MINUTES
of
the special meeting of the Board of Studies of the Department of Physical Education held on 19.5.2015 at 11:00 a.m. in the Office of the Chairman, Department of Physical Education, A.M.U., Aligarh.

The following members were present:-

1. Dr. Rajendra Singh
   Chairman,
   Department of Physical Education,
   A.M.U., Aligarh

2. Prof. M. S. Chauhan
   (Co-opted Member)
   Professor,
   Department of Physical Education,
   Kurukshetra University, Kurukshetra

3. Prof. Mohd. Mobarak Hossain
   (Assigned Member)
   Professor,
   Department of Physical Education,
   A.M.U., Aligarh

4. Prof. Ikram Hussian
   Professor,
   Department of Physical Education,
   A.M.U., Aligarh

5. Dr. Brij Bhushan Singh
   Associate Professor,
   Department of Physical Education,
   A.M.U., Aligarh

6. Dr. Zamirullah Khan
   Associate Professor,
   Department of Physical Education,
   A.M.U., Aligarh

7. Dr. Syed Tariq Murtaza
   Assistant Professor,
   Department of Physical Education,
   A.M.U., Aligarh

(In chair)
Item No.1:
Considered the draft Ordinances (Academic) of B.P.Ed & M.P.Ed. - two years degree courses (4 semesters) for the session 2015-16, as per revised NCTE regulations, norms and standard and recommended to the Faculty of Social Sciences, A.M.U., Aligarh. (see Appendix-I & II)

Item No.2:
Considered & approved the syllabi of B.P.Ed & M.P.Ed. - two years degree courses (1st & 2nd Semester) for the session 2015-16, as per revised NCTE regulations, norms and standard and recommended to the Faculty of Social Sciences, A.M.U., Aligarh. (see Appendix-III & IV)

(Dr. Rajendra Singh)
Chairman
Department of Physical Education
A.M.U., Aligarh
Title: (PEB-1001) HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEB-1001
Duration: 2:00 Hours

Unit – I

Introduction
1.1 Meaning, Definition and Scope of Physical Education
1.2 Aims and Objective of Physical Education
1.3 Importance of Physical Education in present era.
1.4 Misconceptions about Physical Education.
1.5 Relationship of Physical Education with General Education.
1.6 Physical Education as an Art and Science.

Unit- II

Historical Development of Physical Education in India
2.1 Vedic Period (2500 BC – 600 BC)
2.2 Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD)
2.3 British Period (Before 1947)
2.4 Physical Education in India (After 1947)
2.5 Y.M.C.A. and its contributions.
2.6 The early history of the Olympic movement
2.7 The significant stages in the development of the modern Olympic movement
2.8 Educational and cultural values of Olympic movement

Unit- III

Foundation of Physical Education
3.1 Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism, Humanism,
3.2 Philosophy and Culture.
3.3 Fitness and wellness movement in the contemporary perspectives
3.4 Sports for all and its role in the maintenance and promotion of fitness.

Unit-IV

Principles of Physical Education
4.1 Biological
   4.1.1 Growth and development
   4.1.2 Age and gender characteristics
   4.1.3 Body Types
   4.1.4 Anthropometric differences
4.2 Psychological
   4.2.1 Learning types, learning curve
   4.2.2 Laws and principles of learning
   4.2.3 Attitude, interest, cognition, emotions and sentiments
4.3 Sociological
   4.3.1 Society and culture
   4.3.2 Social acceptance and recognition
   4.3.3 Leadership
   4.3.4 Social integration and cohesiveness
References:

Title: (PEB-1002) ANATOMY & PHYSIOLOGY

Objectives:

- To understand the basic structures and functions of human body.
- To understand the impact of exercise on the functioning of various human body systems.
- To inculcate the art of anatomy and physiology teaching (for kids) through the application of critical and creative thinking.

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEB-1002
Duration: 2:00 Hours

Unit 1

1.1 Role of Anatomy and Physiology in the field of Physical Education
1.2 Structural and functional introduction of human cell
1.3 Anatomical terms related to body movements
1.4 Types of Bones and Joints in human body
1.5 Skeletal System- Classification and functions in human body
1.6 Effects of exercise on Skeletal System

Unit 2

2.1 Definition, structure and function of Muscle
2.2 Structural classification of Muscle
2.3 Types of muscular contraction – Isotonic, Isometric, Isokinetic
2.4 Concept of agonist and antagonist muscles
2.5 Sliding Filament Theory of Muscular Contraction
2.6 Effect of exercise on Muscular System

Unit 3

3.1 Structural and functional introduction to Circulatory System
3.2 Stroke Volume, Cardiac Output and Cardiac Index
3.3 Effect of exercise on Circulatory System
3.4 Respiratory System (structural overview)
3.5 Mechanism of respiration (External and Internal Respiration)
3.6 Lung volumes and Capacities, concept of Oxygen Debt, Second Wind
3.7 Effects of exercise on Respiratory System

Unit 4

4.1 Structural and functional overview of –
   4.1.1 Digestive System
   4.1.2 Excretory System (Kidneys and Skin)
4.2 Effect of exercise on Digestive System and Excretory System
4.3 Classification of Nervous System on the basis of its structure and functions
4.4 Synapse, Neuro Muscular Junction, All or None Law
4.5 Effect of exercise on Nervous System
**Suggested Readings:**


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Title: (PEB-1003) HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam:30
Exam. Marks: 60
Paper Code: PEB-1003
Duration: 2:00 Hours

Unit – 1

Health Education
1.1 Concept, Dimensions, Spectrum and Determinants of Health
1.2 Definition of Health, Health Education, Health Instruction, Health Supervision
1.3 Aim, objective and Principles of Health Education
1.4 Health Service and guidance instruction in personal hygiene

Unit – 2

Health Problems in India
2.1 Communicable and Non Communicable Diseases
2.2 Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population,
2.3 Personal and Environmental Hygiene for schools
2.4 Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health
    appraisal, Health record, Healthful school environment, first- aid and emergency care etc.

Unit – 3

Environmental Science
3.1 Definition, Scope, Need and Importance of environmental studies.
3.2 Concept of environmental education, Historical background of environmental education,
3.3 Celebration of various days in relation with environment.
3.4 Role of school in environmental conservation and sustainable development.

Unit – 4

Natural Resources and related environmental issues:
4.1 Water resources, food resources and Land resources
4.2 Definition, effects and control measures of: Air Pollution, Water Pollution, Soil Pollution
4.3 Definition, effects and control measures of: Noise Pollution, Thermal Pollution
4.4 Management of environment and Govt. policies, Role of pollution control board.

References:
Title: (PEB-1012) OFFICIATING & COACHING (Elective)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam:30
Exam. Marks: 60
Paper Code: PEB-1012
Duration: 2:00 Hours

Unit-I

Introduction of Officiating and coaching
1.1 Concept of officiating and coaching
1.2 Importance and principles of officiating
1.3 Relation of official and coach with management, players and spectators
1.4 Measures of improving the standards of officiating and coaching

Unit-II

Coach as a Mentor:
2.1 Duties of coach in general, pre, during and post game.
2.2 Philosophy of coaching
2.3 Responsibilities of a coach on and off the field
2.4 Psychology of competition and coaching

Unit-III:

Duties of Official:
3.1 Duties of official in general, pre, during and post game.
3.2 Philosophy of officiating
3.3 Mechanics of officiating – position, singles and movement etc.
3.4 Ethics of officiating

Unit-IV

Qualities and Qualifications of Coach and Official:
4.1 Qualities and qualification of coach and official
4.2 General rules of games and sports
4.3 Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills
4.4 Integrity and values of sports

Reference Books:
Title: (PEB-1071) Track and Field (Running Events)

Objective:
- To develop an understanding about the basic skill of track and field events.
- To teach the scientific aspects of the different techniques used in different events.
- To highlight the importance of different conditional abilities in the performance development.

