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Annexure - III to Notification No. F (Prescription/Repetition
Syllabi - UG) Acad/KU/II dated 7-05-2011.

REVISED SYLLABI
FOR
BACHELORS OF PHYSICAL EDUCATION
(B.P.ED)

Approved by the Board of Studies
UNIVERSITY OF KASHMIR

Page No. 185-219

On

21-10-2004

And

30-10-2004

Effective from the
academic session 2005 → Repetition for 2011.

PART-I

THEORY

PART-II

SKILL AND PROWESS

PART-III

PRACTICE OF TEACHING

Core papers: Bachelor of Physical Education (B.P.Ed.) - 2005 → Repetition for 2011.

Part-I Theory

		Ext.	Int.	Total Marks
Phy-CP-01	Foundation of Physical Education	75	25	100
Phy-CP-02	Organization, administration and method of Physical Education	75	25	100
Phy-CP-03	History of Physical Education	75	25	100
Phy-CP-04	Recreation and camping in physical education	75	25	100
Phy-CP-05	Kinesiology, Physiology of exercise, care and prevention of athletic injuries	75	25	100
Phy-CP-06	Officiating and coaching	75	25	100
Phy-CP-07	Anatomy Physiology and health education	75	25	100
Phy-EP-08	(Optional)			
	Phy-EP-a) Test and measurement			
	Phy-EP-b) Sports and psychology			
	Phy-EP-c) Adventure sports	75	25	100
Total			600	+200
Marks				=800

Part-II PracticalSkills of Prowess

Practical work of the skills and prowess shall consist of the following:-

	Ext.	Int.	Total Marks
I. Major Games	60	26	86
II. Athletics	60	26	86
III. Formal Activities	35	12	47
IV. Rhythmic	35	05	40
V. Gymnastics	35	06	41

Total Marks 225 +75 =300

1. 3. 5

Practice of Teaching

	Int./Ext.	Total Marks
I. Inter lessons (Practice of teaching) (10-Lessons)	x	x
II. External Lessons (Practice of teaching) (10-Lessons)	x	x
III. Internal Examination lesson (03-Lessons)	3x25	75
IV. External Examination lesson (03-Lessons)	3x75	225
Total Marks	75 + 225 = 300	

Total Marks B.P.Ed.

	Marks
A. Core papers	800
B. Practical	600
G.Total	1400

Note:-

Camping for 10 days is compulsory for all the trainees.

Signature

Paper-I: Foundation of Physical Education

Duration of Paper: 3 Hours

Total Marks- 100

External- 75

Internal- 25

Minimum Pass marks- 25

Note:

Ten questions will be the set, selecting two questions from each unit. All questions carry equal marks. The candidate has to attempt any five questions not more than one from each unit.

UNIT-I**Philosophical Perspective**

- I. Meaning, definition aims and objectives of physical education
- II. Nature, scope and philosophy of Physical Education
 - a. Idealism and Physical Education
 - b. Pragmatism and Physical Education
 - c. Naturalism and Physical Education
 - d. Realism and Physical Education
- III. Role of Physical Education in General Education

UNIT-II**Biological Perspective**

Meaning and nature of growth and development through movement education
 Principles governing physical and motor growth and development
 Heredity and environment concept and effect, sex differences
 Principles of use, disuse and overuse.
 Individual differences.

UNIT-III**Psychological Perspective**

The psycho-physical unity of human organism
 Laws of learning their application to sports situations
 Play-theories of play, learning stages, learning curves
 Transfer of training
 Practical application of psychology of Physical Education

UNIT-IV**Sociological Perspective**

Physical Education and sports as a social institute and their influence of society
 Sports and social changes
 Socialization
 Sports and adjustment
 Spectators influence on performance

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Historical Perspective

Physical Education in Ancient Greece
Physical Education in Spectra
Physical Education at Athens
Contribution of Physical Education in U.S.A
Physical Education in India during Ancient Period
Physical Education in Ancient Rome

