

FOUNDATIONS OF PHYSICAL EDUCATION

Max. Marks =75

Time allowed: 3Hrs

UNIT-I

Meaning, Definitions, Need, Importance, Objectives & Principles of Physical Education.
Foundations of Physical, Biological, Sociological, Psychological & Scientific basis of Physical Education, Exercise Science and Sport.

UNIT-II

Introduction of philosophies – naturalism, pragmatism, realism, idealism
Importance and need of philosophies in modern physical education programmes

UNIT-III

Meaning, need, importance of fitness and wellness movement in the contemporary perspectives.
Sports for all and its role in the maintenance and promotion of fitness.

UNIT-IV

Historical perspectives of Greece, Rome, India, and Modern perspectives: USA, UK, China and INDIA.
Olympic movement and its impact on modern society

UNIT-V

Physical education and sports: - YMCA, LNUPE, IGIPSS, SAI, NSNIS, Programmes – NSO, NCC, NSS.
Career Avenues, National awards and Honours

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each. The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

SUGGESTED READINGS:

- Chauhan S K (2005). Sharirik Shiksha Ka Vistrit Gyan, Friends Publication. Delhi.
- Jain P (2006). Shreerik Shiksha Ka Ithas. Khel Sahitya. Delhi.
- Kamlesh ML (2005). Physical Education and Exercise Sciences: An Objective Approach. Friends Publication. Delhi.
- Kamlesh ML (2005). Understanding Physical Education and Sports. Friends Publication, Delhi.
- Lumpkin, A. (2007). Introduction to Physical Education, Excises Science and Sports Studies, McGraw Hill. New York, USA.
- Sharma NP (2005). Sharirik Shiksha Kai Sidhant Aur Itihas. Khel Sahitya Kendra, Delhi.
- Siedentop, D. (2004). Introduction to Physical Education, Fitness and Sports. 5th Ed. McGraw Hill. New York, USA.
- Singh MK (2007). Shareerik Shiksha Main Sangtan, Avum Parvakshan. Friends Pub., New Delhi.
- Uppal AK & Gautam GP (2008). Health and Physical Education. Friends Publication. New Delhi.
- Wuest DA and Bucher CA (2003). Foundations of Physical Education Exercise Science and Sports. McGraw Hill Companies, Inc., New York, USA.
- Zeigler EF (2007). History and Status of Physical Education and Educational Sports. Sports Education. New Delhi.

Semester I

ANATOMY & PHYSIOLOGY

Max. Marks =50

Time allowed: 3Hrs

Unit-I

Definition of anatomy & physiology, Cell-microscopic structure of cells, functions of its organelle, Tissue-classification & functions, Organ, Systems of therapy, Bone & joints- structure and classification

Unit-II

Muscular System-classification, structure, functions, properties of muscle, types of muscular contractions, Name of various muscular acting on various joints, Cardiovascular system Structure of heart, cardiac cycle, blood pressure, cardiac output, structure & function of blood, athlete's heart.

Unit-III

Respiratory system-structure and function, second wind, oxygen debt, Digestive system-structure & function, balanced diet, metabolism & maintenance of body temperature.

Unit-IV

Nervous system-structure of brain, spinal cord, Autonomies nervous system, reflex action, Endocrine system- role of various endocrine glands, Structure & function of human eye & ear

Unit-V

Excretory system-structure & function, including structure & function of skin, Reproductive system- structure & function of male & female Reproductive system

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practicals:-

1. Counting of pulse rate
2. Measurement of blood pressure
3. Study of various bones of human body
4. Study of different body system with the help of models
5. Study of various movements of the joints.