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEB-1071
Duration: 2:00 Hours

Unit-I

Running Event:
1.1 Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.
1.2 Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug
1.3 Ground Marking
1.4 Rules and Officiating

Unit-II

Hurdles:
2.1 Fundamental Skills- Starting, Clearance and Landing Techniques.
2.2 Types of Hurdles.
2.3 Ground Marking and Officiating.

Unit-III

Relays: Fundamental Skills:
3.1 Various patterns of Baton Exchange
3.2 Understanding of Relay Zones

Unit-IV

Relays:
4.1 Ground Marking
4.2 Interpretation of Rules and Officiating.

Books Recommended:
1) Bio – Mechanics of Athletic Movement: Ray
2) Track & Fundamental Techniques: Ken – Obosen
3) http://www.brianmac.co.uk/sprints/starts.htm
Title: (PEB-1073) Gymnastics

Objectives:
- To develop skilful, creative mastery of the body in a gymnastic context.
- To enhance knowledge and understanding of gymnastics as an aesthetic experience.
- To enrich personal and social development while interacting with others in a variety of structured contexts.

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEB-1073

UNIT – I
1.1 Forward Roll
1.2 Backward Roll
1.3 Sideward Roll (with stretched body or in truck position)
1.4 Drive roll
1.5 Hand Stand (hand Stand with forward roll).

UNIT – II
2.1 Front scale
2.2 Back scale
2.3 Side scale
2.4 Frog stand
2.5 Front limber

UNIT – III
3.1 Leg Side Splits
3.2 Leg Front Splits
3.3 Bridge
3.4 Jumps-leap
2.5 Scissors leap

UNIT- IV
4.1 Vaulting Horse
4.2 Approach Run
4.3 Take off from the beat board
4.4 Cat Vault
4.5 Squat Vault

References:
- Jake at Gymnastics (Hardcover) by Rachel Isadora (shelved 2 times as gymnastics), published 2014.
- British Gymnastics, the governing body for gymnastics in the UK..
- International Federation of Aesthetic Group Gymnastics Official website.
- International Federation of Gymnastics (FIG) official website http://www.fig-gymnastics.com/site/ (Visited 08/10/215).
- Texts on Wiki source:
Title: (PEB-1075) Indigenous Sports: KABADDI

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEB-1075

Unit 1

Introduction
1.1 Introduction of the Kabaddi.
1.2 Crossing of baulk line, Crossing of Bonus line,
1.3 Luring the opponent to catch.

Unit 2

Skills of Holding the Raider-
2.1 Various formations
2.2 Catching from particular position,
2.3 Different catches
2.4 Luring the raider to take particular position so as to facilitate catching, catching formations and techniques.

Unit 3

Additional skills in raiding-
3.1 Bringing the antis in to particular position
3.2 Escaping from various holds
3.3 Techniques of escaping from chain formation,
3.4 Combined formations in offence and defense.

Unit 4

Organization of the Game
4.1 Ground Making/Designing.
4.2 Rules and Regulations and Interpretation of the rules
4.3 Organization and Conducting the Kabaddi.
4.4 Officiating the Kabaddi & Duties of the officials in the Kabaddi

BOOKS RECOMMENDED FOR STUDY
Title: (PEB-1080) Mass Demonstration Activities: Dumbbells

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEB-1080

Unit 1

Introduction

1.1 Introduction of the Mass Demonstration Activity.
1.2 Aim and Objective of Mass Demonstration Activity.
1.3 Advantage and Disadvantage of Mass Demonstration.

Unit 2

Freehand Exercise

2.1 General warming-up activities.
2.2 Commands: verbal command, drum, whistle and music (Two count, Four count, Eight count and Sixteen count.)
2.3 Various numbers of Exercises (Standing, Jumping and Moving Exercise).
2.4 Combination Exercises.

Unit 3

Dumbbells/ Wands/ Hoop/ Umbrella/ Tipri

3.1 Grip with Light apparatus.
3.2 Attention and Stand – at – ease with light apparatus.
3.3 Various number of Exercises.
3.4 Combining Exercise.

Unit 4

Organization of the Activity/Game

4.1 Ground Making/Designing.
4.2 Organization and Conducting the Mass Demonstration.

Suggested Readings:

1. Johnson, B. L., Chinese Wand Exercise. 1977
3. Kleinman, I., Complete physical education plans for grades 5 to 12.
TITLE: Yoga Education (PEB-2001)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEB-2001
Duration: 2:00 Hours

Objectives:
To introduce students with the scientific aspects of yogic elements and its related teaching

Unit – I
Introduction to Yoga in Physical Education
1.1 Meaning and definition of Yoga
1.2 Aims and objectives of Yoga
1.3 The Yoga Sutra: General introduction
1.4 Role of Yoga in Physical Education

Unit – II
Introduction to Pranayama
2.1 Introduction to science of breathing (Pranayama)
2.2 Introduction and definition of Pranayama
2.3 Introduction to varieties and different phases of Pranayama
2.4 Safety measures and precautions of Pranayama

Unit – III
Introduction to Asanas and Surya Namaskar
3.1 Introduction, definition, scope and limitations of Asanas
3.2 Classification of Asanas
3.3 Stage and phases of performing Asanas
3.4 Basic principles and methods of Asanas
3.5 Introduction, benefits and precaution of Surya Namaskar

Unit – IV
Teaching Yoga and Applications
4.1 Physical activity guidelines for yoga teaching
4.2 Components of children yoga teaching
4.3 Tools of children’s yoga lesson
4.4 Children teaching concepts and techniques of yoga
4.5 Effect of yoga on different system of the body
4.6 Application of yoga in sports

Suggested Readings:
TITLE: Educational Technology and Methods of Teaching in Physical Education (PEB-2002)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEB-2002
Duration: 2:00 Hours

Unit – I

Introduction:
1.1 Education and Education Technology- Meaning and Definitions.
1.2 Types of Education- Formal, Informal and Non-Formal education.
1.3 Educative Process.
1.4 Importance of Devices and Methods of Teaching.

Unit – II

Teaching Technique:
2.1 Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method etc.
2.3 Presentation Technique – Personal and technical preparation.
2.4 Command- Meaning, Types and its uses in different situations.

Unit – III

Teaching Aids:
3.1 Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids.
3.2 Teaching aids – Audio aids, Visual aids, Audio – visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture etc.
3.3 Team Teaching – Meaning, Principles and advantage of team teaching.
3.4 Difference between Teaching Methods and Teaching Aid.

Unit – IV

Lesson Planning and Teaching Innovations:
4.1 Lesson Planning – Meaning, Type and principles of lesson plan.
4.2 General and specific lesson plan.
4.3 Micro Teaching – Meaning, Types and steps of micro teaching.
4.4 Simulation Teaching - Meaning, Types and steps of simulation teaching.

