

02

Copy Right Reserve

UNIVERSITY OF DELHI

SCHEME OF EXAMINATION

AND

COURSE OF READING

FOR

BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)



*Syllabi applicable for the students seeking admission to the
B.P.Ed. in the Academic Year 2001-2002*

Price : Rs. 20.00

SYLLABUS FOR BACHELOR OF PHYSICAL EDUCATION (ONE YEAR)

PART-I (THEORY)

S.No.	PAPER	PAGE
I	History & Principles of Physical Education	4-5
II	Organisation & Administration of Physical Education	6-7
III	Anatomy & Physiology of Exercise	8-9
IV	Educational & Sports Psychology	9-10
V	Methods of Teaching, Officiating & Coaching	11-12
VI	Optional (Group-I) :-	
	1. Kinesiology	13-14
	2. Health Education and First-aid	14-15
	3. Measurement and Evaluation in Phy. Edu.	16-17
	(Group-II) :-	
	1. Recreation	18-19
	2. Supervision	19-20
	3. Yoga	21-22

PART-II

VII	Skill & Prowess (Activity Courses)	22-23
-----	------------------------------------	-------

PART-III

VIII	Teaching Practice	24
------	-------------------	----



IMPORTANT NOTE

Part-I : There shall be five compulsory papers of **100 Marks** each, out of which **80 marks** will be finally examined and **20 marks** will be internally assessed by the teacher concerned.

Details of the papers are given separately. Theory part will be of **600 marks**.

Including the two Optional papers of **50 marks** each.

Part-II : There shall be **400 marks** for Skill and Prowess which will be internally assessed.

Part-III : There shall be **200 marks** for Teaching Practice out of which **100 marks** will be internally assessed and **100 marks** on three final External Lessons i.e. 40:30:30.

NOTE : Candidate shall have to pass in all the three parts of Examination i.e. theory, skill & prowess and teaching practice. The minimum pass marks will be **40%** in all parts. The B.P.Ed. degree result will be awarded on the basis of the aggregate marks for the entire examination as follows :-

Distinction : 75% and above

First division : 60% and above

Second division : 50% and above

Third division : 40% and above

COURSE CONTENTS

BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)

Paper	Title	Theory Marks	Internal Assessment	Total
Part-I (Theory)				
I.	History & Principles of Physical Education ✓	80	20	100
II.	Organisation & Administration of Physical Education ✓	80	20	100
III.	Anatomy & Physiology of Exercise ✓	80	20	100
IV.	Educational & Sports Psychology ✓	80	20	100
V.	Methods of Teaching, Officiating and Coaching ✓	80	20	100
VI.	Optional Group-I : Students have to choose one paper from each group from the following :	50	—	50
	i. Kinesiology ✓ ii. Health Education & First-aid iii. Measurement & Evaluation ✓ in Phy. Edu.			
	Optional Group-II	50	—	50
	1. Recreation ✓ 2. Supervision 3. Yoga (Theory 25+25 Practical)			
VII.	Part-II Skill and Prowess : (Activity Courses) Sessional Work based on yearly assessment of each candidate.		400	400
VIII.	Part-III Teaching Practice :			
	(a) Annual (40:30:30) 100 →	100		
	(b) Three Final External Lessons		100	200
GRAND TOTAL MARKS :				1200

PAPER - I

HISTORY & PRINCIPLES OF PHYSICAL EDUCATION

Time : 3 Hours

M.M. : 80

1. Introductory : Principles as beliefs, based on scientific facts.
2. Nature & Scope of Physical Education : Physical Education definition; and their-relationship; Misconception; True interpretation of Physical Education : Need for Physical Education.
3. Philosophy of Physical Education as a phase of Total Education : What is philosophy & some general philosophies - Naturalism, Idealism, Realism, Pragmatism; Philosophy of good life; Education & Philosophy; Modern Philosophy of Education and Physical Education.
- 4/ Foundations of Physical Education :
 - (i) Historical : General discussion on place of sport in Education at different periods of history.
 - (ii) Biological : Biological interpretation of Physical Education; Biological disadvantages; Body types: Physical Fitness; Exercise and Fitness; Type of Exercise Isotonic and Isometric; Effects of training; Growth & Development Chronological age; Anatomical age, Physiological age.
 - (iii) Psychological : General discussion on Psychology & Physical Education.
 - (iv) Sociological : Sociology & physical Education; Human Nature, Human needs; Forces behind Group living; Theories of Play; Social Unity-Co-operation & Competition; Moral Character.

