

SPORTS PSYCHOLOGY**UNIT- I**

Introduction to Sport Psychology: Meaning and scope, Importance, relationship with other sport sciences, development of sport psychology in India.

Sensory Perceptual Process: Meaning, mechanism and stages, Classification of senses and sensory perceptual process, Factors in perception, Implication of sensory-perceptual process in exercise and sport

UNIT-II

Concept and meaning of motor learning, motor skill, motor control, motor performance, Stages of learning, transfer of training, assessment of learning and factors affecting of motor learning.

Growth & Development: Concept of growth & development, physical and motor development, mental, social and emotional characteristics of infancy childhood and Adolescents, facilitating psychological development.

UNIT III

Personality in Sport: Concept and definition, Modern perspective, (trait, humanistic, social cognitive and biological), Dynamics of personality in sport

Anxiety in Sport: Concept, definition and types, Anxiety and arousal, role of anxiety on physical performance

Motivation in Sport: Concept, definition, (drive, need and motives, instinct, attitude, achievement motivation,) techniques and types of motivation, Perceived competence.

UNIT-IV

Psychological Preparation and Competition: Phenomenon of competitive sport, long term Psychological preparation for competition (arousal regulation, imagery, self-confidence, goal setting, concentration.), short term psychological preparation (upcoming competition) Mind to muscle and muscle to mind relaxation techniques.

UNIT-V

Social Psychology in sport: social psychological aspects of Sport:

Socio-Culture Factors Affecting Performance: ethics and sport, values and sports, Team (group) cohesion. Spectators and Performance.

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. To make a project on sports psychology
2. To make a project on the role of sports psychology in improving the performance in sports
3. Make a project on application of psychology perspective in sports situation
4. Make a project on psychology implications between individual and team games

SUGGESTED READINGS

- Cohen RJ and Swerdlik ME (2002). .Psychological testing and Assessment: An Introduction to Tests and Measurement. McGraw Hill. New York. U.S.A.
- Cox RH (2002). Sport Psychology. McGraw Hill. London.
- Dixit S (2006). Khel- Manovigyan. Sports Publications. Delhi
- Kamlesh ML (1998). Psychology in Physical Education and Sport. Metropolitan Book Co. New Delhi
- Liukkonen JED (2007). Psychology for Physical Educators. Human Kinetics. U.S.A.
- Mortin GL (2003). Sports Psychology, Sports Science. Press.USA.
- Sahni SP (2005). Psychology and Its Application in Sports. D.V.S. Delhi.
- Shaw D and Other (2005). Sport & Exercise Psychology. Bios. U.K.
- Singh MK (2008). Comprehensive Badminton Psychological Preparation. Friends Publication. Delhi.
- Verma V (1999). Sport Psychology & All Round Development. Sport Pub. New Delhi.
- Wann DL (1997). Sport Psychology. Prentice Hall. New Jeray.
- Weinberg RS and Gould D (2003). Foundations of Sport and Exercise Psychology. Human Kinetics. USA.

Semester V

Max. Marks =25

Time allowed: 2Hrs

SPORTS SOCIOLOGY**Unit-I**

Meaning, Nature, Scope, importance & subject matter of sociology & sports sociology
Sociological perspectives in sports & physical education (functionalism, conflict, critical, interactionist)
Sports as social phenomenon and social institution

Unit-II

Meaning of culture and sport sub-culture, elements of cultural and sports culture, elements of Indian culture and sport, cultural lag and cultural capital and sport
Society: Meaning & structure, types of society, historical development of sports in different types of societies, types of Indian societies and development of sports.
Meaning of spectators, spectators as crowd, types of spectators, effect of spectators on sports structure and organization

Unit-III

meaning and concept of socialization and sports socialization, types of socialization, agencies of socialization, role of family, school, college and peer group in sports socialization
Meaning and concept of stratification and sports, class and sports of stratification sports development
Meaning of aggression and deviance and sports, social problem and sports, Positive and negative deviance in sports

Unit-IV

Meaning of gender and sports, meaning of feminism and sports, gender inequality in sports, need of women participation in sports, alternative programmes of sports for women
Meaning of media and sports, types of media and sports, ethical issues of media and sports, role of media in shaping the sports
Meaning of club culture in sports, origin of club culture in sports, origin of club culture in sports, role of club on development of modern sports, club sports status in India

