straddle Sit
 - o) Swings

II. Roman Rings

- a) Streight Arm Hang

- b) Inverted Hang
- c) Reverse Hang
- d) Pull ups / Push Ups
- e) Forward Circle
- f) Up Start
- g) Dislocation
- h) Split Dismount
- i) Half/Full Rest
- j) Short Arm Balance
- k) "L" Balance
- l) Reverse Plank.

III. Malkhamb

- | | |
|---------------|----------------------|
| a) Salami | b) Sadhi Udi Dasrang |
| c) Dohati Udi | d) Dasrang |
| e) Kamani Udi | f) Bandar Udi |
| g) Seena Udi | h) Ghana Chakkar |
| i) Vrikshasan | j) Matsyasan |

IV. Pomelled Horse -

- a) Position over the Horse
- b) One Leg Half Circle from both sides
- c) One Leg Full Circle
- d) Scissors
- e) Back Scissors
- f) Both Legs Circles
- g) Dismount
- h) Combination of Exercises.

SECTION - IV YOGA AND KRIYA

10 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 is given below :

- i) Asanas (Any Two)
(Two of examiner's choice and One of candidate's choice. Each Asana consists of 2 Marks) 6 Marks

- ii) Kriyas (Any Two)
 (ONE Instrumental Kriya as told by
 Examiner and ONE non-instrumental of
 candidate's choice. Each Kriya consists
 of 2 Marks) 4 Marks

Total 10 Marks

2. Teaching Contents:

The Teaching Contents of Asanas and Kriyas are given
 below:-

A. Asanas:-

- (1) Vrikshasana (वृक्षासन)
- (2) Garudasana (गरुडासन)
- (3) Vatayanasana (वातायनासन)
- (4) Bakasana (बकासन)
- (5) Yogamundra In Vajrasana (वज्रासनमे योगमुद्रा)
- (6) Supta Vajrasana (सुप्त वज्रासन)
- (7) Swastikasana (स्वस्तिकासन)
- (8) Baddha Padmasana (बद्ध पद्मासन)
- (9) Janushirasana (जानु शिरासन)
- (10) Ushtrasana (उष्ट्रासन)
- (11) Ardha Matsyendrasana (अर्ध मच्छेद्रासन)
- (12) Sidhasana (सिद्धासन)
- (13) Utthitha Padmasana (उत्थित पद्मासन)
- (14) Gaumukhasana (गोमुखासन)
- (15) Akarna Dhanurasana (आकर्ण धनुरासन)
- (16) Shavasana (शवासन)
- (17) Viprit Karni (विपरित करणी)
- (18) Sarvangasana (सर्वांगासन)
- (19) Karna Pidasana (कर्ण पिडासन)
- (20) Makarasana (मकरासन)
- (21) Dhanurasana (धनुरासन)
- (22) Salbhasana (सल्भासन)
- (23) Mayurasana (मयुरासन)

(24) Shirshasana (शिर्षासन)

(25) Halasana (हलासन)

B. Kriyas:-**a) Instrumental Kriyas:**

- (1) Jalneti (जलनेती)
- (2) Sutra Neti (सुत्रनेती)
- (3) Vaman (वमन)
- (4) Danda Dhauti (दंडधौती)

b) Non-Instrumental Kriyas:

- (1) Uddiyan (उड्डियान)
- (2) Agnisar (अग्नीसार)
- (3) Nauli (नौली)
- (4) kapalbhati (कपाल भाती)

Section-V**INDIGENOUS ACTIVITIES (Any TWO Activities)**

5 Marks

1. System of Examination:

The examination will be conducted in the following activities into a group of 10 to 15

- | | |
|--------------------------------|-----------|
| a) Lathi-Kathi | 2.5 Marks |
| b) Baneti | 2.5 Marks |
| c) Dand Baithak/Jumbia | 2.5 Marks |
| d) Surya Namaskar - - - - - | 2.5 Marks |

The examinee has to select any TWO activities for the examination.

2. Teaching Contents:

- (1) (i) Lathi-
 - (a) Lathi Ke Liye Hoshiyar
 - (b) Sidhi Bel
 - (c) Uli Bel
 - (d) Sidhi Bel Chal

(e) Uti Bel Chal

(f) Salami

(g) Do Rukh

(h) Age Falang, Pichhe Falang

(i) Bagalwar

(j) Jangwar

(ii) Kathi-

(a) Kathi Halchal

(b) Pavitra Aage Chal

(c) Pavitra Pichhe Chal

(d) Char Kanshil

(e) Do Kanshil Do Kamar

(f) Do Kanshil Ek Kamar

(g) Khoch

(h) Sirwar

(2) **Baneti (Single)**

(a) Sidhi Bel

(b) Uti Bel

(c) Sidhi Bel Chal

(d) Uti Bel Chal

(e) Salami

(f) Do Rukh

(g) Chamak

(h) Chamak Chal

(i) Sirwar

(j) Sirwar Chal

(3) (i) **Dand:**

Sada Dand, Pavkashi No. 1, Pavkashi No. 2,
Seenakashi No. 1, Seenakashi No. 2, Jora Dand,
Sher Dand, Chakra Dand.