5. Aims & Objectives of Physical Education: Physical Development Objective (development of organic power); Mental Development Objective (Interpretive development); Social Development Objective (Neuro-Muscular Co-ordination); Social Development Objective (Development of social efficiency and human relationship).
6. Political, social and cultural concept of historical evolution, comparative study of Physical Education in the Primitive Societies, Ancient Oriented nations, Ancient Greece, Ancient Rome, Middle Ages, the Period of Renaissance, Modern Germany, Denmark, Sweden, England, other European Nations, U.S.S.R., U.S.A., China; and recent trends in India.

Note :- Examiners are requested to set 9 Questions, equally distributed throughout the entire course out of which candidates will be required to attempt any five questions.

REFERENCE/RECOMMENDED BOOKS :

1. Williams, J.P. The Principles of Physical Education, 8th Ed. Philadelphia: W.B. Saunders.
2. Sharman, J.R. Introduction of Physical Education. New York, A.S. Barnes Company, 1934.
3. Bucher, C.A. and Wluest, D.A. Foundation of Physical Education and Sports. St. Louis, Times Mirrior Mosby, 11th Ed.
4. Van Delen, D.B. and Bennett, B.L. A World History of Physical Education. Englewood Cliffs, N.J.: Prentice Hall Inc., 1977.
5. Rice E.A. et.al. A Brief Histoey of Physical Education. New York: Ronald Press.
6. Zeigler, E.F. Physical Education and Sports Philosophy. Englewood Cliffs: N.J., Prentice Hall Inc., 1977.

PAPER - II

ORGANISATION & ADMINISTRATION OF PHYSICAL EDUCATION

Time : 3 Hours

M.M.: 80

1. ✓ Introduction : Meaning, Definition, Scope and importance of Organisation & Administration, Chief elements of Organisation and Administration. Type and functions of Administration. Principles of Organisation & Administration.
2. Scheme : Organisation of Physical Education in schools, colleges, universities, districts, states and at the central level.
3. ✓ Organisation of Intra-mural activities. Organisation and management of sports meet. Methods of organising tournaments. Importance and types of tournaments. Drawing a fixture, What is Bye, meaning of seeding-system, Drawing of fixtures on the basis of seeding.
4. ✓ Staff & student leadership in Physical Education : Meaning, definition, need and importance of leadership in physical education.
5. ✓ Curriculum : Definition, Meaning, types, aims and basis of curriculum, steps involved in curriculum, construction techniques of curriculum, criteria for curriculum content, principles of curriculum.
6. ✓ Time-table : Meaning, need, importance and principles of construction of time table for physical education.
7. ✓ Classification of Pupils : Introduction, meaning, need of classification, basis and methods of classification for general education and physical education, advantages of classification.
8. ✓ Facilities for physical education: Introduction, general concept, planning the facilities, characteristics of playing facilities, importance of the facilities.
9. ✓ Equipments : Meaning and importance of equipment for physical education, Policy, procedures and principles for purchase, issuing

and use of equipment, care and maintenance of equipments/sports goods/material.

10. Budget & Financial management : Meaning definition and general concept of budget planning in physical education. Steps in preparing the physical education budget, essential qualities of making good budget, administration of physical education budget.
11. Records : Meaning, importance of record, keeping of records and registers. Reports : Meaning, need & importance of reports for physical education.
12. Supervision : Meaning, definition, aims, types and scope of supervision, changing concept of supervision. Qualities & qualification of supervisor, advantage of supervision in physical education.
13. Evaluation : Definition, meaning, purposes and importance of evaluation for physical education. Values of Tests and Measurements. Types of standardized test.