Unit-V

Meaning of politics and sports, role of political institutions in sports, nationalism and sports, need of political skills to govern the sports
Meaning of economy and business, economic institutions in sports, economy and development of sports, generation of economic resources and expenditure
Concept of violence in sports, violent behaviour in sport, causes of violence, hooliganism in sports violence on field and off field

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. Make a project on application of sociological perspective in sports situation
2. Make a project on sociological implications between individual and team games
3. Prepare an analytical decisions on sports India cultural elements
4. Prepare a descriptive paper on sports socialization at early age

SUGGESTED READINGS

- Ahuja Ram (2007). Samajik Anusandhan. Rawat. New Delhi,
- IGNOU (2005). Social Problems In India - Social Framework. IGNOU. Delhi.
- Prasad B.K (2004). Social problems in India – anmol. Delhi.
- Rawat HK (2007). Sociology Basic Concepts. Rawat P. Jaipur,
- Sharma NP (2005). Khel Aur Smaaj Shastra. Khel Saahityaa Kendra. Delhi.
- Sharma PD (2008). Khel Smajshastra. Friends Pub. India. New Delhi.
- Singh MK (1991). Indian Women & Sports, Romat Publication. New Delhi.
- Syed MH (2007). Soccial change in India. Anmol. Delhi.
- Upadhyaya R & Sangya K(2006). Sanskritik Samrajyavad, Shabdasandhan. New Delhi.
- Yobu A (2008). Sociology of Sports. Friends Pub. India. New Delhi.

Semester V

Max. Marks =50

Time allowed: 3Hrs

FUNDAMENTALS OF SPORTS TRAINING**Unit-I**

Importance, definition, Aim and objectives, Characteristics & Principles

RAINING LOAD, ADAPTATION AND RECOVERY: Concept of load & Adaptation and Factors affecting of load and adaptation

Unit-II

STRENGTH: Types of strength (maximum strength; explosive strength and Strength endurance) & Factors affecting strength performance, Methods of strength training

ENDURANCE: Definition and significance of endurance, forms of endurance, Factors affecting endurance, Methods to develop endurance

Unit-III

SPEED: Definition, Forms &, factors determining speed, Methods to develop speed abilities

FLEXIBILITY: Definition, Factors affecting flexibility; Methods used to develop flexibility

Unit-IV

TECHNICAL PREPARATION: DEFINITION AND MEANING OF TECHNIQUE, SKILL AND STYLE

Technique training & its implication in various phases;

Unit-V

Periodization : Need & types of periodization

Competition: Preparation for competition, number & frequency, important factors of competition preparation.

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. Measurement & assessment of various Bio-motor abilities- Speed, Strength, Endurance, Flexibility, Coordinative ability
2. Maximum Strength test, explosive strength test, strength endurance, back flexibility, lower & upper extremities test.
3. Cooper test & Harward step test to measure endurance.
4. Tests for coordinative abilities
5. Tests to measure and assess the load and Heart rate

SUGGESTED READINGS

- Baechle T R & Earle R W (2000). Essentials of strength training and conditioning. Human Kinetics. USA.
- Dick FW (1999). Sport training Principles. A and C Black. London.
- Knopf K (2008). Total Sports Conditioning for Athletes 50 + Ulyssesl Press. Berkeley. California. USA.
- Newton H (2006). Explosive lifting for sports. Human Kinetics. US.
- Philipp A Joan and Wilkerson Jerry D (Joan A. Philipp & Jerry D. Wilkerson.
- Singh Hardayal (1991). Science of Sport Training. D.V.S Pub. Delhi.
- Thomas R. Baechle and Roger W. Earle, (2000).
- Singh MK (2008). Comprehensive Badminton (Scientific Training). Friends Publication.

PHYSICAL EXERCISE PRESCRIPTION**Unit-I**

Background of exercise prescription to non-sports person, basis of exercise prescription- health status, physical personality in relation to physique, attitude, interests. Exercise for sportsmanship, introduction to sports for all-sports for recreation, health, fitness, wellness and competition.

