

**HOLISTIC PERSONALITY DEVELOPMENT CAKE****UNIT-I**

Introduction to Personality & holistic Personality, Meaning and Definition of Personality & holistic Personality. Introduction to the acronym CAKE (Commitment to Application of Knowledge Existing). Components of holistic Personality in relation to existing knowledge on personality and character building. PEST-MOVES (Physical, Emotional, Social, Temporal-Mental, Occupational, Vital, Environmental and Spiritual). Holistic personality as represented by the car and its four wheels.

**UNIT-II**

Physical Personality: Introduction, Meaning, Definition and Components of Physical Personality.

Physical Personality Principles of developing, controlling and maintaining Physical personality. Theoretical background measurement of personality. The acronyms MEN (Meditation, Exercise & Nutrition). Understanding physical growth and development.

Switching on the favourable genes and switching off the unfavorable and undesired genes. Anatomical, Biochemical, Physiological pattern of physical growth and development of different body tissues.

**UNIT-III**

Personality and Wellness: Introduction to wellness, relation of wellness and personality. Components of wellness, health, physical fitness, behaviour, behaviour change method, understanding self-responsibility for one's wellness.

Personality and Physical Fitness: Introduction, Components of Physical Fitness, Role of Physical Fitness in Physical Personality Development.

**UNIT-IV**

Mental Personality: Introduction, Meaning and Definition of Mental Personality. Type A, B and C personality characteristics. Somatotype and Personality Traits: Introduction to Somatotype and Mental Personality Traits.

Affective personality and its development.

**UNIT-V**

Spiritual Personality Development: Introduction, Meaning and Definition of Spiritual Personality. Quick fix and long term foundation of Spiritual Personality Development.

Heredity and Environment: Introduction to Heredity and Environment in relation to personality development. Understanding the acronym HELP-HELP.

**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.

**Practical**

1. Measuring self responsibility by questionnaire method of 24 hours recall method.
2. Measurement of holistic personality of self and others.
3. Personality development prescription to type A, type B and type C mental personality people.
4. Application of HELP-HELP and MEN Acronyms.
5. Personal identity measurement from health variables.
6. Personality measurement from fitness and from wellness variables.

**SUGGESTED READINGS**

- Bernard N. (2001). Turn off the Fat Genes. Harmony Books, New York. U.S.A.
- Callohan L. (2002). The Fitness Factor. The Lyons Press. Guilford. Connecticut. U.S.A.
- Covey SR (2004). The 8<sup>th</sup> Habit. Franklin Covey Co., Running Press Book Publishers. Philadelphia. Pennsylvania. U.S.A.
- Kansal, D.K. (2010). Holistic Personality Development. Sports and Spiritual Science Publications, New Delhi
- Osteen J. (2004). Your Best Life Now. Faith Words Publishing. New York. U.S.A.
- Peeke P. (2006) The National Body Challenge: Success Program for the Whole Family. Hay House. Inc., California. U.S.A.
- Robbins G Powers D. and Burgess S (2008). A Wellness Way of Life. McGraw Hill. Boston. USA.

- Roizen MF and Oz. MC (2005). You: The Owner's Manual. Harper Resource Publishers. New York. USA.
- Shaffer D.R. (2002). Developmental Psychological: Childhood and Adolescence. Thomson Wadsworth. Belmont. California. U.S.A.
- Shaffer D.R. (2005). Social and Personality Development. Thomson Wadsworth. Belmont. California. U.S.A.
- Vivekananda S (2001). Personality Development. Advaita Ashrama. Publication Department. Kolkata.

## Semester IV

## b) Optional Paper Group-I

## SPORTS NUTRITION

Max. Marks =25  
2Hrs

Time allowed:

**Unit-I**

Introduction to basic concepts in nutrition-Nutrients of physiological significance & their functions, sources of food and requirements in normal health conditions, Requirements for sports and exercising person

**Unit-II**

Energy metabolism-MBR, RMR, energy expended on physical activity and TEF, Energy requirements of specific sports groups, Energy cost of activities, Energy substrate for activities of different intensity and duration; aerobic and anaerobic, Concept of energy balance in maintaining weight

**Unit-III**

Planning balanced meal, Basic food groups, Concept of balanced diet, General and specific dietary guidelines in planning meals for children, adolescents, adult men and women, elderly, Nutritional considerations for sports/exercising person (endurance and strength sports/exercise training) as compared to normal active person-meals during training, pre event meal, during event and post event meal

**Unit-IV**

Fluid balance in sports and exercise, Importance, Symptoms and prevention of dehydration, Sports drinks –Hypo, Iso-and hypertonic drink for hydration, energy and recovery drink

**Unit-V**

Chronic dieting and eating disorders, Female athletic triad, Sports anemia, Nutrients as ergogenic aids for sports and exercise, Diet prescription for various sports group

**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.

**Practical**

1. Determination of energy expenditure in sports and exercise using various methods
2. Calculating total day's energy intake and energy expenditure and evaluating state of energy balance
3. Meal planning for regular training-endurance and strength sport activities
4. Planning a carbohydrate rich snack/meal
5. Planning a protein rich snack/meal
6. Planning Pre-event meal and liquid meal
7. Planning Post-event meal, high energy meal
8. Planning diet for weight gain and weight loss

**SUGGESTED READINGS**

- Antoni, J. et al, Editors (2008). Essentials of Sports Nutrition and Supplements. Humana Press, USA.
- Benardot, D. (2005). Advanced Sports Nutrition. Human Kinetics, USA.
- Brown Judith E (2002). Nutrition Now. Canada Pub. Peter Marshal
- Caliendo Mang Alica (1981). Nutrition and Preventive Health Care Mcemillin Publication Co.
- Clark, N. (2008). Sports Nutrition. 4<sup>th</sup> Ed. Human Kinetics, USA.
- Eberle, S.G. (2007). Endurance Sports Nutrition. Human Kinetics, USA.
- McArdle, W.d. & Katch, V.L. (2008). Sports and Exercise Nutrition. 3<sup>rd</sup> Ed. Lippincott Williams and Wilkins, USA.
- Meyer, D.E.L. (2006). Vegetarian Sports Nutrition. Human Kinetics Publishers, USA.
- Whitney E. and Rolfes S.R. (2005). Understanding Nutrition. Thomson Wadsworth. Belmont. California. U.S.A.