Books Recommended:-

1. Eraj Ahmad Khan "History of Physical Education"
2. Bucher A Charles "Foundation of Physical Education"
3. M.L. Kamlesh "Foundation of Physical Education"
4. Wust and Bucher "Foundation of Physical Education"
5. William J.F. "The principles of Physical Education"
6. Singh Ajmer and Gango Padhay "Physical Education in India"
7. Krishma Murthy and Ram Parameshwara "Education Dimensions of Physical Education"

Signature

**Paper-II: Organization, Administration and
Methods in Physical Education**

Duration of Paper: 3 Hours

Total Marks-	100
External-	75
Internal-	25
Minimum Pass marks-	25

Note:

Ten questions will be the set, selecting two questions from each unit. All questions carry equal marks. The candidate has to attempt any five questions not more than one from each unit.

UNIT-I

ORGANIZATION AND ADMINISTRATION

- a) Meaning of organization and Administration, Importance of Organization Guiding, Principles of Organization, Schemes of Physical Education and Sports in School, Colleges, Universities, Districts, States.

MANAGEMENT

- b) Maintenance of various records, registers and preparations of reports.

FACILITIES

- c) Facilities for Physical Education and sports outdoors and indoors, prescribed standards for School, Colleges and Universities, Layout Constructions and Maintenance of Playgrounds Swimming Pools, Gymnasium and Athletic Tracks.

UNIT-II

A. STAFF AND LEADERSHIP

Need for trained leaders, personal qualifications, responsibilities and duties of Physical Education teacher, Good Administrator at different levels, Teaching load, Teacher-pupils ratio, relationship of Physical Education Teacher with the Head of the Institution, supervisors, Other subject teachers, students, parents and the community.

B. CURRICULUM

Need and Importance of Curriculum, Preparation and development of course of studies, types of program, factors influencing program planning, characteristics of program.

C. FRAMING OF TIME TABLE

Principle and factors influencing the time table before and after activities, types of Physical Education Periods and time allotment.



A. BUDGET

Need, importance and preparation of an idle budget, sources of income, Approved items of Expenditure, Rules for the utilization of games fund.

B. INTRAMURALS

Meaning, need, importance and objectives, extra-murals types of extra murals importance advantages and disadvantages.

C. CLASSIFICATION OF CHILDREN

Meaning and importance of classification, Mecloy Indices Cozen-Nixon Index, meaning and importance of classification of activities.

UNIT-IV

A. METHODS

Meaning, importance and factors influencing the methods.

B. PRESENTATION AND TECHNIQUES

Personal preparations, Technical preparations, organizing subject matter class management steps in presentation. Orientation Explanation, Demonstration, Exploration, Correction and Reputation, Discussion and Evolution.

C. VARIOUS METHODS OF TEACHING PHYSICAL ACTIVITIES

Common methods, Demonstration method, will method Drill method, Part Method, part and Whole method, whole-part Method, Explanation Method, progressive method.

UNIT-V

A. LESSON PLANNING

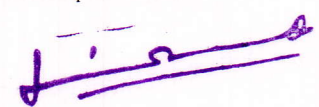
Types of Lesson Plan, values of lesson plan, preparation of lesson plans.

B. TEACHING AIDS

Charts, Medals, Film Strip, TV, Audio Photographs.

C. SUPERVISION

Meaning, Scope, techniques of Supervision, qualification and qualities of a good supervisor.



A. COMPETITIONS AND TOURNAMENTS

Single elimination, seeding, consolation, first type and second type, double elimination league, combination.

B. EQUIPMENT

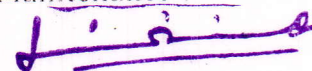
Minimum requirement for schools, Colleges and universities, Purchase of Equipment, Supply and Maintenance of Equipment.

C. INCENTIVE AND AWARDS

Awards, Crust, Honor Board, Trophies, Certificates, Ribbons, Badges.