Unit-II

Meaning and definition of exercise & physical activity, differences between exercise & physical activity, relation between exercise & physical activity.

Unit-III

Health benefits of exercise, exercise as pro-active health care. Prevention of heart disease, osteoporosis, diabetes type-II, hypertension, obesity etc.

Unit-IV

Necessity of exercise prescription, sedentary population, self population, self responsibilities and behaviour change stages for exercise regularity.

Unit-V

Steps for exercise prescription. PAR-Q test, stress test, physical fitness test, understanding acronyms FITT (Frequency, Intensity, Time (duration), Type (Mode of Exercise) and GO SIR (Progression-Gradual increase, Overload, Specificity, Individualization, Recovery and Regularity).

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. Assessment of health risks of inactivity diseases
2. Assessment of physical activity readiness of a person
3. Measurement of health status
4. Finding of disease risk of inactive lifestyle
5. Measurement of behaviour change stage for regular exercise

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.
- Harrison GA, Weiner JS Tanner JM and. Barnicot NA (1984). Human Biology. Oxford University Press. Oxford. U.K.
- 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.

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

Introduction to athletics, Olympics and non- Olympics events, Different National and International level athletics championship Olympic games, Asian games, IAAF- World Championship, world cup, Area championship, open National, Inter-state, Inter Universities athletics championships

Unit-II

Indian athletics and international athletics competitions, Selected National and International personalities of athletics First aid and rehabilitation of athletics injuries

Unit-III

Brief background techniques, training and important motor-components of the following events:
Hurdle events (100m/h, 110m/h, 400m/h), Steeple Chase (200m, 300m, s/c), Race walking (20km, 50km)
Combine events and non-Olympics events

Unit-IV

General rules, officiating and tactics in athletics events, Sports training of athletics event- basic training, intermediate training and advance training, Training programme or training schedule, Characteristics of the athletics of related events, Coach and coaching philosophy

Unit-V

Important factors determine the performance of related events
Talent selection in athletics
Various training methods weight training, fort lek circuit training

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. Steeple Chase
3. Hurdle race (100m/h, 110m/h, 400m/h)
4. Practical of weight training exercises, fort lek circuit training
5. Controlling and measuring the heart rate resting HR, during and past experience HR
6. Record File

SUGGESTED READINGS

- Chauhan BS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
- Evans DA (1984). Teaching Athletics. Hodder, London
- Fox EL (1989). Physiological Basis of Physical Education and Athletics Brown Pub.
- Frost RB and others (1992). Administration of Physical Education and Athletics. Universal Book, Delhi.
- Gothi E (1997). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Knight T and Troop N (1988). Sackville Illustrated Dictionary of Athletics, Jackvillie,
- Knight T (1988). Athletics, Backville Book
- 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.
- Turbull S (1989). Sports Views Guide Athletics. David & Charles, London.
- Warden P (1990). Take Up Athletics. Springfield Books Ltd.
- Weaver T (1988). Personal Best : Athletics. Willionm Colliv, London.

GAME OF SPECIALIZATION – BASKETBALL

UNIT-I

Selection of a team and conduct of a camp

UNIT-II

Evaluation of players performance during matches

UNIT-III

Duties and responsibilities of officials, Mechanism of officiating and scoring

UNIT-IV

Managing team during competitions

UNIT-V

Event identification and event profile development

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 in Basketball Skills and More Match Practice

SUGGESTED READINGS

- Ambler V (1984). How to Play Basket Ball. Paper Balls, Delhi.
- Jain Naveen (2003). Play and Learn Basket Ball. Khel Sahitya Kendra. New Delhi.
- Nat BB (1997). Conditioning Coaches Association. NBA Power Conditioning. Human Kinetics. Champaign. Illinois. USA.
- Prutti Jim (1984). Play Better Basket Ball. Matchplay Books. Great Britain.
- Sharma OP (2003). Basket Ball Skills and Rules. Khel Sahitya Kendra, Delhi.
- Thani L (1995). Skills & Tactics of Basket Ball. Sport Pub. New Delhi.
- Thani Y (2002). Coaching Successfully Basket Ball. Sports Publisher. Delhi