## Semester IV

## b) Optional Paper Group-I

## COMPUTATIONAL TECHNOLOGY

Max. Marks =25

Time allowed: 2Hrs

**Unit-I**

Meaning & importance of computation techniques and statistics, scope of computation techniques in social sciences and physical education, types of data primary data, secondary data, cross-sectional data, time series data, failure data, industrial data, directional data

**Unit-II**

Methods of sampling- simple random sampling, with or without replacement, stratified random sampling, systematic random sampling, cluster sampling, two-stage sampling

Classification of data, Raw scores, Single scores, Attribute and variable, Types of data, Population and sample, Parameters and statistics, Frequency distribution, Discrete and continuous class intervals,

**Unit-III**

Measures of central tendency, Measures of variability, graphical presentation of data, Characteristics of data  
Measurement of central tendency, arithmetic mean, mode, median, partition values, range, mean, deviation, mean square deviation, Uses and application of non-parametric statistic, Computation of chi-square, rank order correlation and tetrachoric correlation

**Unit-IV**

Application of computers in computation techniques, Data and information concepts – bits, bytes, KB, MB, GB, TB., MS-Office, MS-Word Spreadsheets and Power Point presentations, Use of MS-Power Point for making computer presentations regarding Physical Education.

**Unit-V**

Introduction to SPSS, Data Analysis in Physical Education using SPSS.

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**Practical**

1. Calculation of central tendency of the given data
2. Preparation of histogram, frequency curves, frequency polygon of the given data
3. Calculation of mean, median, mode and standard deviation of the given data
4. Analysis of given data using SPSS

**SUGGESTED READINGS**

- Clarke HH (1992). The Application of Measurement in Health and Physical Education.
- Committee on Engaging Computer Science in Health Care (2009). Computational Technology for Effective Health Care. National Academic Press, USA.
- Gupta G and Gupta D(1999): Fundamentals of Statistics, Vol. 1, The World Press Pvt. Ltd. Kolkata.
- Rothstein AL (1985). Research Design and Statistics for Physical Education. Prentice Hall. New Jersey. U.S.A.
- Shaw Dhananjay (2007). Fundamental statistics in physical Education & Sports sciences. sports Publication.

## Semester IV

## b) Optional Paper Group-I

## AEROBICS

Max. Marks =25

Time allowed: 2Hrs

**UNIT-1**

Introduction to concept of fitness, aerobics, types of aerobics  
Music and cuing

**UNIT II**

Introduction of human anatomy and physiology (skeletal system, muscular system, neurological system, cardio-pulmonary system)  
Concepts of kinesiology and biomechanics

**UNIT III**

Scientific principles of exercise  
Aerobic exercise program design

**UNIT IV**

Theory and principles of body conditioning  
Flexibility, agility and coordinative abilities

**UNIT V**

Injuries specific during aerobics/ special population  
Nutrition / supplements

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## Practicals

1. Music understanding & cuing (step aerobics, floor aerobics)
2. Workouts – low intensity, medium intensity and high intensity
3. Designing of aerobics/session
4. Specific conditioning exercise
5. Warm up & cool down exercise

**SUGGESTED READINGS**

- American college of sports Medicine(2005). Health-Related Physical Fitness Assessment Manual. Lippincott. London
- Bishop JG (2004). Fitness Through Aerobics. Benjamin Cummings. USA.
- Cooper K (2001). Aerobics Program for Total Well Being. Banton Doubly Dell Publishers. USA.
- Cooper K. and W. Proctor (1999). Controlling Cholesterol the Natural Way. Banton Doubly Dell. USA.
- Corbin C B. & Ruth L (2007). “Concepts of Physical Fitness”. McGraw Hill. Publishers. New York.U.S.A.
- Fahey T D. (1994). “Fit and Well”. McGraw Hill. Publishers. New York.U.S.A.
- Hoeger WWK and Hoeger SA (2007). Fitness and Wellness. Thomson Wadsworth. Californis. U.S.A.
- Kennedy Carol A. & Yoke M.M (2008). Methods of Group Exercise Instruction. Human Kinetics. New York.
- KinderT. A (1992). Aerobics. Eddie Bowers Publishing Co. USA
- Kumari S (2009). Fitness, Aerobics & Gym Operations. Khel Sahitya Kendra. New Delhi.
- Portal R (2002).Aerobics The Invisible Advantage. Author House Publishers. USA.
- Schott L (1987).Spiritual Aerobics. Christian Communications. USA.
- Tomkinson G.R. & Olds T.S. (2007). (ED.) Pediatric Fitness. Karger. London.

## Semester IV

## b) Optional Paper Group-I

## SPORTS FOR ALL

Max. Marks =25  
2Hrs

Time allowed:

**UNIT-I**

**INTRODUCTION:** Meaning and definition of Sports, Play, Games, Recreation, Pleasure, Happiness, Comforts; Personality :- aims, goals, objectives, Test, Measurement, Evaluation.

Four Domains – Cognitive, psycho-motor, affective and Fitness. Sports Search for all individuals, Motivation towards Sports; Introduction to Sports for fitness, fun, competitions, Health, rehabilitation, Figure and personality development.

**UNIT-II**

**SPORTS FOR FITNESS:** Meaning and definition; Components of health related Physical Fitness.

Measurement of Health Related Physical Fitness (HRPF); Development and Maintenance of Health Related Fitness with Sports participation.

**UNIT-III**

**SPORTS FOR FUN:** Meaning & Definition of fun, Games Festival; Organization and guidelines for Games Festival; Games Festival Facility; Sports Clubs.

**SPORTS FOR COMPETITIONS:** Meaning & Definition of Competition; Sports Selections; Sports participation and sports competitions.

**UNIT-IV**

**SPORTS FOR HEALTH:** Meaning and Definition of Health; Diagnosis of ill-health, Preventive health measures and sports; Treatment of ill health and Sports.

**SPORTS FOR PHYSIOTHERAPY :** Meaning and Definition of Physiotherapy & Handicap. Exercise and Sports participation for physiotherapeutic use. Testing of physiotherapeutic progress.

**UNIT-V**

**SPORTS FOR CHALLENGED POPULATIONS :** Introduction, Meaning and definitions of different challenged populations : Visually Challenged, Auditory Challenged, Physical Challenged. Modified Sports for above categories of challenged populations.

**SPORTS FOR FIGURE & PERSONALITY:** Meaning, concept and definition of Figure, general appearance, Personality measures; overweight and its disfigure effects; weight control, exercise and Sports.

**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.

**Practical**

1. Demonstration of warming up, exercise main activity and cool down periods with one experimental work each for outdoor and indoor Sports Activities.
2. Measurement of Body Weight and Height. Equipment needed, procedure and calculation of Body Mass Index (BMI) as well as recommended norms and interpretation of BMI for different Sports Persons.
3. Measurement of waist circumference and Hip Circumference enlisting equipment, procedure, calculation of waist-hip Index with explanation to Pear form and Apple form of Waist-Hip appearance.
4. Measurement of Flexibility: Sit & Reach Test, Hip Bend & Toe Touch.
5. Measurement of Strength: Leg Raise Test, Sit-up ability Test, Grip Strength.
6. Measurement of Muscular Endurance: Bench Jumps, Sit-ups, Knee Bends, Push ups, Pull ups.
7. Measurement of Cardio-Vascular Endurance: One Mile Run-Walk Test; H.S.T.
8. Demonstration of differences of body types in different Sports.
9. Diagnosis of Ill Health Components: B.P., Obesity, Blood Haemoglobin

**SUGGESTED READINGS**

- Bhatnagar DP, SK Verma and R. Mokha (1999). Human Growth. Exercise Science Publications Society. Department of Sports Sciences, Punjabi University, Patiala-147 002, Punjab.