Note :- Examiners are requested to set 9 Questions, equally distributed throughout the entire course out of which candidate will be required to attempt any five questions.

RECOMMENDED/REFERENCE BOOK :

1. Voltmer, E.F. The Organisation and Administration of Physical Education. 5th Ed. Englewood Cliffs, NJ: Prentice Hall, 1979.
2. Bucer, C.A. & Management of Physical Education Krotee, M.L. and Sports 10th Ed. St. Louis: Mosby Year Book, 1993.
3. Bucher, C.A. & Foundations of Physical Education and Wuest, D.A. Sports. 11th Ed. New Delhi: B.I. Publication Pvt. Ltd., 1992.
4. Willgoose, C.E. The Curriculum in Physical Education 5th Ed. Englewood Cliffs, NJ: Prentice Hall, 1984.

PAPER - III

ANATOMY AND PHYSIOLOGY OF EXERCISE

Time : 3 Hours

M.M. : 80

This course will include a study of the structure, functions and the effect of exercise on the various systems of the body.

- (i) Definition of terms : Cell, Tissue, Organ, Ligament, Cartilage etc.
- (ii) The Skeletal system : Its structure; its functions; Spinal column; Plevic girdle-male & female; the thorax; the extremities; Joints and their movements; Posture; Skeletal deformities; Effect of exercise on the Skeletal System.
- (iii) The Muscular System; Structure of the muscles; Different types of muscles; Functions of the muscles; contraction of muscles; Physical and clinical change in muscular activity; Effect of exercise on the muscular system; Fatigue, Staleness, Muscle cramp.
- (iv) The Circulatory System : General arrangement of Circulatory system; functions of the Circulatory system; Blood, Haemorrhage, The Heart and blood vessels; pulse, Blood pressure and its measurement; effect of exercise on circulatory system; Athletic Heart.
- (v) The Respiratory System, anatomy of respiratory system; mechanics of respiration; Vital capacity; Role of Oxygen in exercise on the respiratory system.
- (vi) The Digestive System : Anatomy of digestive system; digestion of food, Matabolism, Nutrition, Balanced Diet; Effect of exercise on the digestive system.
- (vii) The Excretory System. Anatomy of excretory system and its function; the heat regulating mechanism; Effect of exercise on the excretory system.
- (viii) The Nervous System : The neuron; Spinal Cord, the brain; the autonomic system; Reflex action; Peripheral nerves; Influence of exercise on the nervous system.
- (ix) The Endocrine System : Glands and their functions Influence of exercise on the nervous system.

(x) Study of the special organs; Structure & Functions of Eye and Ear.

Note :- Examiners are requested to set 9 Questions, equally distributed throughout the entire course out of which candidates will be required to attempt any five questions.

RECOMMENDED/REFERENCE BOOK :

1. Clarke, David H. Exercise Physiology. Englewood Cliffs. N.J.: Prentice Hall Inc., 1975.
2. Crouch, James E. Functional Human Anatomy, 2nd ed. Philadelphia : Lea and Febniger, 1972.
3. Morehouse and Miller. Physiology of Exercise. St. Louis: The C.V. Mosby Company, 1976.
4. Pearce, Evelyn C. Anatomy and Physiology for Nurses. London: Faber and Feber Ltd.

PAPER - IV

EDUCATIONAL AND SPORTS PSYCHOLOGY ,kill/

Time : 3 Hours

M.M. :

1. Psychology as a Science : Its meaning; Its bearing on education and Physical Education. ✓
2. Sports Psychology :- Its meaning & Importance to Physical Education Teachers and Coaches. ✓
3. General innate tendencies: Motives, needs, drives, sympathy, imitation, suggestion, play way in education and sublimation of innate tendencies, theories of play.
4. Stages of Development : The Nature of growth and development, Characteristics at various stages of development. ✓
5. Products of Development : Habits, complexes, sentiments and character, contribution of sports. ✓
6. Heredity and Environment : Psycho-physical unity of man, Body-mind relationship. ✓

7. The learning process : Nature, Laws of learning, Types of learning, motivation in learning, attention and interest, learning curves, transfer of training with special reference to sports. ✓
8. Intelligence : Its nature and development. ✓
9. Mental Hygiene : Meaning, its importance, role of physical education in preventing Mal-adjustment and promotion of proper mental health.
10. Personality : Its meaning, development of personality, adjustment through physical education, dimensions of personality. ✓
11. The psychology of the Group: Group Behaviour. ✓

Note :- Examiners requested to set 9 Questions, equally distributed throughout the entire course out of which candidate will be required to attempt any five questions.