SUGGESTED READINGS:

- Jain AK (2002). Anatomy & Physiology for Nurses. Arya Publishers, Delhi.
- Moried EN (2007). Essential of Human Anatomy & Physiology. Ed. 8th Dorling Kindersley, India.
- Prives M and Others (2004). Human Anatomy Vol. I & II Paragon, Delhi.
- Seeley & Others (2008). Anatomy & Physiology. McGraw Hill, Boston.
- Tortora (2003). Principles of Anatomy & Physiology, New York: John Willy & Sons,
- William CS (2000). Essentials of Human Anatomy & Physiology, Benjamin
- Wilson and Waugh (1996). Anatomy & Physiology in Health & Illness. Churchill Livingstone

GAME OF SPECIALIZATION – ATHLETICS**Unit-I**

Introduction to athletics

Historical developmental of athletics- Ancient Olympics and Modern Olympics games

Constitution and functions of AFI (Athletics Federation of India) DSOA (Deli State Olympic Association) AIU (Sports Association of Indian Universities) DSAA (Delhi State Athletics Association)

Unit-II

Introduction and types of track

Procedure and methods to mark the track (200m, 400m)

Warm-up and Cool down- Need, importance and procedure

Marking and construction of Javelin throw, Hammer throw arena

Specification and construction of high jump and pole vault pit/run ways

Unit-III

Brief background, techniques, training and important motor components of the following events:

Sprints races (100m, 200m, 400m)

Shot put and Discuss throw

Long Jump and Triple Jump

Unit-IV

Tactics and strategies of the concern events

Safety measures, precautions and prevention of injuries

Officiating, rules and regulation of related events

Unit-V

Introduction to athletics, training planning and periodisation

Introduction to training methods various types of methods

Characteristics of athletics of related events

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical

1. Technical training and practice of following
2. Sprints Starting techniques, finalizing techniques
3. Shot put and Discuss throw
4. Long Jump and Triple Jump
5. Record file

SUGGESTED READINGS

- Chauhan BS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
- Evans DA (1984). Teaching Athletics. Hodder, London
- Fox EL (1998). Physiological Basis of Physical Education and Athletics Brown Pub.
- Gothi E (2004). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Gupta R. (2004). Layout & Marking of Track & Field. Friends Publications. India. New Delhi.
- Herb Amato, DA ATC et al (2002). Practical Exam Preparation Guide of Clinical Skills of Athletic Training. Slack Incorporated. 1st ed., USA.
- Maughan, R. and Gluson, M. (2004). The Biochemical Basics of Athletic Performance. Oxford University Press, U.K.
- Prentice, W. and Arnheim, D. (2005). Arnheim's Principles of Athletic Training 12th Ed. McGraw Hill. in place of Knight (1988).
- Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
- Shri Vastav Abhay Kumar (1997). Athletics. S & S Parkashan.
- Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.
- Thani Lokesh (1995). Skills and Tactics Track Athletics. Sports Pub. Delhi.
- Thani Y. ed. (1991). Encyclopedia of Athletics. Gian Pub., Delhi.

Semester I

Max. Marks =50

Time allowed: 3Hrs

GAME OF SPECIALIZATION – BASKETBALL

UNIT-I

Historical development of basketball at international and national level, Modern trends and developments in basketball

UNIT-II

Latest Rules, and their Interpretations, Basic skills and techniques, Measurement of basketball court

UNIT-III

Prerequisites of preparation and training, Theory of basketball training process, Principles of warming up and cooling down and their effects

Chest pass, Underhand pass, Dribbling, Shooting- long shooting, lay up shots, Coaching points, Tactical application

Drills for skill development (any five), Defense patterns and drills (zone and man - man drill), Lead up games for beginners in basketball , Teaching of basketball skill

UNIT-IV

Development of motor components with specific reference to basketball, Development of basketball specific fitness components

UNIT-V

Fitness tests- AAHPER Youth Fitness Test, AAHPER Health related Fitness Test,

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICAL

1. General and specific warm up
2. Teaching fundamental skills
3. Drills for defense and offense system
4. One on one measurement, development and evaluation of motor components
5. Preparing training load and schedule for basketball players

SUGGESTED READINGS

- Drewett, J. (2007). How to Improve at Basketball. Crabtree Publishing Co., USA.
- Goldstein, S. (1998). Basketball Fundamentals. 2nd Ed. Golden Aura Publishing, USA.
- Jain Naveen (2003). Play and Learn Basket Ball. Khel Sahitya Kendra. New Delhi.
- Nat BB (1997). Conditioning Coaches Association. NBA Power Conditioning. Human Kinetics.
- Sharma OP (2003). Basket Ball Skills and Rules. Khel Sahitya Kendra, Delhi.
- Thani Lokesh (1995). Skills & Tactics of Basket Ball. Sport Pub. New Delhi.
- Thani Yograj (2002). Coaching Successfully Basket Ball. Sports Publisher. Delhi.
- Wilmore & Costill (2004). Physiology of Sports & Exercise. Human Kinetics, USA