- Corbin et.al. (2006). Fitness & Wellness-Concepts. McGraw Hill. Publishers. New York.U.S.A.
- Gopalan GB Sastri VR and. Balasubramanian SC (2004). Nutritive Value of Indian Foods. National Institute of Nutrition (ICMR). Hyderabad-500 007.
- Jensen C. and Naylor J. (2005). Opportunities in Recreation and Leisure Sports. McGraw Hill. Publishers. New York.U.S.A.
- Kansal DK (2008). Text book of Applied Measurement, Evaluation & Sports Selection, Sports & Spiritual Science Publications, New Delhi.
- Singh S.P.S. and Malhotra P (2003). Anthropometry. Human Biology Department. Punjabi University. Patiala-147 002 (India).

Semester IV

b) Optional Paper Group-I

SPORTS PHYSIOTHERAPY

Max. Marks =25

Time allowed: 2Hrs

**Unit-I**

Definition of Sports Physiotherapy, need & importance, Center of gravity, Axes and planes of the body, Levers, Suspension, Range of movement

Classification of movement:- Active-Assisted, free, resisted, Passive-relaxed, forced, stretching, Voluntary, Involuntary-reflex, cardiac, peristaltic and their effect and use

**Unit-II**

Fundamental and derived positions and their uses, Manual muscle testing, Posture- classification, causes of bad posture and their correction, Traction, Relaxation

**Unit-III**

Goniometry, Mobilization of joints, Apparatuses used in exercise therapy, Role of Physiotherapy in the management of, Rheumatoid arthritis, Osteoarthritis, Infective arthritis

Role of Physiotherapy in the treatment of diseases of nervous system, respiratory system and cardiovascular system

**Unit-IV**

Sports injuries-definition, classification, causes, prevention & management of sports injuries including first-aid, medical and surgical management

**Unit-V**

Modalities sports physiotherapy

Cold, Heat, Water, Radiation, Hydrotherapy, Cryotherapy,

Thermotherapy- Superficial Heat, Hydrocollator packs, Infrared lamp, Wax bath

Deep Heat- Shortwave diathermy, Microwave diathermy, Ultrasound therapy, Interferential therapy, TENS, Nerve muscle stimulator

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The student is required to attempt any 5questions from Part-A and any 3 questions from Part-B.

**Practicals:-**

1. Study the use of following in sports physiotherapy  
Infrared, Ultraviolet, Hydrocollator, Wax bath, Contrast bath, Whirlpool bath  
Cryotherapy, TENS, Interferential therapy, Short wave diathermy, Microwave diathermy, Ultrasound
2. Crutch walking
3. Demonstration of massage
4. Traction
5. Suspension

**SUGGESTED READINGS**

1. Thomson A (1991). Tidy's Physiotherapy. K.M Val Comp. Bombay.
2. Shekar, KC (2002). Sports Physiotherapy. K.S.K. Delhi.
3. Kitchen S and Bazin S (1996). Clayforis Electrotherapy. Prism Books Pnt. Bangalore.
4. King RK (1993). Performance Massage. Human Kinetics. U.S.A.
5. Pike 6 (1997). Sports Massage toe Peak Performance. Jones & Bartleet. London.
6. Gardner M Dena (1985). The Principles of Exercise Therapy. S.K. Pub. New Delhi.



Semester IV

Max. Marks =25

Time allowed: 2Hrs

(b) **Optional Paper Group-I**

**SPORTS JOURNALISM**

**UNIT-I**

Meaning, scope and changing trends of journalism in sports  
Historical development & role of print and electronic media in sports promotion

**UNIT-II**

Language – vocabulary, spellings, figure of speech , dialect, grammar, punctuation  
Fundamentals of a sports story/ news

**UNIT-III**

Organizational set-up of a news paper- printing, process sequences of operations in the printing of a news paper/journals.  
Introduction of various sports organization and agencies- Olympic Games, Asian games, commonwealth games, awards and trophies.

**UNIT-IV**

Theory and principles of advertising in sports  
Public relations in sports, press release, conferences

**UNIT-V**

Research tools for developing a sports story  
Process of news paper publishing and management

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**Practical**

1. Writing reports of sports events
2. Writing features on sports
3. Designs and make-up of sports page
4. Editing sports report
5. Drawing-up of a sports page
6. Collecting information of current affairs on sports

**SUGGESTED READINGS**

- Aamidor A (2003). Real Sports Reporting. Indiana University Press. Valparaiso. Indiana. U.S.A.
- Ahuja, B.N (1988). Theory and Practice of Journalism. Surjeet. Delhi.
- Andrews P (2005). Sports Journalism: A Practical Introduction. Sage Publications Ltd. Delhi.
- Boyle R (2006). Sports Journalism: Context and Issues. Sage Publications Ltd.
- Kamath, MV (1980). Professional Journalism. K.S.K. New Delhi..
- Steen (2007). Sports Journalism: A Multimedia Primer (Paperback). Routledge. London
- Wilstein S (2001). Associated Press Sports Writing Handbook. McGraw-Hill.

## Semester IV

b) **Optional Paper: Group-I**

Max. Marks =25

Time allowed: 2Hrs

**PHYSICAL GROWTH & DEVELOPMENT****Unit-I**

Introduction-Meaning and definition of growth, development, difference between the process of growth and development, factors affecting growth and development

Stages of growth & development:- Pre-natal and Post natal growth and development, growth curves, milestones of development

**Unit-II**

Methods of studying physical growth:- General Patterns of growth in different tissues & systems, longitudinal and cross-section study of growth and development, mixed longitudinal study

Sex differences in physical growth & development:- general differences in male and female patterns of growth and development

**Unit-III**

Distance and velocity curves of physical growth in height and body weight in males and females. Changes in physiological and motor development during adolescent growth period

Development age:- difference between calendar and developmental age, calculation of calendar age and developmental age, types of developmental age-skeletal age, dental age, secondary sex character age, shape age, early, average and late maturing pattern of growth and development

**Unit-IV**

Prediction of adult size and shape:- relation between skeletal measurements like body weight with parents and adult status of height with one's own height at childhood, basis of prediction of adult status at preadolescent age