REFERENCE/RECOMMENDED BOOKS :-

- Kamlesh, M.L. Psychology of Physical Education & Sports. N.D.: Metropoliton Book Co., Pvt. Ltd. 1998.
- Gates, A.G. & Jersild, A.T. Educational Psychology. Macmillan Co.: 1970.
- Pathak, P.D. Educational Psychology. Agra: Vinod Pustak Mandir- 1995.
- Pillai, N.P. Psychological foundation of Education.
- Alderman, R.B. Psychological Behaviour in Sport. Philadelphia: W.B. Saundes Company, 1974.
- Cratty J. Psychology in contemporary sport. Englewood, cliffs, New Jersey: Prentice Hall Inc., 1983.
- Kane, J.E. Psychological Aspects of Physical Education & Sports. London: Routledge and Kegan Pall, 1972.
- Puni, A. Sports Psychology Patiala N.S.N.I.S. 1980.
- Singer, N. Motor Learning & Human Performance. N. York: Macmillan 1975.
- Mangal, S.K. Educational Psychology. Ludhiana: Parkash Brothers 1990.

PAPER - V

METHODS OF TEACHING AND OFFICIATING

Time : 3 Hours

M.M. : 80

1. ✓ Introductory : Teaching, coaching and officiating as careers in Physical Education and Sports. Responsibilities of teaching, Meaning and need for methods, factors affecting methods, Teaching process.
2. ✓ Techniques of Presentation : Personal and Technical preparation, systematic organisation of subject matter, presentation of subject matter.
3. ✓ Teaching Methods. Command, explanatory, demonstration, imitations, dramatization, exploration, discussion, recitation, supervision. At will method, whole part method, observation visualisation.
4. ✓ Class Management. Techniques, formations, factors effecting management, command (types & principle)
5. ✓ Lesson Plan : Need, construction, Introductory development, skill/ Recreation.
6. ✓ Teaching Aids :
 - (a) Audiovisual, chart, models, diagrams, exhibits
 - (b) Aim, purpose, organisation & conduct of demonstration and exhibitions.
7. (Circled) Qualifications, responsibilities, duties and qualities of a coach and officials in Physical Education & Sports.
8. Study of theory & practice of fundamentals of activities :
 - (a) Team sports : Basketballs, Cricket, Football, Hockey, Handball, Kho-Kho, Kabaddi, Volleyball,
 - (b) Individual sports : Gymnastics, tumbling, pyramids, vaulting, Weight Lifting. Athletics (Runs, relays, throws, jumps.) Aquatics.

- ✓
- (c) Recreation sports : Badminton, Tennis, Yogic asanas.
 - (d) Formal activities : Calisthenics, drills, dumbbells, pole, wand, laziums.
 - (e) Informal activities : Tennikoit, imitation, story plays, action songs and free play activities for school children.
 - (f) Rhythmic activities: Bratchari, tipri, folkdances.
 - (g) Combatives activities: wrestling, boxing, lathi
 - (h) Relay games and group games
 - (i) Camping, Hiking, Excursions, Picnics.
 - (j) Special occasions activitees of national importance.

9. Grounds : Preparation & marking of standard size of play areas, courts, track & provision of modifications according to need and conditions for sports activities covered under S.No. 7(a)(b)(c). Interpretation of rules; Standard equipments as per specifications and improvisations. Warming up exercises, conditioning, weight training.

Note :- Examiners are requested to set 9 Questions, equally distributed throughout the entire course out of which candidate will be required to attempt any five questions.

