TITLE: Track and Field Introduction of Decathlon Event + Gymnastics (Practical Skill)

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEM-4071

Unit-I

Decathlon Events:
1.1 100 metres, 400 metres
1.2 Long Jump, High jump
1.3 Shot put
1.4 110 m Hurdles
1.5 Discuss throw, Javelin throw
1.6 Pole vault, 1500 m

Unit-II

Scoring/ Point System:
2.1 Formula for combined events scoring system
2.2 Points system in Decathlon events (Men)
2.3 Points system in Decathlon events (Women)

Unit-III

For Boys: (Floor Exercise)
3.1 Hand Stand Over Partner
3.2 Frog Balance and Drive Roll

For Girls: (Floor Exercise)
3.1 Roll and Split
3.2 Bridge

Unit-IV

For Boys:
4.1 Single Shoulder Stand (Parallel Bar)
4.2 Between Vault (Vaulting Table)

For Girls: (Balance Beam)
4.1 Toe Walk and Scissor Jump
4.2 Balance Challenge and Front Roll on Beam
DEPARTMENT OF PHYSICAL EDUCATION  
SYLLABUS (SESSION: 2018-2019)  
MASTER OF PHYSICAL EDUCATION (M.P.ED.)  
Semester-IVth  

TITLE: Games Specialization: (Skating & Volleyball)  

Credits: 04  
Max. Marks: 100  
Sessional Marks: 40  
Exam. Marks: 60  
Paper Code: PEM-4073  

Skating:  

Unit – I  
1. Step Ratham on skates  
2. Walking on Skates  
3. Roll on Skates  
4. Half Camel (Hand straight, right on the Rink and left on the air)  

Unit – II  
1. Half Camel (Hand straight, left on the Rink and Right on the air)  
2. T-Brake (Right Leg/Left Leg)  
3. Sit Forward (Both legs on Rink)  
4. Sit Forward with Hinging Legs (Right Leg / Left Leg)  

Volleyball: (Advance Skills)  

Unit- III  
1. Pass-  
   (i) Back Pass.  
   (ii) Back Roll Volley.  
   (iii) Back Roll Dig.  
   (iv) Jump and Pass.  
   (v) Side Roll and Dig.  
2. Service-  
   (i) Side Arm Floater.  
   (ii) Over head Floater.  
   (iii) Floating Service.  
   (iv) Jump and Serve.  

Unit- IV  
1. Spike-  
   (i) Spiking cross court.  
   (ii) Spiking down the line.  
2. Block-  
   (i) Double Block.  
   (ii) Triple Block.  
3. Dive-  
   (i) Dive combined with dig (Two handed).  
   (ii) Dive combined with dig (One handed).
4. Strategy in Game.
5. Rules and their interpretations and duties of officials.

References:
5. Cox RH, “Teaching Volleyball” (Surjeet Publication)
TITLE: Games Specialization: (Skating & Football)

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEM-4074

Skating:

Unit – I
1.1 Step Ratham on skates
1.2 Walking on Skates
1.3 Roll on Skates
1.4 Half Camel (Hand straight, right on the Rink and left on the air)

Unit – II
2.1 Half Camel (Hand straight, left on the Rink and Right on the air)
2.2 T-Brake (Right Leg/Left Leg)
2.3 Sit Forward (Both legs on Rink)
2.4 Sit Forward with Hinging Legs (Right Leg / Left Leg)

Football:

Unit- III
Push-Pass
3.1 Inside of the foot.
3.2 Inside Instep of the foot.
3.3 Drills

Unit – IV
Kicking
4.1 Inside Instep Kick
4.2 Instep Kick
4.3 Outside Instep Kick

Books Recommended for Study
3) Widdows, R. The Handbook of Football Techniques and Tactics.
TITLE: Officiating Lessons of Track and Field/ Gymnastic

UNIT: I
Lesson Planning in Track and Field

1.1 Lesson Planning
1.2 Importance of Lesson Plan
1.3 Fundamentals of Lesson Plan
1.4 Type of Lesson Plan
1.5 Drafting Lesson Plan

UNIT: II
Officiating in Track and Field

2.1 Officiating in Throwing Events
2.2 Officiating in Running Events
2.3 Officiating in Jumping Events

Gymnastic:

UNIT: III
Introduction:

3.1 List of equipments and specification for boys and girls.
3.2 General rules of Gymnastic.
3.3 Points in Gymnastic.

UNIT: IV
Lesson Plan on Parallel Bar (Boys):

4.1 L- Position
4.2 Rotation
4.3 Shoulder Stand

Lesson Plan on Balance Beam (Girls):

4.1 Jump 3/4
4.2 Straight Jump & Split Jump
4.3 Cat leap
TITLE: Officiating Lessons of Game Specialization: (Skating & Volleyball)

Objective:

- To developed scientific understanding about the art of officiating in physical education
- To provide the hand on experience and developed the skill related to officiating in physical education

Skating:

Unite-I
1.1 Meaning Definition and concept of officiating lesson plan
1.2 Model of Different officiating lesson plan
1.3 Basic Component of officiating and lesson plan format for officiating lesson
1.4 Element of lesson plan.

Unite –II
2.1 Basic aspect of officiating lesson plan
2.2 Construction and conducting officiating lesson plan – Skating
   (05 Lesson plan (Internal) and 05 Lesson Plan (external))
   a). Conduct of Skating Skills Tests
   b) Draws for Preliminary Circles
   c) Stops and Falls
   d) Interference
   e) Reskates

Volleyball:

Unit —III
Introduction:
3.1 Format of Lesson Plan.
3.2 Forming the Objectives for Lesson Plan.
3.3 Preparation for the Lesson (Personal & Technical).
3.4 Communication of the Official/Referees.
3.5 Organization and Conducting of a Match.

Unit— IV
Teaching Rules & its Interpretation
4.1 Setting up the Court
4.2 State of Play
4.3 Service
4.4 Attack Hit
4.5 Blocking
Books Recommended For Study
TITLE: Officiating Lessons of Game Specialization: (Skating & Football)

Objective:

- To developed scientific understanding about the art of officiating in physical education
- To provide the hand on experience and developed the skill related to officiating in physical education

Skating:

Unite-I
1.1 Meaning Definition and concept of officiating lesson plan
1.2 Model of Different officiating lesson plan
1.3 Basic Component of officiating and lesson plan format for officiating lesson
1.4 Element of lesson plan.

Unite –II

2.1 Basic aspect of officiating lesson plan
2.2 Construction and conducting officiating lesson plan – Skating (05 Lesson plan (Internal) and 05 Lesson Plan (external)
   a). Conduct of Skating Skills Tests
   b) Draws for Preliminary Circles
   c) Stops and Falls
   d) Interference
   e) Reskates

Football:

Unit -III

Introduction
1.1 Format of Lesson Plan.
1.2 Forming the Objectives of the Lesson Plan.
1.3 Preparation for the Lesson (Personal & Technical).

Unit -IV

Teaching Rules & its Interpretation
2.1 Law 1-6
2.2 Law 7-12
2.3 Law 13-17
3.3 Law 16-17
3.4 Officiating during Match as main Referees/Umpire/Assistant Referees/Table Official.
Books Recommended For Study

3) Widdows, R. The Handbook of Football Techniques and Tactics.
7) http://www.skatinginbc.com/sites/default/files/page/resources/skate_canada_evaluated_skating_skills_test_-standards.pdf