GAME OF SPECIALIZATION- BADMINTON**UNIT-I**

Origin, historical perspectives and modern trends & development of Badminton, Orientation of the fundamental skills, Construction and maintenance of badminton court

UNIT-II

Training of motor components, Technical preparation –reflexes, perceptual sense, neuro-muscular coordination, equipments etc., Techniques and tactics, Individual and game strategies Physical and physiological preparation Psychological preparation

UNIT-III

Systematizing training process for badminton players – general warming-up, specific warming-up and cooling down, Training for beginners, Training for intermediate players - advanced sportspersons

UNIT-IV

Prevention of injuries, Safety measures, Specific injuries in Badminton and their causes, Management of injuries, Rehabilitation of injured players

UNIT-V

Meaning, definition, classification and components of nutrition, Energy requirements of badminton players Nutritional requirements of badminton players : pre, during and post competition phases

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Demonstration of skills
2. Warming-up (general and specific), cooling down, and supplementary exercises
3. Training for foot work
4. Shadow practice and pressure training
5. Visit to a place where the facilities of Badminton exist

SUGGESTED READINGS

- Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- Golds, M. (2002). Badminton: Skills of the Game. Growood Press, USA.
- Grice, T. (2007). Badminton: Steps to Success. 2nd Ed. Human Kinetics, USA.
- Gupta R. Kumar P. and Tyagi S. (2008). Textbook on Teaching Skill and Prowess (Part I & II). Friends Publication. New Delhi.
- Jain D (2001). Teaching and Coaching –Badminton. Khel S.K. Delhi
- Kumar A (2003). Badminton. Discovery, New Delhi.
- Narang P (2005). Play and Learn Badminton. Khel Sahitaya Kendra
- Singh MK (2006). A to Z Badminton. Friends Pub. New Delhi.
- Singh MK (2007). Comprehensive Badminton. Friends Pub. New Delhi.

GAME OF SPECIALIZATION – CRICKET**UNIT-I**

Historical development of cricket at international and national level, Modern trends and developments in cricket, Organization of cricket at international and national level, BCCI, ICC, DDCA, MCG, NCA etc., Organizational setup and constitution of cricket and state bodies

UNIT-II

Latest rules and their interpretations

UNIT-III

Basic skills and techniques, Batting - forward defense, backward defense, all types of drives, glance, cut, pull, and sweep, Bowling - medium pace, leg spin, off spin and their improvisation

UNIT-IV

Fielding - catching, ground fielding, close and deep fielding, Wicket keeping, Drills for skills development (any five), Lead-up games for beginners in cricket

UNIT-V

Principles of warming up and cooling down and their effects
Mental preparation and motivational techniques in cricket

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness
Speed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility
3. Game officiating

SUGGESTED READINGS

- Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers. New Delhi.
- Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
- Cricket (2008). Sports Skills: Cricket Fielding (Know the Game). A & C Black Publishers.
- Gupta, K. (2006). How to Play Cricket. Goodwill Publishing House, New Delhi.
- Hobbs, J. (2008). The Game of Cricket As it should be Played. Jepson Press, USA.
- Jain R. (2003). Fielding Drills in Cricket. Khel Sahitya Kendra. New Delhi.
- Rachna (2002). Coaching Successfully: Cricket. Khel Sahitya Kendra. New Delhi.
- Sharma P. (2003). Cricket. Shyam Parkashan. Jaipur.
- Thani V. (1998). Coaching Cricket. Khel Sahitya Kendra. New Delhi.