Books Recommended:

1. J.F. Williams & C.B. Borowell "Administration of Health as Physical"
2. D.F. Gabrielson "Organization and Administration of Physical Education".
3. Ziegler "Administration of Physical Education & Athletics Course Method Approach"
4. P.M. Joseph. "Organization Administration of Physical Education".
5. Kozman, Casidy & Jackson "Method in Physical Education".
6. Duthett Stevens "Teaching Physical Education in Elementary Schools".
7. J.P. Thomas "Physical Education Lessons".
8. Sujan Singh "Organization of Physical Education".
9. J.P. Thomas "Organization of Physical Education".
10. C. Tirunarayanan & Hariharan "Methods in Physical Education".
11. C. Tirunarayanan & Hariharan "Track and field planning, construction Maintenance".



Paper-III: History of Physical Education

Duration of Paper: 3 Hours

Total Marks- 100

External- 75

Internal- 25

Minimum Pass marks- 25

Note:

Ten questions will be the set, selecting two questions from each unit. All questions carry equal marks. The candidate has to attempt any five questions not more than one from each unit.

UNIT-ICONTRIBUTION OF LEADERS OF PHYSICAL EDUCATION AND EDUCATION

- I. In India:
 - Mahatma Gandhi
 - Abdul Kalam Azad
 - Pandit Jawahar Lal Nehru
 - H.C. Buck
- II. In Abroad:
 - Gutts Muth
 - Per Henrik Ling
 - Johann Bernardh Basedow
 - Franz Nachteggall

UNIT-IIINTERNATIONAL MOMENTS IN SPORTS

- I. Olympic Games
- II. Asian Games
- III. Common wealth games

UNIT-IIIPHYSICAL EDUCATION IN THE CITY STATE OF GREECESparta:-

Physical education in Sparta
 The aim of education in Sparta
 Women in Sparta

Athens:-

Education in Athens
 Physical Education and sports in Rome
 Gladiatorial Combats circus.

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UNIT-IV

CENTRAL ADVISORY BOARD OF PHYSICAL EDUCATION AND RECREATION

- I. National Discipline scheme
- II. Kaulkapoor committee
- III. National Physical Efficiency Drive
- IV. Kunzuru Committee

UNIT-V

All India council of sports

Sports authority of India (SAI)

N.S. National Institute of Sports

L.N.I.P.E. Institute of Sports

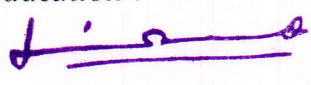
National Sports association/Federation their composition and functions

A.A.F.I

V.F.I

I.H.F

Books Recommended:-

1. Eraj Ahmad Khan "History of Physical Education".
 2. D.G. Wakharkar "Manual of Physical Education in India".
 3. C.Terinarayanan & S. Hariharan "An Athletic History of Physical Education".
 4. C. W. Haskan Smith "History of Physical Education".
 5. Charles W.A. Bucher "Foundation of Physical Education".
 6. Wuste-Bucher "Foundation of Physical Education and Sports".
 7. M.L. Kamlesh "Foundation of Physical Education".
 8. M.L. Kamlesh & Singral "Principles and History of Physical Education".
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Paper-IV: Recreation and Camping in Physical Education

Duration of Paper: 3 Hours

Total Marks- 100

External- 75

Internal- 25

Minimum Pass marks- 25

Note:

Ten questions will be the set, selecting two questions from each unit. All questions carry equal marks. The candidate has to attempt any five questions not more than one from each unit.

UNIT-I

- I. Meaning, Definition and characteristics of Recreation.
- II. Importance of Recreation
- III. Agencies providing the Recreation
- IV. Cultural Values generated by Recreation Service
- V. Difference between work, Leisure and play

UNIT-II

- I. Definition and meaning of Public Relation
- II. Background of Public Relation Service
- III. Role of Mass Media in Public Relation
- IV. Explain the meaning of Recreation leader
- V. Qualities and qualification of a Recreation leader

UNIT-III

- I. Early history of Recreation and Leisure in India.
 - a) Introduction
 - b) The play of early societies
 - c) Recreation during ancient period in India
- II. Recreation in Modern Era.
 - a) Introduction of India National Recreation Associations
 - b) Bal Bhawan
 - c) Influence of Prof. G.D. Sodhi
 - d) Contribution of Y.M.C.A

UNIT-IV

- I. Meaning, Aim and importance of camping in Physical Education
- II. Selection and layout of camp sites
- III. Objectives of camping and outdoor education.
- IV. Different methods of evaluation of camp work and camp activities.



