

Semester II

METHODS OF TEACHING IN PHYSICAL EDUCATION

Max. Marks =50

Time allowed: 3Hrs

UNIT I

Meaning of teaching, coaching, officiating and as a career in Physical Education & Sports.
Meaning and need for methods, factors effecting teaching method.

UNIT II

Teaching methods: command, demonstration, imitation, discussion, part- whole, whole- part-whole, explanation and recitation
Techniques of presentation: personal and technical preparation.

UNIT III

Class management: techniques, formations, command (types and techniques) factors effecting class management
Lesson Plan: Need, construction, Introduction development, skill/recreation

UNIT IV

Qualification and qualities of a coach, Personnel in physical education/sports.
Teaching Aids: Need and Importance, Types of teaching aids.

UNIT V

Fundamental skills: athletics, aquatics, badminton, basketball, cricket, football, hockey, handball, kabaddi, Kho-Kho, volleyball and Judo, Yoga Assanas, Grounds: Preparation and marking of standard play areas, courts and track.

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. Teaching of fundamentals skills
2. Teaching Aids
3. Demonstration of fundamentals skills
4. Grounds
5. Preparation of lesson planning and skill

SUGGESTED READINGS

- Capel, S. et al Editors (2006). A Practical Guide to Teaching Physical Education. Routledge Publishers, USA.
- Graham, G.M. (2009). Children Moving : A Reflective Approach to Teaching Physical Education. 8th Ed. McGraw Hill, USA.
- Gupta R. (2010). Sharirik Shiksha Mein Shikshan Pradhyogiki. Friends Publication. New Delhi.
- Gupta R. Kumar P. and Sharma D.P.S. (1999). Lesson Plan in Physical Education & Sports. R.D.P. Publication. New Delhi.
- Gupta R. Kumar P. and Sharma D.P.S. (2004). Sharirik Shiksha Mein Path Yojna. Sahyog Prakashan. New Delhi.
- Gupta R. Kumar P. and Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends Publication. India. New Delhi.
- Kamlesh ML (2005). Methods in Physical Education. Friends. Delhi.
- Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends. Delhi.
- Panday Laxemikant (1996). Sharririk Shiksha Ki Shiksha Padati. Metropolitan Book. New Delhi.
- Shaw D and Kaushik S (2001). Lesson Palnning- Teachinh Methods and Classman in Physical Education. K.S.K. Delhi.
- Shrivastava A.K. (2004). Shareerik Shiksha Khel Main Santan Avum Prashashan. Sports. New Delhi.
- Wrisberg A (2007). Sport Skill Instruction for Coaches. Human Kinetics. Champaign. Illinois. U.S.A.

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COMPUTER APPLICATION IN PHYSICAL EDUCATION**UNIT-I**

Introduction to computers, Components of computer- CPU, Input, output and storage devices.
computer software – Operating System, Window-95, 98, 2000, XP, Vista, DOS

UNIT-II

Data and information concepts – bits, bytes, KB, MB, GB, TB.
MS-Office, MS-Word Spreadsheets and Power Point presentations, Internet Access

UNIT-III

Computer networks: Need and scope, classification: LAN, WAN, MAN, Client server technology.
Local Area Networks (LAN) – Components of LAN, Advantages of LAN, advantages of WAN.

UNIT-IV

Internet and Other Technology: Internet and www, internet, applications of internet, internet protocols.
Mobile commerce, Bluetooth and wifi, E-mail, Video conferencing.

UNIT-V

Computers and physical education: Need and scope of computer applications in physical education.
preparations of lessons regarding physical education using computer.

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Practicals:

To prepare test/lesson/data sheets using

1. MS Office
2. Spread Sheets
3. MS World
4. MS Excel
5. Power point

SUGGESTED READINGS

- Committee on Engaging Computer Science in Health Care (2009). Computational Technology for Effective Health Care. National Academic Press. U.S.A.
- Irtegov D. (2004). Operating System Fundamentals. Firewall Media.
- Milke M (2007). Absolute Beginner's Guide to Computer Basics. Pearson Education Asia.
- NIIT (2004). Basics of Networking Prentice – Hall. India Pvt. Ltd.