Semester I

Max. Marks =50

Time allowed: 3Hrs

GAME OF SPECIALIZATION – FOOTBALL**UNIT-I**

Historical development of football at international and national level, Modern trends and developments in football

UNIT-II

Latest rules and their interpretations, organization of FIFA & AIFF

UNIT-III

Prerequisites of preparation and training, Theory of football training process, Basic skills and techniques, Kicking, Receiving, Heading, Dribbling, Pyramid system – Swiss bolt, three back system, 4-2-4 formation,

UNIT-IV

Goal-keeping, pre-contact movement, contact, Coaching points, Tactical application, Drills for skill - development (any five), The field defense – general characteristics, teaching progression and coaching tips, position specific and other defense drills, Lead - up games for beginners in football,

UNIT-V

Fitness tests - AAHPER Youth Fitness Test, Fleishman Physical fitness test, Indiana Motor Fitness Test, Skill tests – McDonald test, Mitchell - McDonald test.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICAL

1. Kicking – basic action, requirement, classification and types of kicking
2. Receiving – with the feet, legs, inside the foot, outside and sole, thigh, stomach, abdomen and chest
3. Heading – types of heading, surface of impact, proper movements
4. Dribbling and shooting– types of skills
5. Goal keeping – receiving the ball on floor and in the air, diving skills, punching the ball

SUGGESTED READINGS

- American Football Coaches Association (2002). The Football Coaching Bible. 1st Ed., Human Kinetics, USA.
- Carling, C., Williams, M. and Reilling, T. (2006). Handbook of Soccer Match Analysis : A Systematic Approach to Improving Performance. Routledge Publishers, USA.
- Long, H. and Czarnecki, J. (2007). Football for Dummies. For Dummies Publisher, USA.
- N Kumar (2003). Play and Learn Football. K.S.K. New Delhi.
- Reilly, T. (2006). The Science Trainign Soccer : A Scientific Approach to Developing Strength, Speed and Endurance. Routledge Publisher, USA.
- Reilly, T. and J.C.D. Arau (2008). Science and Football V : The Proceedings of the 5th World Congress on Sports Science and Football, Volume 5.
- Sharma OP (2001). Teaching and Coaching –Football. Khel S.K. Delhi.
- Thani Yograj (2002). Coaching Successfully Football. K.S.K. New Delhi.

GAME OF SPECIALIZATION – GYMNASTICS**UNIT-I**

Origin and development of gymnastics in India and Asia, Structure and function of FIG, GFI, AGU, AIU

UNIT-II

Rules & regulations, types of competition, types of jury, code of point-artistic gymnastic, Gymnastics coach- Qualifications, qualities and abilities, Personality profiles of a gymnastics coach
Knowing gymnastics terminology- Definition and principles of terminology, Methods of naming various gymnastics terms, Names and definition of some basic positions and movements

UNIT-III

Role of various motor abilities in gymnastics, Means and methods of developing general motor abilities and their evaluation, Means and methods of developing specific motor abilities and their evaluation

UNIT-IV

Supporting techniques and their methods, Security – means and methods, Self security methods, Causes, prevention and remedies of injuries in gymnastics

UNIT-V

Artistic Gymnastic

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Physical fitness in gymnastics : (i) Free hand exercises; (ii) Use of apparatus
2. Trampoline gymnastics : (i) jumps, (ii) somersaults (forward), (iii) twists/turns on small trampoline
3. Visit to the gymnastics centre

SUGGESTED READINGS

- Brown (2009). How to Improve at Gymnastics. Crabtree Publishing Co., USA.
- Chakraborty S and Sharma L (1995). Fundamental of Gymnastics. D.V.S. Pub. New Delhi.
- Chakraborty S (1995). Fundamental of Gymnastics. DVS Pub. New Delhi.
- Chakraborty S (1998). Women's Gymnastics. Friends Pub. Delhi.
- Code of Points Trampoline Gymnastics (2005). Federation Int. De Gymnastics
- Federation International Gymnastics (2006). Federation Int. De Gymnastics
- Harvey FJ (1998). Physical Exercises & Gymnastics. Khel Sahitya. New Delhi.
- Jain R (2005). Play and Learn Gymnastics. Khel Sahitaya Kendra
- Mitchell, D., Davis, B. and Lopez, R. (2002). Teaching Fundamental Gymnastics Skills. Human Kinetics, USA.
- Price, R.G. (2006). The Ultimate Guide to Weight Training for Gymnastics. 2nd Ed. Sportsworkout.com.
- Schlegel, E. and Dunn, CR. (2001). The Gymnastics Book : The Young Performer's Guide to Gymnastics. Firefly Books, USA.
- Smither Graham (1980). Behing The Scence of Gymnastics. London.
- Stickland, L.R. (2008). Gender Gymnatics. Trans Pacific Press, Japan.