Reference:
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2015-2016)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-II


Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEB-2003
Duration: 2:00 Hours

Unit – I
Organization and Administration & Supervision:
1.1 Meaning and importance of organization and administration & supervision in physical education with their guiding principles.
1.2 Qualification and qualities of physical education teacher and student teacher.
1.3 Planning and management with their basic principles.
1.4 Basic needs of planning a program with proper management.

Unit – II
Office Management, Record, Register & Budget:
2.1 Office Management: meaning, definition, functions and kinds of office management.
2.2 Records and Registers: Maintenance of attendance register, stock register, cash register, physical efficiency record, medical examination record.
2.3 Budget: meaning, importance of budget keeping.
2.4 Criteria of a good budget, sources of income, expenditure, preparation of budget.

Unit – III
Facilities & Time-Table Management:
3.1 Facilities and equipment management: Types of facilities Infrastructure-indoor, outdoor.
3.2 Care of school building, gymnasium, swimming pool, play fields, playgrounds
3.3 Equipment: Need, importance, purchase, care and maintenance.
3.4 Time Table Management: Meaning, need, importance and factor affecting time table.

Unit – IV
Competition Organization:
4.1 Importance of tournament.
4.2 Units and methods of competition, types of tournament and its organization structure.
4.3 Organization structure of athletic meet.
4.4 Sports event intramurals & extramural tournament planning and management.

References:
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2015-2016)
BACHELOR OF PHYSICAL EDUCATION (B.P.ED.)
Semester-II

TITLE: Sports Nutrition and Weight Management (PEB-2012)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEB-2012
Duration: 2:00 Hours

Objectives:
1) To develop an understanding about the role of nutrition in weight management and sport.
2) To develop the skills to establish daily caloric requirement and to design the diet plan.

Unit – I
Introduction to Sports Nutrition
1.1 Meaning and Definition of Sports Nutrition
1.2 Basic components of Nutrition
1.3 Factor to consider for developing nutrition plan
1.4 Role of nutrition in sports

Unit – II
Nutrients: Ingestion to energy metabolism
2.1 Carbohydrates, Protein, Fat – Meaning, classification and its function
2.2 Role of carbohydrates, Fat and protein during exercise
2.3 Vitamins, Minerals, Water – Meaning, classification and its function
2.4 Role of hydration during exercise
2.5 Establishing daily caloric requirement and expenditure

Unit – III
Nutrition and Weight Management
3.1 Obesity – Definition, meaning, types and causes of obesity; Health risks associated with Obesity and Solutions for Overcoming Obesity
3.2 Concept of BMI (Body mass index), Dieting versus exercise for weight control,
3.3 Common Myths about Weight Loss
3.4 Concept of weight management in modern era, Factor affecting weight management

Unit – IV
Steps of planning of Weight Management
4.1 Determination of desirable body weight
4.2 Daily calorie intake and expenditure in weight management
4.3 Role of diet and exercise in weight management
4.4 Designing diet plan and exercise schedule for weight gain and loss
4.5 Balanced diet for Indian School Children

References:
INTRODUCTION TO JUMPING EVENTS

1. Classification of Jumping Events in Track & Field
2. Basic equipment required & their Measurement for Jumping Events
3. Marking Area of Jumping Events and its Measurements
4. Rules, Officials Required & Officiating and Scoring in Jumping Events

UNIT II

BASIC SKILLS (INDIVIDUAL PERFORMANCE) JUMPING EVENTS (HIGH JUMP)

2.1 High Jump -
   (Eastern cut-off) - Approach run, take off, clearance over the Bar and landing.
   (Western roll) - Approach run, take off, clearance over the Bar and landing.
   (Straddle roll) - Approach run, take off, clearance over the Bar and landing.

UNIT III

BASIC SKILLS (INDIVIDUAL PERFORMANCE) JUMPING EVENTS (LONG JUMP)

3.1 Long Jump (Sail Style & Hang Style) – Approach run, take off, flight in the air and landing

UNIT IV

BASIC SKILLS (INDIVIDUAL PERFORMANCE) JUMPING EVENTS (TRIPLE JUMP)

4.1 Triple Jump – Approach run, take off (Hop, Step, and Jump), flight in the air and landing.

REFERENCES:

3) Ken O Bosen, Track and Field Fundamental Techniques, Patiala: MS Publications.
TITLE: Yoga & Aerobics (PEB-2072)

Objectives:
1) Equipped students to use yoga as an instrument to promote general health, wellbeing and fitness
2) To teach pedagogy related to basic yogic practices at school level
3) The objectives of Aerobics class are to provide each student the knowledge of why it is important to be physically fit, and to give them an opportunity to improve their fitness level through daily exercise and activities.

Yoga:

Unit - I
Pranayams
- Breathing Awareness, Abdominal Breathing, Full Yogic Breath, Anuloma Viloma (Alternate Nostril Breathing), Kapalabhati (shining skull or fierce breath).

Surya Namaskara
- Practicing techniques of twelve Surya Namaskara poses. Benefits and precautions of Surya Namaskara.

Unit - II
Asanas
Practicing techniques, precautions and benefits of following asanas-
- Sitting - Padmasana (Baddha - tied lotus), Vajrasana (Thunderbolt pose)
- Standing - Vrikshasana (Tree pose), Parvatasana (Mountain pose)
- Laying Prone Position- Shavasana (Corpse pose), Taladasana (Pond pose)
- Laying Spine Position- Navkasana (Boat Pose), Chakrasana (Bridge Pose)

Bandhas
Practicing techniques, benefits and precautions of-
- Mula Bandha, Uddiyana Bandha, Jalandhara Bandha

Teaching Yoga

Aerobics:

Unit – III
- Introduction to concept of fitness, aerobics, types of aerobics.
- Music and cuing.
- March, Side to side, double side to side, Grapevine.
- Knee up, Leg curl Toe touch, Side lunge.

Unit – IV
- Scientific principles of exercise.
- Aerobic exercise program design.
- Theory and principles of body conditioning.
- Flexibility, agility and coordinative abilities.

Suggested Readings:


TITLE: Racket Sports: Badminton (PEB-2078)

Credits: 04  
Max. Marks: 100  
Sessional Marks: 10  
Mid Term Exam: 30  
Exam. Marks: 60  
Paper Code: PEB-2078

Unit – I

1.1 Introduction of the game and historical development with special reference to India.  
1.2 Important tournaments held at National and International levels and distinguished personalities related to 
the sport.  
1.3 Rules and their Interpretations.  
1.4 Duties of official.

Unit – II

2.1 Ground measurement and marking  
2.2 Grip & Service: Forehand grip, Backhand grip, High service, Low services, Drive service, Flick service.

Unit – III

3.1 Defensive Strokes: Drive, Drop Shot, Lob, Close, Range Body Defence.  
3.2 Attacking Strokes: Smash, Body Line Smash, Down the line smash, Cross court smash, Flat clear, Drop 
shot (fast).