Important factors for predicting- adult body weight:- age levels of growing individuals for accurate prediction of adult body stature in males and females, percentiles of body weight, growth norms specificity and accuracy of prediction at pre-adolescent age, factors disturbing accurate prediction during adolescent years

**Unit-V**

Growth and development in various domain of development- physical growth, cognitive (mental) growth, emotional development

Physical and Psychological growth & development:- relation between physical growth of brain and intellectual ability. Relation between growth and emotional development, growth and development in body form: types of physique and age changes

**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.

**Practical**

1. To measure body height & weight.
2. To measure skeletal diameters i.e. biacromial diameter, bicristale diameter, humerus bicondylor , wrist diameter, femur bicondylor, ankle diameter
3. To measure trunk circumferences namely chest circumferences- minimal, normal & maximal in males abdominal circumference at naval in both males & females
4. To measure limb circumference – upper arm. Fore arm, thigh and calf
5. To demonstrate the general method of measurement of skinfolds alongwith the specification of skinfold calipers.
6. To measure important limb skinfolds namely biceps and triceps skinfolds
7. To measure important trunk skinfolds namely sub-scapular, mid-axillaries, chest and suprailiac skinfold
8. To predict body fat from skinfold measurements
9. To calculate body composition i.e. lean body mass and body fat percentages from skinfolds from the given values of skinfolds
10. To draw distance curves of height and weight from the given values
11. To draw velocity curves from the given values of body height measured six annually from age 6 to 20 years
12. To calculate percentiles from the adult and given values of height and weight at different age levels.

### **SUGGESTED READINGS**

- Day JAP (1986). Perspectives in Kinanthropometry. The 1984 Olympic Scientific Congress Proceedings. Volume I. Human Kinetics Publishers. Champaign. Illinois. USA.
- Gallahue DL and JC Ozmun (1998). Understanding Motor Development-Infants, Children, Adolescents and Adults. McGraw Hill Company. Boston. USA.
- Gallahue DL (1993). Developmental Physical Education for Today's Children. WCB. Brown & Benchmark. Dubuque. Indiana. USA.
- Harrison GA, JS Weiner JM Tanner and NA Barnicot (1984). Human Biology. Clarendon Press. Oxford. London.
- ICMR (1989). Growth and Physical Development of Indian Infants and Children. Indian Council of Medical Research. New Delhi.
- Kansal DK (2008). Textbook of Applied Measurement Evaluation and Sports Selection. Sports and Spiritual Science Publications. New Delhi.
- Singh R (2007). Growth Patterns and Sports Performance. Sports Publications. New Delhi.

## Semester IV

b) **Optional Paper: Group-I****FITNESS & WELLNESS**

Max. Marks =25

Time allowed: 2Hrs

**Unit-I**

Definition of fitness & wellness, Components of fitness & wellness, Benefits of exercise & health, Fitness & wellness strategy, Fitness potential for popular sports, Fitness & wellness activities, Role of parents & community for the maintenance of fitness & wellness

**Unit-II**

Selection of machines for various parameters of health & wellness, Fitness center, Safety in gymnasium & sports field, Clothing & accessories, Carriers in fitness & wellness

**Unit-III**

Test, measurements & evaluation of fitness components, Cardiovascular endurance, Muscular strength, Muscular endurance, flexibility, body composition, agility, balance, co-ordination, speed, power, reaction time

**Unit-IV**

Assessment prior to fitness & wellness prescription, Principles of training, Training methods  
Diet prescription, Exercise prescription, Prescription for life style changes, Weight management

**Unit-V**

Prevention of diseases through fitness & wellness, Diabetes & exercise, Cardiovascular diseases and exercise, Ageing and exercise, Addiction management- sustains abuse controls  
Stress management, Spiritual management

**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 one from each unit. 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.

**Practicals:**

Test: - Cardiovascular endurance, Muscular strength, Muscular endurance, Flexibility  
Body composition, Agility balance, Co-ordination, Speed, Power, Reaction time

**SUGGESTED READINGS**

- Dougherty NJ et al (2002), Sport, Physical Activity and the Law. Sagamore Pub. Champaign. IL.
- Driskell JA and Wolinsky I (2002). Nutritional Assessment of Athletes. CRC Press. Boca Raton. Fla.
- Greenberg JS Diutriman GB and Oakes BM (2004). Physical Fitness and Wellness: Changing the way you look, feel and perform. Human Kinetics. Champaign. IL.
- Hoeger WW & Hoeger S (2007). Fitness & Wellness. Thomson Wadsworth .
- Maughan RJ Burke LM and Coyle EF (2004). Food, Nutrition and Sports Performance II: The International Olympic Committee Consensus on Sports Nutrition. Routledge. New York.
- Siedentop D (2004). Introduction to Physical Education, Fitness and Sport. McGraw Hill. Boston

Semester IV

c) Optional Paper Group-II

SPORTS INDUSTRY

Max. Marks =25  
2Hrs

Time allowed:

**Unit-I**

Introduction, history in relation to 'sports goods industry' in India, Industrial relations in India, Peculiar characteristic, i.e. Hand Made Goods, Involving skilled workers-piece rated wages, Policy- five year plans for production, export strategy and potential

**Unit-II**

Sports Industry in Europe-USA, Canada and ASIA & other parts of the world, Major sports-World wide-Europe, ASIA & India including some local games, development of sports

**Unit-III**

Future need for mechanization to improve quality, Evaluation of management thought, planning-nature, objective, promises, strategies & tactical plan

**Unit-IV**

Organizations-Principles, structure, management, levels, quality control, Personnel management- recruitment selection, training, performance

**Unit-V**

Direction/controlling- production control, material control, quality control, sales distribution-government departments, whole sellers & retailers

**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 5questions from Part-A and any 3 questions from Part-B.

**Practical**

1. Knowledge regarding, major sports, mechanization, export strategy and potentied
2. Wages system
3. Industrial relations
4. Knowledge regarding quality control, production control, material control
5. Sale distribution procedures

**SUGGESTED READINGS**

- Field S. (2008). Managing Your Career in the Sports Industry. Checkmark Books. Belmont. California. U.S.A.
- Kaing NH and Sakai K (2001). New Patterns of Industrial Globalisation. OECD Publishers. U.S.A.
- Kraft JP (2009). Leisure Economy 1960-1985; Students in sports Industry & Society. Johns Hopkins University Press. U.S.A.
- Likert R (1961). New Patterns of Management. McGraw Hill. New York. U.S.A.
- Mullin B. Hardy S. and Sutton W. (2007) Sports Marketing. Human Kinetics Publishers. U.S.A.
- Schaaf P. (2003). Sports Inc.: 100 Years of Sports Business. Prometheus Books. U.S.A.
- Sivia GS (1988). Sports Managemnt in Universities. A.I.U. Deen Dayal Upadhyaya Marg. New Delhi.