REFERENCE/RECOMMENDED BOOKS :-

1. Cratty, B. Perceptual & Motor Development in Infants and children. Englewood, Cliffs, NJ, Prentice Hall, 1979.
2. Johnson, C.R. Fisher, A.G. Scientific Basis of Athletic Conditioning Philadelphia: Lea and Febiger 1972.
3. Pyke, Frank S. Toward Better coaching. Canberra: Australian Govt. Pub. 1980.
4. Singh H. Sport Training General Theory & Methods. N.I.S. Patiala, 1984.
5. Willmore, J.H. Athletic Training and Physical Fitness. Sydney: Allyn and Bacon Inc., 1977.

PAPER - VI

OPTIONAL (GROUP I)

(i) KINESIOLOGY

Time : 2 Hrs.

M.M. : 50

Part I

1. Definition, aims and objectives, relationship with other sciences.
2. Terminology of various types of movements around the joints; shoulder joint, shoulder girdle, Elbow joint, Wrist joint, Hip joint, Knee joint, Ankle and foot joint.
3. Study of muscles of action: Muscles of shoulder girdle, shoulder joint, elbow joint, hip joint, ankle and foot joint.

Part II

4. Sports movements (bodily exercise) as a means of education as an object of the sports teacher's activity.
5. Research and teaching of sports pedagogical kinesiology.
6. Structure, analysis and assessment of sports movements/
 - (a) Spatial-temporal side of the structure of movements.
 - (b) Dynamic-temporal side of the structure of movements.
7. Transmission of movements.
8. The action of trunk and its variations.
9. The steering function of the head.
10. The fluency and elasticity of movements.
11. Anticipation of movements.
12. The precision and harmony of movements.

Note :- Examiners are requested to set 9 Questions, equally distributed throughout the entire course out of which candidates will be required to attempt any five questions.

REFERENCE/RECOMMENDED BOOKS :-

1. Broer, M.R. Efficiency of Human Movement, Philadelphia: WB Saunders Co. 1979.
2. Bunn, J.W. Scientific Principles of Coaching. Englewood Cliffs: C.V. Masby Co., 1976.
3. Copper J.M. and Glassow, R.B. Kinesiology, St. Louis: C.V. Masby Co., 1976.
4. Dyson. G. The mechanics. New York: Holmes & Meier Pub., 1977.
5. Hay J.G. The Biomechanics of sports techniques. N.J.: Prentice Hall Inc 1978.

PAPER - VI

OPTIONAL GROUP (I)

(ii) HEALTH EDUCATION & FIRST AID

Time : 2 Hrs.

M.M. : 50

(The purpose of the course is to introduce the student to problems of Health in general).

1. Definition of the term Health and Education; Physical health and Mental health. The role different social agencies play in promoting individual, community and national health.
2. Factors influencing health-heredity and environment.
3. Importance of pure air and water.
4. Communicable diseases and how to combat them; cleanliness of surroundings. Disposal of wastes and refusal.
5. Posture - common defects and their causes, remedy.
6. Constituents of food; Vitamins; Balanced diet; Nutrition-undernourishment and over-feeding; Effect of tobacco, alcohol and beverages.
7. Personal hygiene-Health habits; Mouth, Teeth, Eyes, Ear, Nails, Clothing.

8. School Health Programme-Services, Health Supervisor, Health Instruction.
9. Community Health Programme-Health of family, Public health services and its problems.
10. World Health Organisation.
11. Bandaging, Shock, Respiration, Wound, Haemorrhage, Fractures, Injuries to joints and muscles-Insensibility, Poisoning, Miscellaneous Injuries and message.

Note :- Examiners are requested to set 9 Questions, equally distributed throughout the entire course out of which candidate will be required to attempt any five questions.

REFERENCE/RECOMMENDED BOOKS :-

1. H.H.S.O., England. Health Education.
2. Williams, J. Personal hygiene applied.
3. Selkirk. School Health Problem.
4. Willaiams & Kitzinger. Health for the College student.
5. St. John's Amabulance. first-aid.
6. Ryan A.J. Medical care of athlet.