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

As specified by the Badminton Association of India (BAI), As per the International Badminton Federation (IBF), Latest developments, Latest amendments, Interpretations

UNIT-II

Duties/responsibilities, qualifications and qualities of a coach, Philosophy of coaching, Qualifications and responsibilities/functions of technical officials, Protocols of referees, judges, umpires

UNIT-III

Planning for the competition, Selection of men, material and management, Concluding the competition – submission of accounts, preparing report, Protocols and ceremonies

UNIT-IV

Coaching a team, Organising a competition, Officiating in a competition, Conducting a workshop/seminar/clinic Professional aspects of badminton

UNIT-V

Preparing coaching lessons in badminton, Use of teaching aids, Conduct of regular coaching, Concluding aspects of the coaching lesson, Assimilation

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. Planning for competitions
2. Organisation of a competition/seminar/workshop/clinic
3. Project on research in badminton
4. Coaching lessons

SUGGESTED READINGS

- Kumar A (2003). Badminton. Discovery, New Delhi.
- Ballou PB (1982). Teaching Badminton. India.
- Bloss MV & Hales RS (1994). Badminton. WC Brown
- Davis P (1988). Badminton SA David & Charles Inc.
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- Jain D (2001). Teaching and Coaching –Badminton. Khel S.K. Delhi
- Kumar A (1999). Badminton. Discovery Pub. 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.
- Talbot D (1989). Top Coach Badminton. Britain: Q.A. Press

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

Selection of a team and conduct of a cam, Playfield technology - planning, construction and maintenance of the cricket field, Conduct of a Tournament, Short-term and long-term planning for organization of a competition, Report writing, photography, analysis and commentary Teaching of cricket skill, Development of motor components with specific reference to cricket

UNIT-II

Development of cricket specific fitness components, Specific training methods for different positions (slip catching, close fielding, fast bowling)
Evaluation of players' performance during matches, Video-analysis of skills and techniques, importance of a third umpire, Assessment of prospective opponents

UNIT-III

Duties and responsibilities of officials, Mechanism of officiating and scoring, Biomechanical analysis of skills

UNIT-IV

Managing team during competitions, Information and publicity concerning competition, Office management – correspondence and maintenance of records, Facility management – quality control of equipment and player's kit, Risk management - medical check-up, medical aid and insurance, Personnel management – communication and inter-personnel skills

UNIT-V

Fitness tests - Fitness tests- AAHPER Youth Fitness Test, Fleishman Physical fitness test, Indiana Motor Fitness Test, Skill tests – beep test, running between the wickets, different kinds of catches and throw, 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. Advancement of different techniques
 - 1.1 Video-analysis
 - 1.2 Net Session
2. Organize intramurals in the institution
3. Organizing camping, scouting & giving commentary
4. Coaching lesson – 5 (five) internal lessons

SUGGESTED READINGS

- Amarnath Mohinder (1996). Learn to Play Good Cricket. Ubspd, New Delhi.
- Andrew K (1989). Handbook of Cricket. Perlham Book, England.
- Chugh GD (1993). Laws of Cricket. D.V.S.Pub. New Delhi.
- Dellor R (1990). How to Coach Cricket. Mandola, London.
- Jain R (2003). Play and Learn Cricket. K.S.K, New Delhi.
- Kutty S K (2003). Fielding Drills in Cricket. K.S.K, New Delhi.
- Morrison I (1993). How to Play Cricket, Competition R. Pri. Ltd.
- Jain R (2002). Coaching Successfully: Cricket. Sports, Delhi.
- Jain R (2005). Play & Learn Cricket. Khel Sahitaya Kendra
- Rice P (1988). How to Play Cricket. Guinness, London.
- Sharangani, RC (1992). Fitness Training in Cricket. Marine Sports. Bombay.
- Sharma P (2003). Cricket. Shyam Prakashan. Jaipur.
- Swpnronobe EW (1986). Barclayas World of Cricket. Willow Book. London.
- Thani Vivek (1998). Coaching Cricket. Khel Sahitya. New Delhi.