## Semester IV

c) **Optional Paper: Group-II**

Max. Marks =25

Time allowed: 2Hrs

**GYM MANAGEMENT****UNIT-I**

Concept of nutrition and health, balanced diet, dietary aids and gimmicks, Energy and activity, calculating calorie intake and expenditure

Obesity, anorexia and related health problems – measurements and management, Weight management programmes

**UNIT-II**

Understanding of various forms of aerobics- floor aerobics, step – aerobics, weight, Aerobics and aqua aerobics, Training effects of aerobic fitness on various physiological systems namely skeletal Muscular, circulatory and respiratory

Improvement of aerobic fitness, Aerobic fitness programme

**UNIT-III**

Location and Establishment of gym (Publicity, policy, reception, information, Registration, offer of programmes), Procurement, placement & maintenance of gym, Equipments , Marketing, clientage, Enrolments, record keeping, social activities, Public Relations, Individualized/group grooming programme, basic concepts of financial management

Gym-instructor – qualification, qualities, pay-roll, Performance – evaluation, grooming and presentation, Introduction to different exercise equipment, Gym management – Costing, Balance sheet, Promotional plans

**UNIT-IV**

Measurement of Weight and Height, Calculating BMI (Body Mass Index ), Measurement of Fitness Components Flexibility (Sit and Reach Test, Hip Bend and Toe Touch), Strength (Sit-Ups, Leg-Raise for Minimal Strength), Cardiovascular Endurance (One-mile run, Physical Efficiency test, Harvard step test)

Self- evaluation –Personal Health and Well-being

**UNIT-V**

Exercise schedules – Aerobics, Fitness and Weight Management

Yoga (Any Five Asanas)

**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 5questions from Part-A and any 3 questions from Part-B.

**Practical**

1. Calculating BMI
2. Flexibility Test (Sit and reach test, hip bend and toe touch)
3. Strength Test (Bend knee sit ups, leg raise for minimal strength)
4. Cardiovascular endurance test (Harvard step test, cooper 12/9 min. run)
5. Self evaluation- (Personal health and well being)
6. Any five asanas
7. Aerobic schedule
8. Weight management

**SUGGESTED READINGS**

- Carol K A. and Mary M. Y (2009). “ Methods of Group Exercise Instruction” McGraw Hill. New York. U.S.A.
- Sheela K (2009). Fitness, Aerobics & Gym Operations. Khel Sahitya Kendra. New Delhi.
- Taylor, D. and Nichols, D.S. (2010). The Brand Gym : A Practical Workout. Wiley Publishers, USA.
- Time Life Books (2005). Super Firm Tough Workouts. London Times Life Books.
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## Semester IV

c) **Optional Paper: Group-II**

Max. Marks =25

Time allowed: 2Hrs

**FITNESS INSTRUCTOR****Unit-I**

Introduction to health and fitness

Health goals, fitness goals, performance goals, components of physical fitness and performance, behaviours that support fitness and performance, taking control of personal health and fitness, factors to consider prior to physical activity, exercise requirement for prevention of premature health problems, how to promote physical activity promotion of physical activity adherence

**Unit-II**

Foundation to health fitness instructions:

Energy cost of physical activity, measurement of energy expenditure, significance of cardiovascular fitness, risks of testing cardio respiratory fitness, components of health related and fitness related fitness

**Unit-III**

Healthy body composition

Measurement of body fat calculating target body weight, LBM and Body fat,

Muscular strength and endurance:- health fitness requirements, assessment of strength and muscular endurance

Flexibility: Importance of flexibility in health and fitness, factors affecting range of movement (ROM) spine and hip joint, flexibility and low back function

**Unit-IV**

Exercise prescription: foundation of prescribing exercise, general guidelines for cardio-respiratory fitness programmes, determining intensity, general exercise testing, exercise programme selection, exercise prescription for body weight management

Muscular strength and endurance training: fundamental principles, types of strength training, muscular training modes, intensity and frequency. Overreaching and overtraining

Flexibility training: exercise considerations for improving flexibility, prophylactic exercise for improving low back function

**Unit-V**

Instructions to special populations: introduction, exercise prescription to children, youth & women, exercise for older adults, exercise prescription to coronary heart disease patients, exercise instructions to obese patients

Exercise instruction to diabetes: instruction, exercise prescription for prevention and treatment of diabetes Type-2

Exercise instruction to persons with increased risk factors for asthma and pulmonary disease: introduction, general instructions, testing and evaluating chronic obstructive pulmonary diseases, typical exercise prescription in pulmonary diseases.

**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.

**Practicals**

1. To evaluate physical activity attitude of any two persons
2. To evaluate current physical activity levels of two persons using self-assessment of physical activity method.
3. To evaluate predisposing, enabling and reinforcing factors of promoting physical activity adherence
4. To perform muscle fitness survey on two subjects
5. To demonstrate right exercises to take care of back pain
6. To diagnose back problems by using healthy back tests on the given subject
7. To assess heart disease risk factors
8. To evaluate general physical fitness of an individual

9. To evaluate the muscle strength by IRM and grip dynamometer
10. To evaluate the muscular endurance of the given subject.
11. To demonstrate the principles used for exercise prescription to the subject who has recently joined a health fitness club.
12. To demonstrate instructions to be given during exercise prescription to individuals of special population like diabetic, asthma patient, CHD patients

### **SUGGESTED READINGS**

- Anspaugh, D.J. and G. Exell (2004) Teaching To-day's Health, Pearson Benjamin Cummings. San Francisco. California.USA.
- Bishop JG (2005). Fitness through Aerobics Person- Benjamin Cummings. San Francisco. California.USA.
- Donatelle RJ (2006). Access to Health. Pearson Benjamin Cummings. San Francisco. California.USA.
- Hoeger WW and Hoeger S (2007). Fitness and Wellness. Thomson-Wadsworth, Belmont. California. USA.
- Howley ET and BD Frank (2003). Health Fitness Instructors Handbook. Human Kinetics. Champaign. Illinois. USA.
- Payne WA Hahn DB and Lucas EB (2006). Understanding your Health. McGraw Hill Company. Inc. New York. USA.
- Powess SK Dodd SL and Noland VJ (2005). Total Fitness and Wellness. Pearson. Benjamin Cummings. San Francisco. California, USA
- Yoke M (1997). A Guide to Personal Fitness Training. Aerobics and Fitness Association of America. Sherman Oaks. California. USA.