(ii) **Baithak:**

Sadhi Baithak, Pet Ghutan Baithak, Kundan Baithak,
Sarak Baithak, Lahara Baithak, Nim Khamali,
Khadi Khamali.

(iii) **Jambia:**

Jambia Hoshiyar, Kanth War, Sir War, Bargadi War,
Bargad Uddan, Kanthwar Choumukhi, Ghasarpeth Do
Mukhi, Kanthwar Ghasarpeth Choumukhi.

(4) **Surya Namaskar:**

Surya Namaskar should be performed into twelve

counts.

Section-VI

Combatives/Weight Lifting/Swimming . . . 5 Marks

System of Examination:

The examination will be conducted in the following activities and the examinee has to select any ONE out of them.

- a) **Combatives-Boxing/Judo/Wrestling (Any Five holds)**
- i) **Boxing:-**
- | | |
|---------------------------------------|---------------|
| Two holds as told by examiner . . . | 2 Marks |
| Two holds of candidate's choice . . . | 2 Marks |
| Two minutes Play . . . | <u>1 Mark</u> |
| | 5 Marks |
- ii) **Judo:-**
- | | |
|---------------------------------------|----------------|
| Three holds as told by examiner . . . | 3 Marks |
| Two holds of candidate's choice . . . | <u>2 Marks</u> |
| | 5 Marks |
- iii) **Wrestling:-**
- | | |
|--|---------------|
| Two skills as told by examiner . . . | 2 Marks |
| Two skills of candidate's choice . . . | 2 Marks |
| Two minutes Wrestling Play . . . | <u>1 Mark</u> |
| | 5 marks |
- b) **Weight Lifting-** 5 Marks
- c) **Swimming-**
- | | |
|---------------------------------------|----------------|
| Two styles as told by examiner . . . | 3 Marks |
| One style of candidate's choice . . . | <u>2 Marks</u> |
| Note:- 100 Mts. Wsmimming with style. | 5 Marks |

Teaching Contents:-**A. Combatives:-****i) Boxing-**

- 1) The Stance and Footwork
- 2) Defence and countering
- 3) Attacking counter punches
- 4) infighting

- 5) Combination punches
- 6) Measurement
- 7) Rules and Regulations
- 8) Officiating

ii) Judo-

a) Techniques:-

1) Falling Techniques:-

- i) Woro Ukemi = Back fall
- ii) Yuko Ukemi = Side fall
- iii) Mai Ukemi = Front Fall

2) Throwing Techniques:-

- i) Ogoahi = Hip Throw
- ii) Haraigeshi = Sweeping Loin Throw
- iii) Eppon Shionage = One Arm Side Throw
- iv) Shionage = Shoulder Throw
- v) Tsyoteshi = Body drop
- vi) Uchimata = Thigh Throw
- vii) Asotagari = Major reaping outer throw
- viii) Uchigari = Major reaping inner throw
- ix) Tomainage = Stomach Throw

3) Ground Techniques:-

- i) Kashogatami
- ii) Katagatami
- iii) Kameshogatami
- iv) Yokoshogatami
- v) Hada Kajami

iii) Wrestling-

- | | |
|---------------------|------------------------|
| (a) Brief History | (b) Kinds of wrestling |
| (c) Mat Measurement | (d) Rules |

- iv) Skills-Khurzin Taken, Basane, Pust-a-Kase, Ek Khamb, Do Khamb, Do Moch, Kilid, Kheme, Kheme Pish Undaj, Ghus Kaman, Arambar

E. Weight Lifting:-

- 1) Skill: Two hand snatch, Two hand clean and Jerk.
- 2) Measurement of Equipments

- 3) Rules
- 4) Duties of Officials.

C. Swimming:-

- 1) Brief History of Swimming
- 2) Rules of swimming
- 3) Officiating
- 4) Measurement of standard Swimming Pool
- 5) Teaching Stroke Mechanics
- 6) Principles common to all four competitive strokes
- 7) The crawl strokes
- 8) The Back Stroke
- 9) The Butterfly
- 10) The Breast Stroke
- 11) Starts and Turns.

REFERENCE BOOKS

1. Science of Coaching
by Dr. James E. Counsitman
2. Competitive Swimming Manual for Coaches and Swimmers by James E. Counsitman.
3. Coaching the Young- Swimmers
by Kurt & Wilks & Orjan Madsen.

B. Year's Sessional work	100
a) Internal Assessment	60
(10 Marks in each section)	
b) Participation in Intermural competition .	10
c) Coaching Camp	10
d) Social Service/Picnic/Participation in cultural activities	10
e) Attendance	10
 Internal Assessment in Theory Part-I	 100
20 Marks in each Paper	
a) Terminal Exam	10
b) Assignment	5
c) Attendance	5

PART III
PRACTICE TEACHING

1. Ten supervised lessons taken throughout the year. Marks 100

2. Two lessons to be given at the Final Examination as follows:
 - a) One lesson on Athletics of Games Marks 100

 - b) One lesson on any of the other Physical Activities. Marks 100