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

Selection of a team and conduct of a camp, Playfield technology - planning, construction Conduct of a tournament, Short-term and long-term planning for organization of a competition, Report writing, photography, analysis and commentary

UNIT-II

Evaluation of player's performance during matches, Video analysis of skills and techniques, Assessment of prospective opponents

UNIT-III

Diet and nutrition for a football player,

UNIT-IV

Team management during competitions, Information and publicity concerning the competition, Office management – correspondence and maintenance of records , Risk management- medical check up, medical aid and insurance, Personnel management – interpersonal, interpersonnel communication skills

UNIT-V

Event identification and event profile development, Projection of the event and marketing strategy – pamphlets, door - door, newspaper, electronic media-Writing press release and reports, Sponsor identification, fund raising

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. Applied tactics of defense – positioning by a defender, defensive attacker, interchanging of position
2. Attacking tactics- shooting and heading at goal, place changing, special method-attack with two center forward
3. Refining of skills
 - Kicking
 - Receiving
 - Heading
 - Dribbling
 - Tackling
 - Goal keeping
4. Taking advantage of offside rule - attack and defense
5. Match officiating
 - Referee
 - Linesmen
 - Table officials
 - Play field preparation guide/organizer

SUGGESTED READINGS

- Lau SK (1995). Encyclopedia of Football. Sport Pub. Delhi.
- N Kumar (2003). Play and Learn Football. K.S.K. New Delhi.
- Reilly T (1988). Science and Football. E.N. Sport Ltd. London.
- Sharma OP (2001). Teaching and Coaching –Football. Khel S.K. Delhi.
- Shellito K (1988). Personal Best Football. William Collins & Sons. London.
- Thani Yograj (2002). Coaching Successfully Football. K.S.K. New Delhi.
- Williams J (1988). The Roots of Football. London.

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

Rhythmic gymnastic

UNIT-II

Training schedules- Daily schedules, Weekly schedules, Monthly schedules, Planning for competition- Meaning and concept, Preparation for competition schedule, Order of events, Sequence of gymnast

UNIT-III

Newton's laws of motion and their application, Body levers and their application, Linear and angular momentum, Centripetal and centrifugal forces

UNIT-IV

Teaching and training of advance elements on all men and women apparatus-Floor exercises (men & women), Pommel horse, Roman rings, Parallel bars/uneven bars

UNIT-V

Table vaults (men & women), Horizontal bar, Balancing beam, Pedagogic practice-Warm-up exercises and class organization, Teaching, training and coaching of basic and advance elements on all apparatus (men & women), Officiating

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. Teaching and training of advance elements on all men and women apparatus
Floor exercises (men & women), Pommel horse, Roman rings, Parallel bars/uneven bars, Table vaults (men & women), Horizontal bar, Balancing beam
2. Pedagogic practice
Warm-up exercises and class organization-Teaching, training and coaching of basic and advance elements on all apparatus (men & women), Officiating

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.
- FIDG (2005) Code of Points Trampoline Gymnastics. Federation Int. De Gymnastics. Germany.
- 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.

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

Advance rules and regulation and their interpretations Playfield technology - planning, construction and maintenance of handball court

UNIT-II

Principles and objectives of coaching, techniques of coaching pep talks, pre match, during and post match, individual and group, coaching schedule

UNIT-III

Specific Duties and responsibilities of referee's, scorekeeper & time keeper, score sheet

UNIT-IV

Conduct of tournament, planning for organization of a competition, report writing, photography, and analysis commentary

UNIT-V

Physical fitness and development of advance techniques related to handball . Nutritional requirement of the players.

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. Referee signals
2. Score sheet
3. Conduct of tournament
4. Evaluation of team and players
5. Team tactics (offensive- offensive system 3:3, 5:1, 4:2)
6. Defensive tactics (Defensive system 6:0, 1:5, 2:4, 3:3)
7. Man to man defense
8. Combine defense
9. Selection of players
10. Teaching lesson

SUGGESTED READINGS

- Jain D (2003). Play & Learn Handball. Khel Sahitya Kendra. New Delhi.
- Kumar A (1999). Handball. Discovery Publishing House. New Delhi.
- Lohar AR (1998). Handball Basic Technology Bombay. The Marine Sports Publishing Division
- Schmottlach N Mcmanama J (1997). Physical Education Handbook. 9th Edition. Allyn & Bacon. London.