GAME OF SPECIALIZATION – HANDBALL

UNIT-I

Historical development of handball at international and national level, Modern trends and developments in handball

UNIT-II

Introduction to rules and regulations, interpretations of rules, layout of handball field and player's kit and equipment.

UNIT-III

Introductions to basic skills. techniques and their importance.

UNIT-IV

Common sports injuries in handball, treatment, rehabilitation and safety measure.

UNIT-V

Introduction to international, national and state handball federation/association, their organization set-up constitution and functions.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical

1. Catching/Receiving the ball(at different heights)
2. Passing (chest pass, overhead pass, whist pass, shoulder pass, bounce pass, lob pass, long pass, back pass)
3. Dribbling (at different heights)
4. Shooting (Penalty shot, jump shot, long jump shot, high dive shot, fake shot, straight with blocking steps, straight without blocking shot, lob shot)
5. Goal keeping techniques
6. Anticipation
7. Interception

SUGGESTED READINGS

- Jain D (2003). Play & Learn Handball. Khel Sahitya Kendra. New Delhi.
- Kleinman, I. (2009). Complete Physical Education Plans. 2nd Ed. Human Kinetics, USA.
- Page, J. (2000). Ball Games. Lerner Sports Publisher, USA.
- Phillips, B.E. (2009). Fundamental Handball. Kessinger Publishers, USA.
- Schmottlach N Mcmanama J (1997). Physical Education Handbook. 9th Edition. Allyn & Bacon. London.
- Schmottlach, N. and McManama (2005). Physical Education Activity Handbook. Benjamin Cummings, USA.
- Surhone, L.M. et al (2010). Team Handball. Betascript Publishing, USA

Semester I

Max. Marks =50

Time allowed: 3Hrs

GAMES OF SPECIALIZATION – HOCKEY**UNIT-I**

Historical development of hockey at international and national level, Modern trends and developments in hockey.

UNIT-II

Introduction to rules and regulations, interpretations of the rules, layout of hockey field and player's equipment.

UNIT-III

Introductions to basic skills, their importance and techniques.

UNIT-IV

Common sports injuries in hockey, treatment, rehabilitation and safety measure.

UNIT-V

Introduction to international, national and state hockey federation/ associations, their organizational set up, constitution and functions.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Hitting & Receiving– classification, basic action
2. Dribbling
3. Ball passing and tackling
4. Push
5. Scoop
6. Goal keeping –diving skills, receiving and clearing the ball

SUGGESTED READINGS

- International Hockey Federation (2003). Rules of the Game of Hockey with Guidance for Players and Umpires. International Hockey Federation. India.
- Jain D (2003). Hockey Skills & Rules. khel Sahitya Kendra . New Delhi.
- Narang P (2003). Play & Learn Hockey. Khel Sahitya Kendra. New Delhi.
- Pecknold, R. and Foeste, A. (2009). Hockey : Essential Skills. McGraw Hills, USA.
- Rossiter, S. (2003). Hokcey the NHL Way : Goaltending Illustrated Edition. Sterling Publishers, USA.
- Thani Yograj (2002). Coaching Successfully Hockey. Sports Publication. Delhi.
- Walter, R. and Johnson, M. (2009). Hockey Plays and Strategies. Human Kinetics, USA.
- Weekes, D. (2003). The Biggest Book of Hockey Trivia. Greystone Books, USA.
- Wukovits, J.F. (2000). History of Hockey 1st Ed. Lucent Books, USA.