c) **Optional Paper: Group-II**

Max. Marks =25

Time allowed: 2Hrs

**COMMUNICATION IN HEALTH EDUCATION****Unit-I**

Health education-definition, historical development, aim and objectives and principles of health education  
 Communication-definition, progress, formal and informal communication, elements of communication, theories and models of communication, factors affecting communication , channels of communication

**Unit-II**

Health communication- meaning, behavioural theories and context in health education, importance of communication in health education and physical education  
 Barriers in health communication- physical and psychological

**Unit-III**

Mass communication- definition, essential elements, methods and media used in mass communication- strengths and limitations  
 Media- meaning, classification, role of media in health communication, types of print and electronic media

**Unit-IV**

Exhibition- Concept, meaning, importance and role of exhibition in health education  
 Importance of Edgar dale's cone of experience in health communication

**Unit-V**

Use a technology in communication  
 Community Organisation-definition, concept of community work, basic assumptions and importance of community organization in health education

**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.

**Practical**

1. Evaluation of use of mass media in promotion of various national health programmes
2. A survey of Government and Non-Government health agencies contributing to publication and dissemination of health information
3. Designing and preparing poster, chart, pamphlet, handbills and banners
4. Planning health education programme with appropriate audio-visual aids

**SUGGESTED READINGS**

- Anspaugh DJ, MH Hamrick and F.D. Rosato. (2003). Wellness: Concepts and Applications. McGraw Hill. Boston. USA.
- Balayan D (2007). Swasthya Shiksha Evam Prathmik Chikitsa. Khel Sahitya. Delhi.
- Chopra D and D Simon (2001). Grow Younger, Live Longer: 10 Steps to Reverse Aging. Three Rivers Press. New York. USA.
- Dewan AP (1996). School health manual. Nature cure and yoga health centre. New Delhi.
- Dixit Suresh (2006). Swasthya Shiksha. Sports Publication. Delhi.
- Donatelle, RJ (2005). Health the Basics sixth Edition, Oregon State University,.
- Floyd PA Mimms SE and Yeilding C (2003). Personal Health: Perspectives and Lifestyles. Thomson Wads Worth. Belmont. California.USA.
- Hales D (2005). An Invitation to Health. Thomson-Wadsworth. Belmont. California. USA.
- Snehlata (2006). Shareer, Vigyan Evam Swasthya Raksha. Discovery Pub. Houses. New Delhi.
- Uppal AK & Gautam GP (2008). Health & Physical Education. Friends Publication. New Delhi.

## Semester IV

## c) Optional Paper Group-II

## ANGER &amp; STRESS MANAGEMENT

Max. Marks =25

Time allowed: 2Hrs

**Unit-I**

Definition of stress and anger, Causes of stress and anger, two main emotions of stress-fear and anger, Daily life stressors, Process of stress and anger- Psycho Physiology of stress

**Unit-II**

Adaptation to stress-Reframing of habitual stress resistance, Occupational stress, Peer stress (Students stress), Family stress, Stress & elderly

**Unit-III**

Stress & drug abuse

Stress related diseases- i) Sleep disorder, ii) Eating disorder, iii) Sexual and emotional disorder, iv) Other stress related diseases, v) Stress & Spirituality

**Unit-IV**

Self awareness and stress management, Muscular tension reduction, Emotional tension reduction, Stress free living, Stress free examination, Stress management through physical activity, Stress management through recreation

**Unit-V**

Anger management- Redford William's 12 steps of anger management

Stress management- behavior modification, time management, coping strategy

Relaxation technique- i) Diaphragmatic breathing, ii) Meditation, iii) Progressive muscle relaxation, iv) Yoga, v)

Mental imagery, vi) Music therapy, vii) Massage therapy

**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.

**Practicals:**

1. Learn ten self care technique for stress management
2. Learn diaphragmatic breathing
3. Learn Progressive muscle relaxation
4. Learn massage
5. Learn meditation
6. Learn Redford William's 12 steps of anger management

**SUGGESTED READINGS**

- Adrain F & Herrick E. and Sharp P (1998). Anger Management. Routledge Publishing. Florence. Kentucky. U.S.A.
- Allen E (2008). Stress Management for Dummies. For Dummies Publishers. U.S.A.
- Davis M. et al (2008). The Relaxation and Stress Reduction workbook. Harbinger Publications, USA.
- Greenberg J.S. (2008). Comprehensive stress management. McGraw Hill, USA
- Hipp E. (2008). Fighting Invisible Tigers : Stress Management for Teens. Free Spirit Publishing, USA.
- Mac W. (2007). Anger and Stress Management. God's Way. Calvary Press, USA.
- Petee F (2006). Anger Management. Pentagon. Press. New York. U.S.A.
- Swate Y B (2009). Anger Management. Sage Publication. New Delhi.

## Semester IV

## c) Optional Paper Group-II

Max. Marks =25

Time allowed: 2Hrs

## ART OF DAILY SCHEDULING

**Unit-I**

Introduction:- Meaning and definition of Daily Schedule, art, science, management of time, shortage of time for daily activities

Types of daily activities: requirement of daily activities for various domains of personality, essential categories of daily activities, correct decision making to include all types of daily activities within fixed 24 hours

**Unit-II**

Art of living, art of scheduling, art and science of principles of time management, acronym and daily prayers, methods of recalling and rechecking daily activities

Attitudes and art of daily schedules: right knowledge of daily activities, developing correct attitude by learning the art of behaviour change, transcendental theory of behaviour changes, relation between attitude and behaviour change

**Unit-III**

Understanding the concept of perfection of nature, relation between nature known as superpower or god in religious terms, predisposing, enabling and reinforcing factors for strengthening the art of daily schedules

Cognition and daily schedules: necessity of right attitude and right information of essential components of daily schedules. Enlisting activities needed daily, relation between qualitative and quantitative balances

**Unit-IV**

Alternative daily schedule patterns: effect of culture, race, gender and age on daily schedules, fundamentals of art of daily schedules, listing alternative daily schedules for different categories of human being based on culture, race, Gender, age, and geographical locations

Factors helping adherence to daily schedule: self responsibility, knowledge to body requirements, important body systems requiring daily attention

**Unit-V**

Analysis of lifestyles: role of active lifestyle and wellness activities, factors helping to promote daily schedules

Barriers to daily schedules – peer pressures, careless environment of , firm no to harmful barriers like smoking, drugs, alcohol and irresponsible sex urge

Wellness and daily schedules: art of inclusion of all wellness parameters to daily schedules, namely meditation, foods, right physical activities, right hygienic habits, right environmental care, right injury preventing behaviours, right decision towards sex, entertainment recreation, rest, sleep

**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.

**Practicals**

1. To demonstrate a list of essential activities to be included in a good daily schedule
2. To prepare a time table of daily schedules
3. To balance daily schedule patterns in case of emergencies
4. To demonstrate oral care procedures
5. To demonstrate right methods of assuring of food to be taken
6. To prepare a chart of daily nutrients needed with alternate food cultures
7. To demonstrate the weight management activities in daily schedule
8. To demonstrate meditation method of right relaxation
9. To demonstrate anger control mechanism in daily schedule
10. To demonstrate daily requirements of essential physical activities in the daily schedule
11. To demonstrate principles of exercising for daily physical activities
12. To demonstrate recall methods charts of evaluating energy input and energy output for daily schedules.