Unit – IV

4.1 Advance Tactics: Advanced singles, court Positions Cross courting, Serving.  
4.2 Advance Doubles: Court positions, serving, Attack and Defence
TITLE: Racket Sports: Table Tennis (PEB-2079)

Objectives
1) Enable to perform the basic skills of table tennis
2) Understand the rules and regulations that regulates table tennis

Unit – I
1.1 Introduction of table tennis – Historical development, Modern setup
1.2 Introduction and measurement of table tennis equipments- Table, Net, Ball, Racket, Racket Covering, Speed Glues
1.3 Specific warming up for table tennis
1.4 Grip- Shakehands Grip, Penhold Grip and Seemiller Grip, Drills for racket control – Up- and down bouncing, Up- and down wrist bouncing, Alternate bouncing, Wall bouncing, Pepper

Unit – II
2.1 Ball Spin- Top spin, Back spin, Side spin, No spin
2.2 Racket angles against spins- Open vs Closed, Spin creation
2.3 Ready Stance, Positioning and Footwork (Two-Step footwork)
2.4 Serves- Execution of topspin and backspin serves

Unit – III
3.1 Forehand drive, Backhand drive, Smash
3.2 Push- Execution of push, Forehand and Backhand push
3.3 Blocking- Forehand and Backhand blocking
3.4 Looping - Forehand and Backhand looping

Unit – IV
4.1 Flipping- Forehand Flipping
4.2 Chopping- Forehand and Backhand cops
4.3 Lobbing- Forehand and Backhand lobs
4.4 Table tennis rules and regulations

Suggested Reading:
TITLE: Teaching Practices (PEB-2082)

Objectives:
1) To induce the science and art of teaching in students
2) To provide the hands on experience related to cognitive and motor teaching

Unit – I
1.1 Format of lesson plan in physical education (Indoor and Outdoor)
1.2 Framing the objectives of lesson plan
1.3 Designing general and specific objectives of lesson plan
1.4 Practicing the handling of administrative and managerial issues related to teaching practice (Time management, Personnel cooperation, Classroom management, etc.)

Unit – II
2.1 Practicing and understanding the role of teaching methods in physical education
2.2 Practicing and understanding the usages of teaching techniques in physical education
2.3 Lesson evaluation techniques (Formative and Summative Evaluation)
2.4 Creating physical activity based pedagogy (Group Activity)

Unit – III
3.1 Constructing and conducting a lesson from Health Education
3.2 Constructing and conducting a lesson from Exercise Physiology
3.3 Constructing and conducting a lesson from Sports Medicine
3.4 Constructing and conducting a lesson from Sports Training
3.5 Constructing and conducting a lesson from Tournaments Conduction

Unit – IV
4.1 Constructing and conducting a lesson from Calisthenics Exercise
4.2 Constructing and conducting a lesson from Yogic & Aerobic Exercise
4.3 Constructing and conducting a lesson from Football, Hockey, Basketball, Volleyball, Cricket
4.4 Constructing and conducting a lesson from Kabaddi, Kho-Kho
4.5 Constructing and conducting a lesson from Athletics

Suggested Readings:
Title: (PEM-1001) RESEARCH PROCESS IN PHYSICAL EDUCATION

Objectives: To Provide Understanding of Research Approach and Theoretical Framework of Research and Development of Scientific Skill to Deal with Ethical Issues and Complexity of Problems.

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEM-1001
Duration: 2:00 Hours

UNIT – I

Introduction:
1.1 Meaning and Definition of Research.
1.2 Need, Nature and Scope of research in Physical Education.
1.3 Classification of Research, Location of Research Problem,
1.4 Criteria for selection of a problem,
1.5 Qualities of a good researcher.

UNIT – II

Methods of Research:
2.1 Descriptive Methods of Research:
   2.1.1 Survey Study
   2.1.2 Case study
2.2 Introduction of Historical Research:
   2.2.1 Steps in Historical Research.
   2.2.2 Sources of Historical Research
   2.2.3 Primary Data and Secondary Data.
   2.2.4 Historical Criticism, Internal Criticism and External Criticism.
2.3 Experimental Research:
   2.3.1 Meaning Nature and Importance
   2.3.2 Meaning of Variable, Types of Variables
   2.3.3 Experimental Design - Single Group Design, Reverse Group Design, Factorial Design.

UNIT – III

Sampling:
3.1 Meaning and Definition of Sample and Population.
3.2 Types of Sampling and Probability Methods.
3.3 Systematic Sampling, Cluster sampling, Stratified Sampling, Area Sampling, Multistage Sampling.
3.4 Non-Probability Methods.
3.5 Convenience Sample, Judgment Sampling, Quota Sampling.

UNIT – IV

Research Proposal and Report Writing:
4.3 Mechanics of writing Research Report, Footnote and Bibliography Writing.
4.4 Method of writing abstract and full paper for presenting in a conference and to publishing journals,
REFERENCES:

Best J.W (1971) Research in Education, New Jersey; Prentice Hall, Inc
Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi
Title: (PEM-1002) Physiology of Exercises

Objectives:
1. Demonstrate competent knowledge in areas of exercise physiology.
2. Describe physiological concepts related to exercise.

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEM-1002
Duration: 2:00 Hours

UNIT I
Introduction of Physiology of Exercise
1.1 Meaning and definition of Physiology of Exercise
1.2 Role of Exercise Physiology in the field of Physical Education
1.3 General Nutrients of the diet and their proportion in it.
1.4 Food requirement of athletes engaged in different sports activities.
1.5 Appropriate diet before, during and after sports activity.

UNIT II
Metabolism and Energy Transfer
1.1 Metabolism – ATP – PC or Phosphagen System – Anaerobic Metabolism – Aerobic Metabolism – Aerobic and Anaerobic Systems during Rest and Exercise.
1.2 Replenishment of energy stores.
1.3 Recovery of lactic acid from blood and muscles.
1.4 Thermoregulation – Sports performance in hot climate, Cool Climate, high altitude.
1.5 The physiological implications of a warm up and cool down (for example, reduce the delayed onset of muscular soreness – DOMS)

UNIT III
Energy continuum and recovery process
2.1 The predominant energy system used related to:
2.1.1 The type of exercise (duration and intensity)
2.1.2 The interchanging between thresholds during an activity (for example, the onset of blood lactate accumulation/OBLA)
2.2 The effect of the level of fitness, availability of oxygen and food fuels, and enzyme control on the energy system used.
2.3 Returning the body to its pre-exercise state
2.4 The oxygen debt / excess post exercise oxygen consumption (EPOC)
2.5 The alactacid and lactacid debt components, including the processes that occur and the duration of each component

UNIT IV
Ergogenic Aids
3.1 Nutritional aids: – carbohydrate loading – pre/post competition meals – food/fluid intake during exercise
3.2 Uses of creatine supplements in sports
3.3 Blood doping and recombinant erythropoietin (Rh EPO)
3.5 Narcotic, Stimulants and sports performance.
REFERENCES:

Title: (PEM-1003) YOGIC SCIENCES

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEM-1003
Duration: 2:00 Hours

Unit I

Introduction
1.1. Meaning, Definition and Types of Yoga.
1.2. Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi
1.3. Concept of Yogic Practice; Indications and Contra-Indications
1.4. Principles of Performing Asanas and Pranayama

Unit II

Asanas and Pranayama
2.1. Types of Asanas: Techniques and Benefits,
2.2. Surya Namaskar: Methods and Benefits.
2.3. Pranayama: Types- Methods and Benefits; Nadi Shodhan Pranayama
2.4. Nadis and Chakras in Body

Unit III

Kriyas and Mudras
3.3. Meaning, Techniques and Benefits of Yogic Mudras
3.4. Meditation: Benefits & its Types

Unit IV

Yoga and Sports
4.1. Power of Yoga to Improve Sports Performance
4.2. Role of Yoga in Psychological Preparation of athlete
4.3. Yoga and Mental Wellbeing, Anxiety, Depression Concentration, & Self Actualization.
4.4. Effect of Yoga on Physiological System
REFERENCES:
Title: (PEM-1011) TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION (Elective)

Objectives: To Highlight the Applications of Test, Measurement and Evaluation in Physical Education and to Develop Practical Competency in Conducting Motor, Physical Fitness and Sports Skill Tests.