PAPER - VI
OPTIONAL GROUP (I)

(iii) MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION

Time : 2 Hrs.

M.M.: 50

Part-B

7. Introduction to Test, Measurement & Evaluation and their importance in the field of Physical Education;
8. Test Constructions :-
 - (a) General Consideration.
 - (b) Physical fitness/Efficiency test.
9. Measurement of skills, games and sports :-
 - (i) Johnson basketball test, (ii) Brady volleyball test.
 - (iii) McDonald soccer test, (iv) Cornith Handball test.
10. Strength Test :-
 - (i) Kraus Weber Strength Test, (ii) Roger Strength test.
11. Motor Ability Test :-
 - (i) Elements of motor ability, (ii) Barrow motor ability test.
12. Cardiovascular Test : Tuttle Pulse Ratio Test.
13. Anthropometric Measurements :- Weight, height, sitting height, chest circumference, thigh circumference, calf circumference, skin fold-biceps, triceps, subscapular, supra iliac.

Part-A:

1. Meaning & importance of statistics in the field of physical Education, meaning of the terms "Population" and "Sample", "Random Sampling".
2. Meaning of Data, Kinds of data- continuous and discrete, Frequency distribution, Construction of Frequency tables.
3. Measurement of central tendency-Mean, Median and Mode.

4. Measures of Variability- Range, Quartile Deviation, Standard Deviation, Coefficient of Variation.
5. Normal Probability curve and its principles, meaning, uses and calculations of percentiles.
6. Diagrammatic representation :-
 - (a) Rules for drawing diagrams, (b) Bar diagram,
 - (c) Circle diagram.

Note :- Examiners are requested to set 9 Questions (taking at least four from each part), equally distributed throughout the entire course out of which candidate will be required to attempt any five questions taking at least two from each part.

REFERENCE/RECOMMENDED BOOKS :-

1. Johnson, B.L. and Nelson, J.K. Practical Measurement for Evaluation in Physical Education Delhi: Surjeet Pub. 1988.
2. Phillips D.A. and Hornak, J.S. Measurement & Evaluation Physical Education. New York: John Wiley & Sons, 1979.
3. Haskins, M.J. Evaluation Physical Education, Iowa: WMC Brown company Publishers, 1972.
4. Kirkendall, D.R. & others. Measurement and Evaluation for Physical Educators. Illinois: Human Kinetics Pub., 1991.
5. Bailey, N.T.J. Statistical Methods in Biology London: Oxford Pub. 1989.
6. Clarke, H.H. and Clarke, D.H. Application of Measurement to Physical Education. Englewood Cliffs, NJ: Prentice Hall, 1991.
7. Weiner, B.J. Statistical Principles in Experimental Design, New Delhi: McGraw Hill, 1991.
8. Singh S.P. & Malhotra P. Kinanthropometry, Patiala: Lunar Pub., 1989.
9. Collins, K.J. Ed. Handbook of methods for the measurement of work performance, Physical Fitness and Energy Expenditure in Tropical Populations. London: International Union of Biological Sciences, 1990.
10. Kansal, D.K. Test and Measurement in Sports and Physical Education. Delhi: D.V.S. Publication, 1996.

PAPER - VI
OPTIONAL GROUP-II
(i) RECREATION

Time : 2 Hours

M.M.: 50

Meaning, Characteristics, Theoretical explanations, Definitions.

1. Introductory : Brief history of recreation movement, Philosophy, Sociological influence and functions. Recreation as therapy.
2. Recreational Activities : Basis of classification. Classified list of activities :-

Indoor :- Arts & Craft, Hobbies, Dramatics, Music, Story Play

Outdoor :- Games of low organisation, Relays and lead-up games, Highly organized recreational games, Camping, Hiking, Excursions, Youth Hosteling.

3. Adult recreation and Industrial recreation and Industrial: Brief discussion.
4. Recreation for the Handicapped: Brief discussion.
5. Recreation leadership and organisation: Personal Qualification, Specialisation, Types of positions and duties.
6. Conducting a recreation survey and informing the public, (means of method). Administrative set-up.