## **SUGGESTED READINGS**

- Anspaugh DJ and Ezell G. (2003) Teaching To-day's Health. Allyn & Bacon Publishing. San Francisco. California. USA.
- Covey, F. (2008). Cornerstone Daily Format. Ring Bound. Franklin Covey Publishers, USA.
- Donatelle RJ (2006). Access to Health. Pearson Benjamin Cummings. San Francisco. California. USA.
- Ford, J. (2005). Right on Schedule : The Science of Health and Wellbeing. Mason Crest Publishers, USA.
- Gates, T.L. (2008). Daily Planning 50 Worksheets. Power Systems Inc., USA.
- Graham G (2001). Teaching Children Physical Education: Becoming a Master Teacher. Human Kinetics. Champaign. Illinois. USA.
- Hales D (2005). An Invitation to Health. Thomson Wadsworth Publishers. USA.
- Hoisington, J. (2009). Daily Schedule. McMillan Company, USA.
- Katz DL and Gonzalez MH (2002). The Way to Eat. Sourcebook. Inc. Naperville. Illinois. USA
- Maxwell, S. (2001). A Practical Guide to Daily Scheduling. Communication Concepts Inc., USA.
- Moss, S., Schwartz, L. and Wertz, M. (2007). Where's my Stuff? The Ultimate Organizer. Orange Avenue Publishing, USA.
- Robbins G Power D and Burgess S (2002). A Wellness of Way. McGraw Hill Company. Inc. New York. USA.
- Scholastic, W.C. (2009). Daily Schedule. Teacher's Friend Publications, USA.

## Semester IV

## c) Optional Paper Group-II

Max. Marks =25

Time allowed: 2Hrs

**EVENT MANAGEMENT****Unit-1**

Meaning of Events, classification of events, Event Management, Designing an Event- 5C's (Conceptualization, Costing, Canvassing, Customization, Carrying out). Key Elements of Events- (Event Infrastructure, Organizers, Clients, Target Audience, Media, and Venue).

**Unit-II**

Managing Sports Events- Planning, Organizing, Coordinating and Controlling Pre events, During the Events & Post Events issues. Sponsors, Sports Management Companies, Spectators, Sports personalities, Media etc. Sports Management Companies- Introduction, Role, Scope of Work, Service rendered to the clients, Ways of Functioning- Team work, Departments etc.

**Unit-III**

Sources of funds available for sports: Broadcasting:- What is broadcasting, The basics of sports broadcasting rights, Media providers:-Who are the media providers, How do they fund sports  
Sponsorship:-Meaning of sponsorship, Sports and sponsorship, Major sponsors in sports  
Team sponsors and individual sponsors, Endorsement, Sports and celebrity endorsement

**Unit-IV**

Sports and advertisements Advertisement Suggested Readings  
Advertisement and brand choice Aiming the right target, Top sports ad companies  
Firms and their advertisement choices, Effects of advertisement, gate money  
Budgetary Control in sports

**Unit-V**

Role of Mass Media in Event Promotion.- Introduction to different Sports Media (Television channels, Sports Magazines etc.)Popular Sports Channels Operating in India- ESPN STAR SPORTS, ZEE SPORTS, TEN SPORTS, DD SPORTS, and NEO SPORTS etc. Spectators control, Importance of Spectators for Sports & Games. Human resource management.

**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.

**Practical**

1. Prepare a draft for the management of a non sports event
2. Prepare a draft for the management of sports event at under 14 zonal level.
3. Prepare a draft for the management of sports event at under 19 zonal level.
4. Prepare a draft for the management of sports event at state level.
5. Prepare a draft for the management of sports event at national level.
6. Prepare a draft for the management of sports event at International level.

**SUGGESTED READINGS**

- Chakraborty S (1998). Sports Management. Sports Publications. Delhi.
- Kamlesh ML (2000). Management Concept in Physical Education and Sport. Metropolitan Book Co. Pvt. Ltd. New Delhi.
- Kilkenney, S. (2007). The Complete Guide to Successful Event Planning. Atlantic Publishing Co., USA.
- Roy SS (1995). Sports Management. Friends Publications. Delhi.
- Silvers, J.R. (2003). Event Management : Professional Event Coordination. Wiley Pub., USA.
- Sivia GS (1991). Sports Management in Universities. A.I.U. New Delhi.

## Semester IV

## c) Optional Paper Group-II

Max. Marks =25

Time allowed: 2Hrs

**PHYSICAL ACTIVITY PRESCRIPTION****UNIT-I**

Types of physical activities, physical activity and lifestyle, physical activity, exercise and physical fitness, physical activity recommendations for health, why people live sedentary life, physical activity & health, a lifestyle approach to physical activity

**Unit-II**

Foundations of physical activity

Introduction, health benefits of physical activity and optimal fitness, personalized physical activity programme, physical activity programme adherence, intrinsic motivation for physical activity, barriers to physical activity, starting of physical activity, safety & effectiveness in physical activity, physical activity and metabolic health

**Unit-III**

Physical activity & health

Introduction, understanding health behaviours, physical activity and prevention of chronic diseases, physical activity for cardiovascular health, physical activity and diabetes prevention, physical activity and healthy weight management

**Unit-IV**

Physical activity self decision

Introduction, mind-body relationship, physical activity and mental health, making informed decision about substance use in stress management, self decisions for physical activity for promoting bone health and for balanced nutrition

**Unit-V**

Physical activity and strong body

Introduction, understanding bone, muscle and joint physiology, physical activity for strong bones, strong muscles and healthy joints, balancing relationship between physical activity and nutrition, planning a nutritious diet for strong and healthy body, nutritional recommendations for physical activity

**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.

**Practicals**

1. Examination one's lifestyle- A self test.
2. Assessment of health risks of inactivity diseases.
3. Assessment of physical activity readiness of a person.
4. Assessment of a state of physical activity behavior stage.
5. Calculation of target heart rate.
6. To find aerobic power using fitness test.
7. To test diabetes risk of a person.
8. To test general disease risk.
9. To test lifestyle behaviour readiness.
10. To calculate physical activity index.
11. To calculate muscle strength score based on IRM.
12. To apply performance muscle relaxation test.