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEM-1011
Duration: 2:00 Hours

UNIT – I

1. Introduction:
   1.1 Meaning and Definition of Test, Measurement and Evaluation.
   1.2 Importance of Test, Measurement and Evaluation.
   1.3 Criteria for Test Selection, Scientific Authenticity.
   1.4 Meaning, Definition of Validity, Reliability, Objectivity and Norms

UNIT – II

2. Motor Fitness and Physical Fitness Tests:
   2.1 Test for Motor Fitness – Indiana Motor Fitness Test (for elementary School Children and high School boys, girls and College Men), JCR test.
   2.2 Motor Ability- Barrow Motor Ability Test for Men, Newton Motor Ability Test, Strength Fitness- Kraus-Weber Minimum Muscular Fitness Test.
   2.3 Physical Fitness Test- AAHPERD Youth Fitness Test, Youth Physical Fitness Test.
   2.4 Cardio Vascular Test-Harvard Step Test, 12Min. Run/Walk Test, Multi-Stage Fitness Test (Beep test)

UNIT – III

3. Anthropometric and Aerobic-Anaerobic Tests:
   3.1 Anaerobic Capacity-Margaria-Kalamen test, Wingate Anaerobic Test.
   3.2 Anthropometric Measurements- Method of Measuring Height, Standing and Sitting Height.
   3.3 Method of Measuring Circumference- Arm, Waist, Hip, Thigh.
   3.4 Method of Measuring Skin Folds - Triceps, Sub Scapular, Suprailiac.

UNIT – IV

4. Skill Tests:
   4.1 Specific Spots Skill Test- Badminton: Miller Wall Volley Test.
   4.2 Basketball- Johnson Basketball Test.
   4.3 Hockey- Schmithals-French Field Hockey Skill Test, Friendel Field Hockey Test,
   4.4 Volleyball- Russel Lange Volleyball Test, Brady’s Volleyball Test.
   4.5 Johnson Soccer Test, Mc-Donald Volley Soccer Test.
   4.6 Tennis- Dyer Tennis Test.

Note: Practicals of indoor and out-door tests be designed and arranged internally.
REFERENCES:

- Cureton T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis: The C. Mosby Company
Title: (PEM-1071) Track and Field- I (Running Events) + Gymnastics

Objectives:
- To develop skilful, creative mastery of the body in a gymnastic context.
- To enhance knowledge and understanding of gymnastics as an aesthetic experience.
- To enrich personal and social development while interacting with others in a variety of structured contexts.

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEM-1071

Unit-I

Running Event:
1.1 Fundamental Skills-
   - Short and Middle distance
1.2 Use of Starting blocks-
   - Various techniques of sprint start & Block Setting
     Sitting Start (Crouch)
     1) Bunch & Bullet Start
     2) Medium Start
     3) Elongated Start
   - Standing Start
1.3 Construction of 400 mt. track
   - Staggers
   - Starting & finishing points of different running events.

Unit-II

Advanced Skills: Body position at the start-starting technique
2.1 Change in body position during running.
2.2 Movements of the arms,
2.3 Stride length and frequency.
2.4 Position of torso while running.
2.5 Position of torso while at finish

Gymnastics

Unit – III
1.1 Forward roll
1.2 Backward roll and Back Extension Roll
1.3 Roll with stretched body or in truck position
1.4 Drive roll
1.5 Hand stand (hand stand with forward roll).
Unit – IV

HISTORICAL DEVELOPMENT OF GYMNASTICS:
2.1 Japana (Straddle fold).
2.2 Pike fold.
2.3 Box splits.
2.4 Bridges.
2.5 Bent leg dish.

References:
• Jake at Gymnastics (Hardcover) by Rachel Isadora (shelved 2 times as gymnastics), published 2014.
• Lace, M.V. (1951) Massage and medical Gymnastics, London: J & A Churchill Ltd.
• British Gymnastics, the governing body for gymnastics in the UK.
• International Federation of Aesthetic Group Gymnastics Official website.
• International Federation of Gymnastics (FIG) official website http://www.fig-gymnastics.com/site/ (Visited 08/10/215).
• Texts on Wiki source:
• Bio – Mechanics of Athletic Movement: Ray
• Track & Fundamental Techniques: Ken – Obosen
• http://www.brianmac.co.uk/sprints/starts.htm
Title: (PEM-1073) Laboratory Practical (Sports Psychology, Physiology of Exercise, Biomechanics and Kinesiology)

Credits: 04
Max. Marks: 100
Internal Assessment: 40
Exam. Marks: 60
Paper Code: PEM-1073

Sports Psychology:

UNIT-I
1.1 Attention Test
1.2 Reaction Time Test OR Attitude Test

Physiology of Exercise:

UNIT-II
2.1 Heart Rate and Blood Pressure Assessment Test:
   A. Purpose
   B. Background
      a) Resting Heart Rate
      b) Maximum Heart Rate
      c) Target Heart Rate
      d) Resting Blood Pressure
      e) Blood Pressure After Exercise
      f) Measurement Of Exercise Intensity
   C. Methods:
      a) Equipment Required and Method for Heart Rate Measurement
      b) Equipment Required and Method for Blood Pressure Measurement

2.2 Respiration Assessment Test:
   A. Purpose
   B. Background
      a) Vital Capacity
      b) Respiratory Rate
      c) Breathing Frequency
   C. Methods:
      a) Equipment Required and Method for vital capacity Measurement
      b) Data Collection

Kinesiology & Biomechanics:

UNIT-III
3.1 Analysis of Centre of Gravity
3.2 Analysis of moment of inertia

UNIT-IV
4.1 Analysis of Video Motion of Sports
References:


Title: (PEM-1074) Yoga & Aerobics

Objectives:

Yoga:

Unit- I

Asana’s and Pranayamas:

1.1 Types of Asanas: Meditative, Relaxative, cultural and corrective- Bhujangasana, Salbhasana, Dhanurasana, Sarvangasana, Ardha Matsendraasana, Vakrasana, Pashichimottanasana, Sheershasana, Ustrasana, Halasana, Tadaasana, Chandrasana, Trikonasana, Pavanmuktasana, Mayoarasana, Sury Namaskar.

1.2 Types of Pranayamas: According to Patanjali and Hatha Yoga Pradipika, Types of Bandhas, Mool Bandha, Uddiyan Bandha, Jalandhar Bandha.