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

Playfield technology - planning, construction and maintenance of a hockey field

UNIT-II

Principles and objectives of coaching, techniques of coaching pep talk, pre match during and post match, individual and group, coaching schedule

UNIT-III

Duties and responsibilities of umpire, umpiring signals, score sheet

UNIT-IV

Conduct of tournament, planning for organization of a competition, report writing, photography, and analysis commentary

UNIT-V

Physical fitness and playing ability test related to hockey, nutritional requirement of the players.

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. Umpire's Signals
2. Score sheet
3. Construction of a hockey field
4. Teaching of basic skills
5. Conduct of a hockey tournament
6. Evaluation of Team/Player

SUGGESTED READINGS

- Dubey HC (1999). Hockey. Discovery Publishing House. New Delhi.
- 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.
- Thani Yograj (2002). Coaching Successfully Hockey. Sports Publication. Delhi.

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

Specified by the Judo Federation of India, Specified by the International Judo Federation, Latest changes and developments in rules and regulations, techniques and tactics, officiating and coaching etc.

UNIT-II

Qualifications, qualities and responsibilities of a coach, Qualifications and responsibilities/functions of technical officials, judges, technical officials

UNIT-III

Planning for the competition, Selection of men, material and management, Concluding the competition – submission of accounts

UNIT-IV

Means, methods and process of classroom teaching, Preparation of teaching lesson-plans : characteristics and principles, Different stages/phases of technique learning/teaching, their applications and principles, Use of teaching aids

UNIT-V

Guidelines for preparing a coaching lesson in Judo, Preparation of coaching lesson-plans, Use of teaching aids

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. Planning for competitions
2. Organisation of a competition/seminar/workshop/clinic
3. Project on research in judo/record of events
4. Coaching lessons

SUGGESTED READINGS

- Caffary B (1992). Skilful Judo. A & C Black London.
- Dando J (1994). Play The Game Judo. Blandford Great Britain.
- Harrison EJ (2002). Coaching Successfully Judo. Sports. Delhi.
- Harrison J (1998). Teaching & Coaching Judo. Sport Pub. New Delhi.
- Holme P (1995). Get to Gripe With Judo. Blandford. London.
- Holme P (1996). Competition Judo. Ward Lock. London.
- Jain D (2003). Play and Learn Judo. Khel Sahitaya Kendra. New Delhi.
- Kumar Mukesh (1994). Action Judo. Sport Publication. Delhi.
- Marwood D (1995). Critical Judo. A.I.T.B.S. Pub. New Delhi.

GAME OF SPECIALIZATION – KABADDI

UNIT-I

Selection of a team and conduct of a camp, Playfield technology planning, construction and maintenance of Kabaddi court, Conduct of a tournament, Short-term and long - term planning for organization of a competition

UNIT-II

Evaluation of players performance during matches, Video analysis of skills and techniques, Assessment of prospective opponents

UNIT-III

Duties and responsibilities of officials, Mechanism of officiating and scoring

UNIT-IV

Managing during competitions, Information and publicity concerning the competition, Office management – correspondence and maintenance of records

UNIT-V

Facility management – quality control of equipment and player’s kit, Risk management - medical check up, medical aid and insurance, Personnel management – interpersonal communication skills

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. Training means for development of different components of physical & motor fitness
Speed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility
2. Game officiating

SUGGESTED READINGS

- Rao C V (1982). Kabaddi. Oxford Press. New Delhi.
- Rao EP (1994). Modern Coaching in Kabaddi. D.V.S.Pub
- Rao CV (1983). Kabaddi. Native Indian Sports. Patiala Nis Publisher

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

Selection of a team and conduct of a camp, Playfield technology planning, construction and maintenance of Kho-kho court, Conduct of a tournament, Short-term and long-term planning for organization of a competition, Report writing, analysis and commentary

UNIT-II

Evaluation of player's performance during matches , Video analysis of skills and techniques , Assessment of prospective opponents

UNIT-III

Duties and responsibilities of officials, Mechanism of officiating and scoring

UNIT-IV

Managing during competitions, Information and publicity concerning the competition, Office management – correspondence and maintenance of records, Facility management – quality control of equipment and player's kit, Risk management - medical check up, medical aid and insurance, Personnel management – interpersonal communication skills