GAME OF SPECIALIZATION – JUDO

UNIT-I

Origin, historical perspectives, development in India and World, modern trends, Structure and function of Judo Federation of India (JFI), International Judo Federation (IJF), Fundamentals , Technique classification and tactics

UNIT-II

Required motor abilities, Technical preparation and grading system , Competition area, equipments etc., Physical, physiological and psychological preparation

UNIT-III

Systematizing training process for players – warming-up, cooling-down, supplementary exercises, basic skills, weight-training, circuit-training, Training for beginners, Training for intermediate players , Training for high performers

UNIT-IV

Common injuries of Judo

UNIT-V

Latest rules and regulation in Judo

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICAL

1. Warming-up (general and specific), cooling down, supplementary and stretching exercises
2. Demonstration of judo techniques
3. Ground work training
4. Training of fundamentals of judo
5. Visit to a Judo Centre

SUGGESTED READINGS

- Diago, T. (2005). Kodokan Judo Throwing Techniques. Kodansha International Publishers, Japan.
- Harrison EJ (2002). Coaching Successfully Judo. Sports. Delhi.
- Jain D (2003). Play and Learn Judo. Khel Sahitaya Kendra. New Delhi.
- Law, M. (2009). Falling Hard : A Journey into the World of Judo. Trumpeter Publisher, Japan.
- Putin, V., Shestakov, V. ad Levitsky, A. (2004). Judo : History, Theory and Practice. Blue Snake Books, Moscow.
- Takahashi, M. (2005). Mastering Judo. Human Kinetics, USA.

GAMES OF SPECIALIZATION - KABADDI

UNIT-I

Historical development of Kabaddi at Asian and national level, Modern trends and developments in Kabaddi

UNIT-II

Latest rules and their Interpretations

UNIT-III

General and specific warming up and cooling down (specific exercises for Kabaddi)

Principles of warming up and cooling down and their effects

UNIT-IV

Basic skills and techniques-Raid – mule kick, corner chain break, shoulder jumping, Catching – ankle hold, waist hold, chain formations, Bonus, Preparation

UNIT-V

Measurement, preparation & maintenance of court, major tournaments & trophies

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. General & specific warming-up
2. Training means for development, Flexibility, Coordination
3. Ground measurement

SUGGESTED READINGS

- Mishra , S.C. (2007). Teach Yourself Kabaddi. Sports Publications, New Delhi.
- Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS. Patiala Publisher
- Rao EP (1994). Modern Coaching in Kabaddi. D.V.S.Pub
- Syal, M. (2004). Kabaddi Teaching. Prerna Parkashan, New Delhi.

GAME OF SPECIALIZATION - KHO-KHO**UNIT-I**

Historical development of Kho-kho at national level, Modern trends and developments in Kho-kho, Organization of KKFI and the confederations The congress, the board of administration, executive committee, the permanent secretariat, the internal auditors, Organization and constitution of KKFI and Affiliated Units

UNIT-II

Latest Rules, and their Interpretations

UNIT-III

Prerequisites of preparation and training-Theory of Kho-kho training process, General & specific warming up and cooling down (specific exercises for Kho-kho)

Principles of warming up and cooling down and their effects

Basic skills and techniques-Running – chain game - single chain, double chain 3-3-2, Feint, Dosing, Oval, Chasing – pole dive – sitting, running, fake and pole dive, Sitting and block, Dive – air dive, sitting dive, flat dive

Preparation, pre-contact movement, contact, Tactical application, Drills for skill development, the court defense – general characteristics

UNIT-IV

Development of motor components with specific reference to Kho-kho, Development of Kho-kho specific fitness components, Specific training methods for different positions

UNIT-V

Types of tournaments, trophies & cup, Skill tests - Evaluation of team performance – observation techniques, statistical techniques, scouting charts

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness
Speed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility
3. Game officiating
4. Ground measurement & preparation of Kho-kho court

SUGGESTED READINGS

- Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.
- Panday L (1982). Kho - Kho Sarvaswa. Metropolitan. New Delhi.

GAME OF SPECIALIZATION – VOLLEYBALL**UNIT-I**

Historical development of Volleyball at international and national level , Modern trends and developments in volleyball, Organization of FIVB and the confederation, The congress, the board of administration, executive committee, the international commissions, the Permanent Secretariat, the continental confederations, Organization and constitution of VFI and state bodies

UNIT-II

Latest rules, and their interpretations

UNIT-III

Prerequisites of preparation and training-Theory of volleyball training process, General and specific warming up and cooling down (specific exercises for volleyball), Principles of warming up and cooling down and their effects

UNIT-IV

Basic skills and techniques-The serve – underhand, tennis, jump and serve, overhead float, Forearm passing, Overhead passing, Spiking / attack, Blocking, Preparation, pre-contact movement, contact
The court defense – general characteristics, position specific and other defense drills, Lead - up games for beginners in volleyball