Semester II

Max. Marks =50

Time allowed: 3Hrs

GYMNASTICS

Unit-I

Brief history of gymnastics with special reference to India,

Fundamental skills:-

Men**Floor exercise**

Forward roll
 Backward roll
 Sideward roll
 Cartwheel
 Hand stand to forward roll

Women**Floor exercise**

Forward roll
 Backward roll,
 Sideward roll
 Cartwheel
 Leg Split

Unit-II**Parallel Bars**

Mount on Parallel Bars
 Straddle walk on parallel bars
 Upper arms swing
 Perfect swing
 Shoulder stand to roll forward
 Front or backward swing to the side (dismount)

Balancing Beam

Walking and running on the beam
 Turning movement on the beam
 Cat jump
 Dancing steps and movements
 Different kinds of scales
 Mount (1/4 turn to cross sitting)
 Dismount (Jump from the end of the beam with leg straddle in the air) and landing on ground with legs together

Vaulting Horse/Table Vault

Approach run and jump from the beat board
 Squat Vault
 Straddle vault

Vaulting Horse/ Table Vault

Approach run
 Take off from the beat board
 Squat vault
 Straddle vault

Unit-III

Men & Women-Rules of gymnastics and their interpretations. Rights & duties of officials during competition
 Important competitions at National, International levels, distinguished personalities concerned with gymnastics.

Fundamental skills:-

Men

Floor exercises
 Backward roll to handstand
 Diving forward roll
 Side split
 Handspring

Women

Balancing Beam
 forward roll to mount
 dancing steps
 headstand to roll forward
 Jump-scissor jump, tuck jump, stretch jump, pike jump
 Different kinds of scales
 Leap, sider leap, straddle leap, cat leap

Unit-IV**Roman Rings**

Different positions on roman rings
 Perfect swings
 Back Uprise
 Inlocation with bent body
 Shoulder dismount
 Up-start/kip

Uneven Parallel Bars

different kinds of grips
 back turn over (Mount)
 dismount from knee hang
 straddle circle forward and backward
 Back hip circle forward and backward

Horizontal Bar

Perfect swing n horizontal bar
 Back Uprise to support
 Straddle circle forward

Floor exercises

handstand
 Cartwheel
 combination of forward roll and backward roll

Up-start/Kip
Front roll
Fraddle dismount from H.B.

Backward roll to hand stand
Round off
Diving forward roll

Pomelled Horse
Grip shifting from support positing
Half single leg circle
One leg circle
Single leg circle inward
(Front Support)

Rhythmic Gymnastics
Dancing with Music
Sequence of dancing movement and force
Exercise with skipping rope, clubs, ribbon, hoop and ball

(From Un-Even Support)

Unit-V

Men & Women

Types of Gymnastics, Types of Competitions, Competition Article, Introduction of Code of points (Sitting of Judges in different competitions, Evaluation of compulsory and optional exercises, requirements of ABC part in different competition (Structure Group of exercise)

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

Exercises:-

1. Floor exercise
2. Parallel Bars
3. Balancing Beam
4. Vaulting Horse

SUGGESTED READINGS

- 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
- Derry G (1988). Personal Best Gymnastics. Willionm Colliv. London.
- 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
- Jain R (2003). Play and Learn Gymnastics. Khel Sahitaya Kendra. New Delhi.
- Pearson D (1991). Play The Game Gymnastics. Ward Lock. Britain.
- Smither Graham (1980). Behing The Scence of Gymnastics. London.
- Turoff Fred (1991). Artistic Gymnastics. C. Brown. U.S.A.

b) Game: Group-I

Common for all professional games (Basketball, Volleyball, Judo & Swimming)

Unit-I

Introduction of the games, history of games/sports in India, in Asia, in World

Unit-II

Fundamentals or basic skills, organization of sports in India

Unit-III

Important tournaments, trophies, cups, resource material (Books/Literature)

Unit-IV

Rules and regulations, role of official, duty of official

Unit-V

Officiating, Methods of officiating

Field Marking and Dimension of the game

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 8 questions for Part-A and 5 questions for Part-B taking atleast one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 2 marks each and questions for Part-B shall carry 5 marks each. The student is required to attempt any 5 questions from Part-A and any 3 questions from Part-B.

SUGGESTED READINGS

- American Volleyball Coaches Association (2005). Volleyball : Skills & Drills. Human Kinetics, USA.
- Diago, T. (2005). Kodokan Judo Throwing Techniques. Kodansha International Publishers, Japan.
- Drewett, J. (2007). How to Improve at Basketball. Crabtree Publishing Co., USA.
- FIVB (1996). Backcourt Spiking in Modern Volley Ball. FIVB. Chennai.
- Goldstein, S. (1998). Basketball Fundamentals. 2nd Ed. Golden Aura Publishing, USA.
- Guzman, R. (2006). The Swimming Drill Book. Human Kinetics, USA.
- Harrison EJ (2002). Coaching Successfully Judo. Sports. Delhi.
- Montgomery, J. and Chambers, M. (2008). Mastering Swimming. Human Kinetics, USA.

Semester II

Max. Marks =75
3Hrs

Time allowed:

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.