UNIT-V

Event identification and event profile development, Projection of the event and marketing strategy – pamphlets, door - door, newspaper, electronic media, Writing press release and reports, Sponsor identification, fund raising, Building of player portfolio, preparing (drawing) a contract and understanding of laws

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

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

Semester V

Max. Marks =50

Time allowed: 3Hrs

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

Selection of a team and conduct of a camp, Playfield technology - planning, construction and maintenance of the Volleyball court Conduct of a tournament, Short-term and long-term planning for organization of a competition, Report writing and commentary

UNIT-II

Techniques of coaching – pep talk, coaching- pre match, during and post match, individual and group coaching Evaluation of player's performance during matches

UNIT-III

Duties and responsibilities of officials, Mechanism of officiating and scoring

UNIT-IV

Managing during competitions, Information and publicity concerning the competition, Facility management – quality control of equipment and player's kit, Risk management- medical check up, medical aid and insurance, Personnel management – interpersonal communication skills

UNIT-V

Teaching progression, Coaching points, Event identification and profile development of the event, Writing press release and reports

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
3. Game officiating

SUGGESTED READINGS

- American Volleyball Coaches Association (2005). Volleyball: Skills & Drills. Human Kinetics. Champaign. U.S.A.
- FIVB (1996). Backcourt Spiking in Modern Volley Ball. FIVB. Chennai.
- Saggar SK (1994). Cosco Skills Stactics - Volley Ball. Sport Publication. Delhi.
- Scates AE (1993). Winning Volley Ball. WC Brown

GAME OF SPECIALIZATION – YOGA

UNIT-I

Yoga asana completion at:- State, National, International, SGFI, AIU etc.

UNIT-II

Qualifications, qualities and responsibilities of a coach, Duties/responsibilities of technical official, Scoring system and judgment criteria, Protocols for referees, judges and officials

UNIT-III

Structure and organisation of yoga competition, Preparation, execution and closing of the competition, Protocols and ceremonies

UNIT-IV

Different techniques of meditation and their practice prekha, vipashyana and different chakras

UNIT-V

Guidelines for preparing coaching lessons in Yoga, Preparation of coaching lesson-plans, Use of teaching aids

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. Planning for a Yoga competition
2. Organisation of a Yoga competition
3. Project on researches in Yoga
4. Officiating in Yoga competitions
5. Coaching lessons

SUGGESTED READINGS

- Anand OP (2001). Yog Dawra Kaya Kalp, Kanpur. Sewasth Sahitya Perkashan
- Sarin N (2003). Yoga Dawara Ragoon Ka Upchhar. Khel Sahitya Kendra
- Sri Swami Rama, (2001). Breathing. Sadhana Mandir Trust. Rishikesh.
- Swami Ram (2000). Yoga & Married Life. Sadhana Mandir Trust. Rishikesh.
- Swami Veda Bharti (2000). Yoga Polity. Economy and Family. Sadhana Mandir Trust. Rishikesh.

**B. Sc (PEHESS) Semester V
TEACHING PRACTICE**

Theory

Maximum Marks 15

To be assessed internally on the basis of class room lesson plan

Practical

To be assessed on the basis of class room lesson plan

Field Teaching Practice

- i) Games chosen from 203 (b), 403 (b) & 603 (b)
- ii) Physical Education Activities:
Calisthenics
Formal Activities (National Important activities, Dumbel, Lazium etc.)
Informal Activities (Minor Games)

SUGGESTED READINGS

- Graham, G.M. (2009). Children Moving : A Reflective Approach to Teaching Physical Education. 8th Ed. McGraw Hill, USA.
- Gupta R. (2010). Sharirik Shiksha Mein Shikhshan Pradhyogiki. Friends Publication. New Delhi.
- Kamlesh ML (2005). Methods in Physical Education. Friends. Delhi.
- Kamlesh ML (2005). Sharirik Shiksha Ki Vidiyan. Friends. Delhi.
- Gupta R. Kumar P. and Tyagi S. (2008) Textbook on Teaching Skill & Prowess. Part I & II. Friends Publication. India. New Delhi.

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.