UNIT-V

Development of motor components with specific reference to volleyball, Development of volleyball specific fitness components

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness
Speed, Strength, Endurance, Flexibility, Coordination, Agility, blocking, fighting
3. Game officiating

SUGGESTED READINGS

- American Volleyball Coaches Association (2005). Volleyball : Skills & Drills. Human Kinetics, USA.
- FIVB (1996). Backcourt Spiking in Modern Volley Ball. FIVB. Chennai.
- Kenny, B. and Gregory, C. (2006). Volleyball : Steps to Success. Human Kinetics, USA.
- Saggar SK (1994). Cosco Skills Stactics - Volley Ball. Sport Publication. Delhi.
- Scates AE (1993). Winning Volley Ball. WC Brown. USA.
- Scates, A. and Linn, M. (2002). Complete Conditioning for Volleyball. Human Kinetics, USA.
- Shondell, D. and Reynaud, C. (2002). The Volleyball Coaching Bible. Human Kinetics, USA.
- The National Alliance for Youth Sports (2009). Coaching Volleyball. For Dummies Publishers, USA.
- Volleyball, USA (2009). Volleyball : Systems and Strategies. Human Kinetics, USA.

GAME OF SPECIALIZATION – YOGA**UNIT-I**

Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields

UNIT-II

Philosophical aspects of yoga-Pre-vedic, Vedic period; Buddhism, upnishada period, Jainism & tantra

UNIT-III

Meaning, techniques, precautions & effects of the following:-

Asanas : padmasana, vajrasana, sidhasana, paschimottanasa, halasana, sarvangasana, shalabhasana, ardh-matsyendrasana, bhujangasana, tadasana, vrikshasana, matsyasana, gomukhasana, ushtrasana, shavasana, makarasana, vrishchikasana, dhanurasana, purna matsyendrasana, chakrasana, ek pad sikandasana, bakasana, mayurasana, shirshasana

Pranayama : anulom-vilom, bhastrika, suryabhedhen pranayama, sheetali, sheetkari, bhramari, ujjayi

Shatkarma : neti, dhauti, nauli, basti, kunjil, kapal bhati, shankh prakshalana

Bandhas : jalandhar, uddyana, mool bandha

UNIT-IV

Disease wise treatment through yoga therapy- Asthma, high & low B.P, diabetes, obesity, heart disease, insomania, arthritis, backache & female disease

UNIT-V

Diet & constitution, components of nutrition, water, natural diet, balanced diet, fasting-its benefits, types & preparation. Importance of vegetarianism in yogic diet.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Prayer
2. Asanas, pranayama, shatkarma, bandha (as mentioned in theory)
3. Yoga-nidra/relaxation techniques
4. Visit to yoga centre/institutes

SUGGESTED READINGS

- Anand Omprakash (2001). Yog Dawra Kaya Kalp, Kanpur. Sewasth Sahitya Perkashan
- Iyengar, B.K.S. (1995). Light on Yoga : The Bible of Modern Yoga. Schocken Publishers, USA.
- Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA.
- Kirk, M. (2005). The Hatha Yoga Illustrated. Human Kinetics, USA.
- Mukerji, A.P. (2010). The Doctorine and Practice of Yoga. General Books, LLC, New Delhi.
- Norton, W.W. (2010). Yoga for Osteoporosis : The Complete Guide. W.W. Norton & Company, USA.
- Sarin N (2003). Yoga Dawara Ragoon Ka Upchhar. Khel Sahitya Kendra
- Sri Swami Rama, (2001). Breathing. Rishikesh Sadhana Mandir Trust.
- Swami Ram (2000). Yoga & Married Life. Rishikesh Sadhana Mandir Trust
- Swami Swatma Ram: Patanjali Yoga Sutra
- Swami Veda Bharti (2000). Yoga Polity. Economy and Family. Rishikesh Sadhana Mandir Trust
- Text Book Hath Yoga Pradipika
- Text Book Patanjali Yoga Sutra

Semester I

Max. Marks =75

Time allowed: 3Hrs

HINDI A & B

Syllabus from B.A. Programme of Delhi University

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each. The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.