Unit- II

Kriyas & Mudras:

2.1 Kapal Bhanti, Tratka, Nauli, Neti.

2.2 Yoga Mudra, Tadagi Mudra, Viprit Karni Mudra, Pashinee Mudra.

AEROBICS

Unit- III

3.1 Understanding of various forms of aerobics
3.2 Floor aerobics, step aerobics, weight Aerobics
3.3 Training effects of aerobic fitness on various physiological systems namely skeletal Muscular, circulatory and respiratory
3.4 Improvement of aerobic fitness
3.5 Aerobic fitness programme

Unit- IV

4.1 Rhythmic Aerobics dance
4.2 Low impact aerobics
4.3 High impact aerobics
4.4 Aerobics kick boxing
References:

- Refus, Inc, “The Body in Motion” Published by Time Life Books.
- Sheela Kumari , Fitness, Aerobics & Gym Operations, New Delhi, Khel Sahitya Kendra2009.
- Time life books, Gym workout, London times life books, 2004
- Time life books, staying flexible, London, time life books, 2005
- Time life books, super firm tough workouts, London times life books, 2005
Semester-1

Title: (PEM-1076) Mass Demonstration Activity

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEM-1076

Unit 1

Introduction
1.1 Introduction of the Mass Demonstration Activity.
1.2 Aim and Objective of Mass Demonstration Activity.
1.3 Advantage and Disadvantage of Mass Demonstration.

Unit 2

Freehand Exercise
2.1 General warming-up activities.
2.2 Commands: verbal command, drum, whistle and music (Two count, Four count, Eight count and Sixteen count).
2.3 Various numbers of Exercises (Standing, Jumping and Moving Exercise).
2.4 Combination Exercises.

Unit 3

Dumbells/ Wands/ Hoop/ Umbrella
3.1 Grip with Light apparatus.
3.2 Attention and Stand – at – ease with light apparatus.
3.3 Various number of Exercises (Standing, Jumping and Moving Exercise).
3.4 Combining Exercise.

Unit 4

Organization of the Activity/Game
4.1 Ground Making/Designing.
4.2 Organization and Conducting the Mass Demonstration.

BOOKS RECOMMENDED FOR STUDY
1. Johnson, B. L., Chinese Wand Exercise. 1977
3. Kleinman, I., Complete physical education plans for grades 5 to 12.

Unit-I

Introduction
1.1 Meaning and Definition of Statistics.
1.2 Function, need and importance of Statistics.
1.3 Types of Statistics.
   1.3.1 Descriptive statistics
   1.3.2 Inferential statistics
1.4 Population and Sample
1.5 Attribute and Variables; Discrete, Continuous and class interval.

Unit-II

Statistical data analysis, Variables and organization of the data
2.1 Meaning and definition of data
2.2 Organization of the data
2.3 Describing data by tables and graphs
   2.3.1 Qualitative variable
   2.3.2 Quantitative variable
2.4 Meaning, Purpose, Calculation and advantages of Measures of central tendency
   2.4.1 Mean
   2.4.2 Median
   2.4.3 Mode

Unit-III

Measures of Dispersions and Scales
3.1 Meaning, Purpose, Calculation and advances of Range, Quartile Deviation, Mean Deviation, Standard Deviation
3.2 Meaning, Purpose, Calculation and advantages of Percentile-scale, Z Scale and T-scale
3.3 Normal Curve:
   3.3.1 Meaning of probability
   3.3.2 Principles of normal curve
   3.3.3 Properties of normal curve.
3.4 Skewness and Kurtosis

Unit-IV

Inferential and Comparative Statistics
4.1 Tests of significance; Independent “t” test, Dependent “t” test
4.2 ANOVA and ANCOVA.
4.3 Meaning of correlation
   4.3.1 Linear Correlation
   4.3.2 Correlation coefficient
   4.3.3 Partial correlation
4.4 Non Parametric Statistics- Chi Square

Note: It is recommended that the theory topics be accompanied with practical, based on computer software of statistics.

References:
TITLE: Sports Biomechanics and Kinesiology (PEM-2002)

Objectives: To Develop the Understanding of Biomechanics and its Application and to Provide Overview of Learning about the Mechanical Concepts and Its Application.

Unit – I

Introduction
1.1 Meaning, Definitions, Role, Scope of Sports Biomechanics in Physical Education.
1.2 Meaning and Definition of Motion, Types of Motion.
1.3 Meaning of Kinematics, Kinetics, Statics, Dynamics, Scalar and Vector quantities, Axis and Planes,
1.4 Axis and Plane of the body, Centre of Gravity and Line of Gravity of the Body.

Unit – II

Muscle Action and Force:
2.1 Meaning, Definitions, Role, Scope of Kinesiology in Physical Education.
2.2 Origin, Insertion and Action of Muscles - Pectoralis Major and Minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, Serratus, Sartorius, Rectus Femoris, Abdominis, Quadriceps, Hamstring, Gastrocnemius.
2.4 Meaning and Definition of Friction, Types of Friction, Application of Friction, Spin.

Unit – III

Projectile and Lever:
3.1 Freely Falling Bodies- Projectile, Equation of Projectiles,
3.2 Stability, Factors Influencing Equilibrium, Guiding Principles for Stability - Static and Dynamic Stability.
3.3 Leverage - Classes of Lever, Practical Application.
3.5 Water Resistance (Floating Force, Buoyant Force & Specific Gravity), Air Resistance.

Unit – IV

Movement Analysis:
4.1 Analysis of Movement,
4.2 Types of Analysis - Kinesiological, Biomechanical, Cinematographic.
4.3 Methods of Analysis - Qualitative, Quantitative, Predictive

Note: Laboratory practicals should be designed and arranged for students internally.

References:
4. Uppal A.K. Lawrence Mamta MP Kinesiology (Friends Publication India 2004)
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2015-2016)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-II

TITLE: Athletic Care and Rehabilitation (PEM-2003)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam: 30
Exam. Marks: 60
Paper Code: PEM-2003
Duration: 2:00 Hours

Objectives: To Provide Understanding that Includes the Prevention, Treatment and Rehabilitation of Athletic Injuries and Knowledge of Athletic Therapy Education.

Unit – I
Corrective Physical Education:
1.1 Definition and Objectives of Corrective Physical Education.
1.2 Posture and Body Mechanics, Standards of Standing Posture.
1.3 Value of Good Posture, Drawbacks and Causes of Bad Posture.
1.4 Posture Test – Examination of the Spine.

Unit – II
Posture and Rehabilitation Exercises:
2.2 Deviations in Posture- Kyphosis, Lordosis, Flat Back, Scoliosis, Round Shoulders, Knock Knee, Bow Leg, Flat Foot.
2.3 Causes for Deviations and Treatment Including Exercises.
2.4 Passive, Active, Assisted, Resisted Exercise for Rehabilitation.

Unit – III
Massage:
3.1 Brief History of Massage,Massage as an Aid for Relaxation, Points to be Considered in giving Massage
3.2 Physiological, Chemical, Psychological Effects of Massage, Indication /Contra Indication of Massage
3.3 Classification of the Manipulation used Massage and their Specific Uses in the Human Body.
3.4 Stroking Manipulation, Effleurage, Pressure Manipulation, Percussion Manipulation, Cupping, Poking, Shaking Manipulation, Deep Massage.

Unit – IV
Sports Injuries Care, Treatment and Support:
4.1 Principles Pertaining to the Prevention of Sports Injuries.
4.2 Care and Treatment of Exposed and Unexposed Injuries in Sports.
4.3 Principles of apply Cold and Heat, Infrared Rays, Ultrasonic Therapy, Short-wave Diathermy Therapy.
4.4 Principles and Techniques of Strapping and Bandages.