Note :- Examiners are requested to set 9 Questions, equally distributed throughout the entire course out of which candidate will be required to attempt any five questions.

RECOMMENDED BOOKS :

1. Corbin H. Daw. Recreation Leadership. Prentice Hall.
2. Jacks L.P. Education through recreation, Harper & Bros.
3. H.D. Moyer and C.K. Brightbill. Community Recreation. Prentice Hall.
4. Jenny John. Introduction to Recreation Education. W.B. Sunder Co.

5. Vannier M. Methods & Materials in Recreation leadership. W.B. Sunder Co.
6. Butler George D. Recreation Areas. Ronals Press, N.Y.
7. Shyder R. and Scott R.A. Prepration in Health Physical Education & Health. New York, Mc. Graw Hill Bool Co. Inc. 1954.
8. Barues A.S. Leadership to Recreation N.Y. Fitzerlan Conl. D.
9. Irwin Lesilla. Curriculum in Health and Physical Education. The C.V. Mosbey & Co. 1984.

PAPER - VI

OPTIONAL GROUP - II

(ii) SUPERVISION

1. Changing concept of Supervision.
2. Definitions and its importance in Physical Education. Qualities of Supervisor.
3. Methods in Supervision :-
 - (a) Visitation, Conferences, Bulletins & Demonstration.
 - (b) General Methods in Supervision for improvement of Instructions and professional growth.
 - (c) In service training courses-work shop, Clinics, Advance Study, Professional Literature, Orientation and Reasearch.
4.
 - (a) The need for planning the Supervisory Programme.
 - (b) Objective of planning the Supervisory Programme.
 - (c) Principles of planning the Supervisory Programme.
5. Curriculum : Principles of Curriculum Development. Factors Influencing the Physical Education Curriculum, Criteria for Curiulum Content, Supervisor's role in Co-oprative Curriculum development and its revision.
6. Principles of leadership & Group Dynamics : Definitionof leadership, Functions of a recreation leader and guidelines for effective leadership.

Definition of group, Nature of Group, functions of a group leader, approach to group leadership.

7. Organisation of Tournaments & Outdoor activities : Methods of organisation for different types of Tournaments i.e. School/College/ University/Inter University etc.
8. Definition of Camping, importance, types, administration and organisation of Camps.
9. Evaluation : Meaning of Evaluation, Types of Evaluation, Purposes and principles of evaluation in Physical Education.

Note :- Examiners are requested to set 9 Questions, equally distributed throughout the entire course out of which candidate will be required to attempt any five questions.

REFERENCE/RECOMMENDED BOOKS :

1. Bucher, Charles A. Administration in Physical Education 1988.
2. Sherrill, Claudine. Leadership Training in Adapted Physical Education, 1989.
3. Johnson, B.L. and Nelson, J.K. Practical Measurements for Evaluation in Physical Education, Delhi: Surjeet Publications, 1988.
4. Phillips, D.A. and Hornak, J.K. Measurement & Evaluation in Physical Education, New York: John Wiley and Sons, 1979.

PAPER - VI
OPTIONAL GROUP - II
(iii) YOGA (THEORY)

Time : 2 Hours

M.M. : 25

1. Definition of Yoga, aims & importance of yoga in the field of Physical Education.
2. Development of Yoga in India.
3. Shat Karmas, Yogic methods of personal Hygiene, Cleansing processes.
4. Bandhas and Mudras and their Physiological effect.
5. Pranayama; importance of pranayama and relaxation.
6. System/types of Yoga : Bhakti Yoga, Raj Yoga, Karm-Yoga, Laya-Yoga, Mudra Yoga.
7. Ashtang Yoga/(Eight fold path of yoga) with special reference to Physical Education & Sport.

Note :- Examiners are requested to set 9 Questions, equally distributed throughout the entire course out of which candidate will be required to attempt any five questions.