**SUGGESTED READINGS**

- American College of Sports Medicine (2000). ACSM's Guidelines for Exercise Testing and Prescription. Lippincott Williams & Wilkins. Philadelphia. USA.
- Corbin C G Welk W Corbin & K Welk (2005). Concepts of Fitness and Wellness. McGraw Hill Company. New York. USA.
- Goldberg L and DL Elliot (2002). The Power of Exercise. National Health & Wellness Club. USA.

- Hales D (2006). An Invitation to Health. Thomson Wadsworth. Belmont. California. USA.
- Howley ET and BD Franks (2003). Health Fitness Instructors Handbook, Human Kinetics. Champaign. Illinois. USA
- Kolecki JE and DQ Thomas (2007). Activities and Assessment Manual. Jones and Barlett Publishers. Sandburg. Massachusetts. USA.
- Powers S and E Howley (2006). Exercise Physiology- Theory and Applications. McGraw Hill Co. New York. USA.
- Thomas DQ and JE Kotecki (2007). Physical Activity and Health –An Interactive Approach. Jones and Bartlett Publishers. Sndbury. Masschuset. USA.
- USDHHS (2000) Healthy People 2010: National Health Services (USDHHS). Washingtons D.C. USA.

**TEST, MEASUREMENT & EVALUATION****UNIT-I**

Introduction to test, measurement and evaluation and their importance in the field of physical education

Test constructions:- a) general consideration b) physical fitness/ efficiency test

**UNIT – II**

Meaning and importance of statistics in the field of physical education, “population” and “sample” “random sampling”

Meaning of data, kinds of data- continuous and discrete Frequency distribution, construction of frequency tables, mean, median and mode.

**UNIT –III**

Measures of variability range, quartile, deviation, standard Deviation, co-efficient of variation

Normal probability curve and meaning, uses its principles, Diagrammatic represent action

**UNIT-IV**

Physical fitness testing: components of physical fitness

Strength test: - Kraus Weber strength test, Muscular Endurance test: Cardiopulmonary test:

Endurance Test, Harvard step test.

**UNIT-V**

Anthropometric Measurements:- Weight, height, sitting height, chest circumference, thigh circumference, calf circumference, skin fold biceps, triceps, sub scapular and supra iliac.

Measurement of skills, games and sports-Johnson badminton test, Brady volleyball test, McDonald soccer test, Cornish Handball test, Hockey skill test- SAI hockey 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. Construction of a physical fitness test.
2. Construction of a frequency distribution table from the given data
3. Construction of a percentile chart from the given data of mean and standard deviation
4. Measurement of VO<sub>2</sub> max by Harvard step test.
5. Measurement of sports skills included in theory course.

**SUGGESTED READINGS**

- Acsm's (2001) Guidelines for Exercise Testing and Prescription by American College of Sports Medicine Human kinetics USA.
- Balyan Sunita (2006). Sharirk Shiksha main Parikshan evm maapan. Khel Sahitya. Delhi.
- Barrow & McGee's Practical Measurement and Assessment.
- Barrow H.M. and McGee R. (1979). A Practical Approach to Measurement in Physical Education. Lea & Febiger, Philadelphia. U.S.A.
- Baumgartner TA Jackson AS Mahar MT and Rowe DA (2007). Measurement for Evaluation in Physical Education. The McGraw Hill Companies. Inc. New York. USA.
- Kansal DK (2008).Textbook of Applied Measurement Evaluation & Sports selection. SSS Publication. New Delhi.
- Miller David K (2006). Measurement by the Physical Educator: Why and How. Mcgraw-Hill. Boston, U.S.A.
- Mishra Sharad Chandra (2005).Tests And Measurement in physical education. Sports. Delhi
- Sharma JP (2006). Test and measurements in physical education. khel sahitya. Delhi
- Srivastava AK (2006). Sharirik Shhiksha Evam Khel Main Maapan Evam Mullyakan. Sport pub. Delhi.
- Tritschler K. Barrow & McGee's (2000). Practical Measurement and Assessment. Lippincott Williams & Wilkins. Philadelphia. U.S.A.



**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**

Historical development of yoga in India.

Types of Yoga:- Hatha yaga, laya yoga, mantra yoga, bhakti yoga, karma yoga, jnana yoga, raj yoga

**UNIT- III**

Patanjali yoga sutras- yama, niyama, asana, pranayama

Pratyahar- Benefits & utilities of these. Astanga yoga- Definition, objectives, dharna, dhyana, Samadhi & their psychological impact.

Shatkarm/cleansing process/ yogic methods and personal hygiene.

**UNIT- IV**

Asanas: Types, importance of asanas in special reference to Physical Education & Sports.

Differentiate between asanas and exercise.

Pranayama and importance of pranayama in special reference to Physiological effects

Bandhas, mudras and their physiological effects.

**UNIT- V**

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

**PRACTICAL**

1. Practice of Shatkarma : neti, dhauti, nauli, basti, kunjla, kapal bhati, shankh prakshalana
2. Practice of Pranayam : anulom-vilom, bhastrika, naddi shodhan, sheetali, sheetkari, bhramari, ujjayi
3. Practice of Bandhas : jalandhar, uddyana, mool bandha

**SUGGESTED READINGS**

- Day P. (1986). Yoga Illustrated Dictionary. Jaico Pub. House. New Delhi.
- Debnath M ( 2007). Basic Core Fitness Through Yoga And Naturopathy. Sports Publication. New Delhi.
- Kumar ER (1988). Heal Yourself With Yoga: Specific Disease. Taraporevala. Bombay.
- Shanti KY (1987). The Science of Yogic Breuthiay (Pranayana). D.B. Bombay.
- Sharma JP and Ganesh S (2007). Yog Kala Ek Prichya. Friends. New Delhi
- Sharma JP (2007). Manav jeevan evam yoga. Friends Pub. New Delhi.
- Sharma Jai Prakash And Sehgal Madhu (2006). Yog-Shiksha. Friends. Delhi.
- Singh MK And Jain P (2008). Yoga aur manoranjan. Khel Sahitya Kendra. New Delhi.
- Vyas SK (2005). Yog Shiksha Khel Sahitya Kendra. Delhi.

**Semester IV**

Max. Marks =25

Time allowed: 2Hrs

**b) Game: Group-II**

Common for all professional games (Badminton, Cricket, Kabaddi & Kho-Kho)

**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**

- Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers. New Delhi.
- Bloss, M.V. et al (2000). Badminton. McGraw Hill, USA.
- Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
- Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- Mishra , S.C. (2007). Teach Yourself Kabaddi. Sports Publications, New Delhi.
- Panday L (1982). Kho - Kho Sarvaswa. Metropolitan. New Delhi.
- Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS. Patiala Publisher

**Semester IV**

Max. Marks =75

Time allowed: 3Hrs

**ENGLISH 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.