Note: Each student shall submit Physiotherapy record of attending the Clinic and observing the cases of athletic injuries and their treatment procedure. (To be assessed internally)

References:
2) Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
TITLE: Sports Management and Curriculum Design in Physical Education (PEM-2012)

Objectives:
1) To build up an understanding of sport industry and its management
2) To develop an understanding of sport organization and its controlling factors
3) To equip the students with sport marketing, communication and finance related skills
4) To understand the nature and role of curriculum

Unit-I
Sport Industry and Sport Management
1.1 Introduction of sport as a product (from business perspective) and sport Industry
1.2 Definition, Nature and Scope of sport management (Professional Sport, Intercollegiate Athletics, Interscholastic Athletics, Youth and Community Sport, Sport Tourism, Sport Marketing Agencies)
1.3 Identification of the unique aspect of sport management
1.4 Introduction to sport management competencies

Unit-II
Sport Organization and Leadership
2.1 Development of organizational environment understanding
2.2 Exploration of structure and design of sport organization
2.3 Role of critical thinking and ethics in sport organization
2.4 Management and Leadership- Introduction to management functions, Identification of managerial roles, Introduction to leadership, Human resource management

Unit-III
Sport Market, Finance, Communication, Facility and Event Management
3.1 Development of sport marketing plan
3.2 Theoretical framework (sport communication) and strategic sport communication model
3.3 Revenues and expenses sources for sport organization
3.4 Sport facility and event management

Unit-IV
Curriculum Design in Physical Education
4.1 Meaning and definition of curriculum
4.2 Principle of curriculum construction in physical education
4.3 Factors affecting curriculum in physical education
4.4 Evaluation of curriculum

Suggested Readings:
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2015-2016)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-II

TITLE: Track and Field-II: (Jumping events + Hurdles):(PEM-2071)

Credits: 04
Max. Marks: 100
Sessional Marks: 10
Mid Term Exam:30
Exam. Marks: 60
Paper Code: PEM-2071
Duration: 2:00 Hours

Unit – I
Introduction to Jumping Events
1.1 Classification of Jumping Events in Track & Field
1.2 Basic equipment required & their Measurement for Jumping Events
1.3 Marking Area of Jumping Events and its Measurements
1.4 Rules, Officials Required & Officiating and Scoring in Jumping Events

Unit – II
Basic Skills Jumping Events (High Jump), (Long Jump) & (Triple Jump)
2.1 High Jump: Candidates are assessed on the following techniques and heights:
   a) Phases: Approach Run, Take-off, Flight (bar clearance) and, Landing
   b) Style: Scissors, Straddle, Fosbury flop or Any other conventional styles
2.2 Long Jump: Candidates are assessed on the following techniques and distances:
   a) Phases: Approach Run, Take-off, flight, Landing.
   b) Style: Hang, Sail, Hitch-Kick or Any other conventional styles
2.3 Triple Jump: Candidates are assessed on the following techniques and distances:
   a) Phases: Approach Run, Sequence (Hop/Step/Jump), Flight, Landing
   b) Style:Hop, Step, Jump
2.4 Hurdling: Specification of the hurdle height depends on the event distance, gender and age.
   a) Phases: The Start and Approach, Hurdle Clearance, Leg Action & Arm Action, Running Between Hurdles
   b) Style: The Take Off – (Attacking the Hurdle), Transition – (Over the Hurdle), Touchdown – (Back to Running)

Gymnastics:
Unit – III
Parallel Bar Exercises (for men)
3.1 L-Position
3.2 Turn/ Rotation
3.3 Shoulder Stand

Beam Balance Exercises (for women)
3.4 Step full Term
3.5 Cat Leap, Split Leap
3.6 Shoulder Stand

Unit – IV
Scissors Swing on Pommel Horse (for men)
4.1 Pendulum front support Swings
4.2 Front support pendulum swings with hand lift off.
4.3 Swings and cuts forward and backward

Beam Balance Exercises (for women)
4.4 Jump 3/4
4.5 Straight Jump, Tuck Jump, Split Jump
4.6 Front Tuck Dismount

References:
3) Ken O Bosen, Track and Field Fundamental Techniques, Patiala: MS Publications.
TITLE: Specialization in Games: Volleyball & Badminton (PEM-2073)

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEM-2073

Objectives: To provide a practical approach to understanding and application of rules.

Volleyball

Unit – I

Historical Development and Modern Trends in Volleyball
1.1 Introduction of the game and historical development with special reference to India.
1.2 Important tournaments held at National and International levels and distinguished personalities related to the game.
1.3 Player’s stance—Receiving the ball & passing to the team mates.
1.4 The Volley (Over head pass)
1.5 The Dig (Under head pass)

Fundamental Skills: Service
1.6 Under Arm Service.
1.7 Side Arm Service.
1.8 Tennis Service.
1.9 Round Arm Service.

Fundamental Skills: Spike and Pass
2.1 Straight Arm Spike.
2.2 Round Arm Spike.
2.3 Block—Single Block.
2.4 Pass-Back Pass.
2.5 Back Roll Volley.
2.6 Back Roll Dig.
2.7 Jump and Pass.

Advanced Skills:
2.8 Double Block.
2.9 Triple Block.
2.10 Dive combined with dig (Two handed).
2.11 Dive combined with dig (One handed).
2.12 Strategy in Game.
2.13 Rules and their interpretations and duties of officials.

Badminton

Unit – III

Rule and Interpretation:
3.1 Laws 1 - 7
3.2 Laws 8 - 13
3.3 Laws 14 - 19

Officiating:
4.1 Communication Via Signals, Verbal.
4.2 Warning
4.3 Penalties

References & Books Recommended:
5) Ranganaathan P.P. “Volleyball” (Friends Publications Delhi) 2000.
7) Deret, Talbot. (1989) Top Coach Badminton, Queen Anne Press, McDonald & Co. (Publisher) Ltd. 66-73 Shoe lone Halborn London EC4P 4AB.
DEPARTMENT OF PHYSICAL EDUCATION  
SYLLABUS (SESSION: 2015-2016)  
MASTER OF PHYSICAL EDUCATION (M.P.ED.)  
Semester-II

TITLE: Specialization in Games: Basketball & Badminton (PEM-2074)

Credits: 04  
Max. Marks: 100  
Sessional Marks: 40  
Exam. Marks: 60  
Paper Code: PEM-2074  
Duration: 2:00 Hours

Objectives:
1) To orient the students in the fundamental skills of Basketball.  
2) To provide a practical approach to understanding and application of rules.