(PRACTICAL)

M.M.: 25

1. Note book
2. Any 10 of the Asanas out of the following
 - (i) Yogamudra
 - (ii) Paschimottansana
 - (iii) Dhanurasana
 - (iv) Ardh-Matsyendrasana
 - (v) Padamasana
 - (vi) Sarvangasana
 - (vii) Savasana
 - (viii) Bhujangasana
 - (ix) Chakrasana
 - (x) Suryuanamaskara
 - (xi) Matsya Asana
 - (xii) Supt-vajarasana

- | | |
|----------------------|---------------------|
| (xiii) Hanuman Asana | (xiv) Salabha Asana |
| (xv) Trikon Asana | (xvi) Sirish asana |
3. Pranayama
 4. Any two advance asanas
 5. Any one Kriya from the following :-

(i) Neti	(ii) Uddiyana Bandha
(iii) Vastrā Dhauti	(iv) Nauli

REFERENCE/RECOMMENDED BOOKS :-

- | | |
|------------------------------|-----------------------------------|
| 1. Swami Kuvlyananda. | Asanas and Pranayama |
| 2. Yoga Acharya Parkash Dav. | Yoga for Health Happiness & Peace |
| 3. Alain Daniel. | Yoga Method of Reincarnation. |
| 4. Shri Yogananda. | Yoga Personal Hygiene. |
| 5. Desnonds yubee. | Yoga for Every Man. |
| 6. Mary M. Lace. | Message and Medical Gymnastics. |
| 7. Kellage. | Water Cure. |
| 8. Trely. | Message and Remedial Gymnastics. |

PART - II :

PAPER - VII

SKILL & PROWESS (ACTIVITY COURSES)

M.M.: 400

Pass Marks : 160

(Sessionsl Work, on the basis of yearly assessment of each candidate)

I: The following activities will be included in the programme :

- (a) Team sports-Football, Hockey, Circket, Volleyball, Basketball, Kabaddi, kho-kho, Handball,

(b) Individual activities :-

- (i) -Gymnastics (Tumbling; Pyramids; Vaulting; Parallel bar;)-Wt. lifting and Wt. Training.
- (ii) Athletics (Runs, Hurdles; Relay; Jumps)
- (iii) Aquatics
- (c) Recreational sports - Badminton, Tennis, Tenikot
- (d) Formal activities - calisthenics; Light apparatus drills with Indian clubs, dumbell, Wand, Pole, leziun.
- (e) Informal activities - Yogic assans, imitation & story plays, action songs and free play activities suited for children.
- (f) Rhythmic activities - Bratachari, Tipri and other folk dances
- (g) Defensive activities - Wrestling, Boxing, lathi
- (h) Relay games and group games
- (i) Camping, Hiking, Excurssion, Picnics
- (j) Special occasion activities of national importance

II: For Women Students :-

- (a) Only hockey, volleyball, basketball; kabaddi, kho-kho, softball, netball, throwball.
- (b) i) Only tumbling and vaulting, ii) Same as for men
iii) Same as far⁹ men
- (c) Same as for men
- (d) Same as for men
- (e) Same as for men
- (f) Same as for men
- (g) Only lathi
- (h) Same as for men.
- (i) Same as for men
- (j) Same as for men.

In addition, the students are required to have practice in oficiating at games and other activities viz. organising sports meet, tournaments, picnics, excursions.

PART - III

TEACHING PRACTICE

External Maximum Marks	:	100
Pass Marks	:	40
Sessional work	:	100 (Based on yearly assessment)
Pass Marks	:	40

During the sessional each student will have to complete 20 (twenty) supervised lessons on different activity courses. 10 (ten) of which should be given in schools or colleges. Regular practice teaching lessons will provide sufficient data for assessing the ability of the students.

Each student will have to take three final lessons, one general and one special and one from Athletics, 40 minutes duration each.

(All classes for 1st standard to Higher Secondary standard, i.e. Class xi)

Suggested scheme of assessment in the activity courses.

(i) Notes & assignments.....	20% of the Marks allotted
(ii) Skill learning.....	30%.....do.....
(iii) Application of Skills in activity situations.....	30%.....do.....
(iv) Officiating Practice.....	10%.....do.....
(v) Regularity, Attendance, Disciplines, and General attitude	10%.....do.....