Basketball

Historical Development of Basketball
1.1 History of Basketball  
1.2 Ball specification  
1.3 Court dimension and marking  
1.4 Board markings, ring, net and pole.  
1.5 General rules of the game

Fundamental of Basketball
1.6 Dribble  
1.7 Passing  
1.8 Shooting  
1.9 Rebounding  
1.10 Faking

Unit-I

Badminton

Rule and Interpretation:
3.1 Laws 1 - 7  
3.2 Laws 8 - 13  
3.3 Laws 14 - 19

Unit-III

Officiating:
4.1 Communication Via Signals, Verbal.  
4.2 Warning  
4.3 Penalisation

Unit-IV

Books Recommended:
2) Deret, Talbot. (1989) Top Coach Badminton, Queen Anne Press, McDonald & Co. (Publisher) Ltd. 66-73 Shoe Ionle Halbom London EC4P 4AB.  
TITLE: Specialization in Games: Basketball & Cricket (PEM-2075)

Objectives:
1) To orient the students in the fundamental skills of Basketball.
2) To provide practical approach to understand and application of basic skills and rules

**Basketball:**

**Unit-I**

**Historical Development of Basketball**
1.1 History of Basketball
1.2 Ball specification
1.3 Court dimension and marking
1.4 Board markings, ring, net and pole.
1.5 General rules of the game

**Fundamental of Basketball**
1.6 Dribble
1.7 Passing
1.8 Shooting
1.9 Rebounding
1.10 Faking

**Unit-II**

2.1 German drill and suicide drill
2.2 Lay-up shot
2.3 Zone-defence
2.4 Man to man technique
2.5 Attacking skills

**Cricket:**

**Unit-III**

**Basic Skills**
3.1 Basic Skills of Batting
3.2 Basic Skills of Fielding
3.3 Basic Skills of Bowling

**Unit-IV**

**Duties of the Officials**
4.1 Duties and Positioning of Umpires
4.2 Duties of Referees
4.3 Duties of Scorers

**Cooperation among Officials**
4.4 Pre-Match Discussion
4.5 Inspection of Players’ Dress and Equipments
4.6 Ground Inspection

**Books Recommended:**
TITLE: Specialization in Games: Badminton & Cricket (PEM-2076)

Objectives:
1) To provide a practical approach to understanding and application of rules.
2) To provide practical approach to understand and application of basic skills and rules

Badminton:

Rule and Interpretation:

1.1 Laws 1 - 7
1.2 Laws 8 - 13
1.3 Laws 14 - 19

Officiating:
2.1 Communication Via Signals, Verbal.
2.2 Warning
2.3 Penalisation

Cricket:

Basic Skills
3.1 Basic Skills of Batting
3.2 Basic Skills of Fielding
3.3 Basic Skills of Bowling

Duties of the Officials
4.1 Duties and Positioning of Umpires
4.2 Duties of Referees
4.3 Duties of Scorers
4.4 Pre-Match Discussion
4.5 Inspection of Players’ Dress and Equipments
4.6 Ground Inspection

Cooperation among Officials

Books Recommended:
2) Deret, Talbot. (1989) Top Coach Badminton, Queen Anne Press, McDonald & Co. (Publisher) Ltd. 66-73 Shoe lone Halborn London EC4P 4AB.
DEPARTMENT OF PHYSICAL EDUCATION  
SYLLABUS (SESSION: 2015-2016)  
MASTER OF PHYSICAL EDUCATION (M.P.ED.)  
Semester-II

TITLE: Specialization in Games: Cricket & Volleyball (PEM-2077)

Objective: To provide practical approach to understand and application of basic skills and rules.

Cricket:  

Unit-I  
Basic Skills  
1.1 Basic Skills of Batting  
1.2 Basic Skills of Fielding  
1.3 Basic Skills of Bowling

Unit-II  
Duties of the Officials  
2.1 Duties and Positioning of Umpires  
2.2 Duties of Referees  
2.3 Duties of Scorers  
Cooperation among Officials  
2.4 Pre-Match Discussion  
2.5 Inspection of Players’ Dress and Equipments  
2.6 Ground Inspection

Volleyball:  

Unit – III  
Historical Development and Modern Trends in Volleyball  
3.1 Introduction of the game and historical development with special reference to India.  
3.2 Important tournaments held at National and International levels and distinguished personalities related to the game.  
3.3 Player’s stance-Receiving the ball & passing to the team mates.  
3.4 The Volley (Over head pass)  
3.5 The Dig (Under head pass)

Fundamental Skills : Service  
3.6 Under Arm Service.  
3.7 Side Arm Service.  
3.8 Tennis Service.  
3.9 Round Arm Service.

Unit – IV  
Fundamental Skills : Spike and Pass  
4.1 Straight Arm Spike.  
4.2 Round Arm Spike.  
4.3 Block- Single Block.  
4.4 Pass-Back Pass.  
4.5 Back Roll Volley.  
4.6 Back Roll Dig.  
4.7 Jump and Pass.

Advanced Skills :  
4.8 Double Block.  
4.9 Triple Block.  
4.10 Dive combined with dig (Two handed).  
4.11 Dive combined with dig (One handed).  
4.12 Strategy in Game.  
4.13 Rules and their interpretations and duties of officials.

Books Recommended & References:  
9) Ranganaathan P.P. “Volleyball” (Friends Publications Delhi) 2000.
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2015-2016)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)

Semester-II

TITLE: Specialization in Games: Cricket & Volleyball (PEM-2078)

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEM-2078

Objective: To provide practical approach to understand and application of basic skills and rules

Cricket:

Basic Skills-

1. Basic Skills of Batting
2. Basic Skills of Fielding
3. Basic Skills of Bowling

Duties of the Officials-

1. Duties and Positioning of Umpires
2. Duties of Referees
3. Duties of Scorers

Cooperation among Officials

1. Pre-Match Discussion
2. Inspection of Players’ Dress and Equipments
3. Ground Inspection

Football:

Push-Pass

1. Inside of the foot.
2. Inside Instep of the foot.
3. Drills

Kicking

1. Inside Instep Kick
2. Instep Kick
3. Outside Instep Kick

Books Recommended & References:

6) Widdows, R. The Handbook of Football Techniques and Tactics.
DEPARTMENT OF PHYSICAL EDUCATION
SYLLABUS (SESSION: 2015-2016)
MASTER OF PHYSICAL EDUCATION (M.P.ED.)
Semester-II

TITLE: Teaching Lesson of Indigenous Activities and Sports (PEM-2079)

Credits: 04
Max. Marks: 100
Sessional Marks: 40
Exam. Marks: 60
Paper Code: PEM-2079

Unit – I

Introduction
1.1 Format of lesson Plan in Indigenous Activity and Sports.
1.2 Forming the objective of Lesson Plan.
1.3 Designing general and specific objectives of lesson plan.
1.4 Preparation – Personal & Technical,

Unit – II

Preparation for Teaching Practices
2.1 Managerial Issues: Time, Personal cooperation, Classroom Management, etc.
2.2 Practicing and Understanding the role of teaching methods in Indigenous Activity and Sports.
2.3 Practicing and Understanding the role of teaching techniques in Indigenous Activity and Sports.
2.4 Practicing and Understanding Control & Command, Assembly, Re-assembly & Roll Call.

Unit – III

Teaching Practice- I
3.1 Construction and conducting a lesson from Drill & Marching
3.2 Construction and conducting a lesson from Calisthenics Exercise (Standing/Jumping/Moving)
3.3 Construction and conducting a lesson from Calisthenics Exercise with equipment (Dumbells/ Wands/ Hoop/ Umbrella/Lathi/Lezuim)
3.4 Construction and conducting a Mass Demonstration.

Unit – IV

Teaching Practice- II
4.1 Construction and conducting a lesson from Kho-Kho.
4.2 Construction and conducting a lesson from Kabaddi.
4.3 Construction and conducting a lesson from Bharatiyam exercises.

The student has to submit 20 lesson plans of Indigenous Activity and Sports.

Books Recommended