- Organization and Administration of Camps
- II. Types of Camps
 - a) Govt. camps
 - b) Semi-Govt. camps
 - c) Agencies of Institutional Camps
 - d) Private or commercial camps
 - III. Types of camp organization
 - a) Residential camps
 - b) Day camps
 - c) Special interest camps
 - d) Trip camps
 - e) Pioneer camps

Books Recommended:-

1. J.S. Shivers "Introduction to Recreational Service Administration".
2. H. Dan Corbin "Recreational Program and leadership".
3. J.S. Shivers "Camping organization and Operation".
4. David Auxter Jean Pyfer "Principles and methods of adopted Physical Educational Recreation".
5. Rechard Kraus "Recreation and leisure in modern society".

Signature

Paper-V: Kinesiology, Physiology of Exercises,
Care & Prevention of Athletic Injuries

Duration of Paper: 3 Hours

Total Marks- 100

External- 75

Internal- 25

Minimum Pass marks- 25

Note:

Ten questions will be the set, selecting two questions from each unit. All questions carry equal marks. The candidate has to attempt any five questions not more than one from each unit.

PART-I

KINESIOLOGY

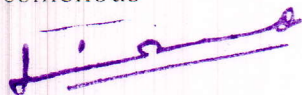
1. INTRODUCTION

Meaning, Scope, Significance and Kinesiology in Physical Education and Sports History.

2. MUSCLES

Origin, insertion and action of the following:-

- a) Pectoralis Major
- b) Pectoralis Minor
- c) Serratus Anterior
- d) Rectus Abdominus
- e) Trapezium
- f) Deltoid
- g) Teres Major
- h) Biceps (Brachial)
- i) Triceps
- j) Latissimus Dorsi
- k) Rectus Femoris
- l) Vastus Lateralis
- m) Vastus Medialis
- n) Vastus Intermedius
- o) Sartorius
- p) Biceps Femoris
- q) Semi membranous
- r) Semi tendinous
- s) Gastro cemenous



3. BIO-MECHANICS

Body lever and their types, Motion, laws of Motion, Centre of Gravity, Equilibrium, Static and Dynamic forces, Its Direction and Application.

4. EXERCISE PROGRAM FOR THE DEVELOPMENT OF THE FOLLOWING MUSCLES

- a) The chest
- b) The abdomen
- c) The back
- d) The upper arm
- e) The lower arm
- f) The thigh
- g) The calf

PART-II

PHYSIOLOGY OF EXERCISE

- 1. Introduction, Definition, aims and objectives
- 2. Physiological items, their explanation and implication:-
Warming up, Conditioning, Strength, Endurance, Speed, vital capacity, Second wind, Oxygen debt and reaction time.
- 3. Effect of Exercises on the following:-
 - a) Muscular
 - b) Respiratory
 - c) Circulatory
 - d) Nervous
- 4. Physiological implication of training, endurance and flexibility and method of the conditioning.
- 5. Pulse
Definition and factors affecting the pulse rate
- 6. Physical Fitness
Definition, components of physical fitness
Different tests to measure physical fitness and their administration
- 7. Fatigue
Causes and remedies

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CARE AND PREVENTION OF ATHLETIC INJURIES

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- I. INTRODUCTION:-
Concept of injuries and role of teaching in the prevention of injuries
- II. COMMON TYPES OF ATHLETIC INJURIES, THEIR CAUSES AND PREVENTION
 1.
 - a) Sprains, Strains, Contusions, Laceration and Abrasions.
 - b) Fracture and Dislocations
 - c) Internal Injuries
 2. Treatment with special references to
 - a) Ankle
 - b) Elbow
 - c) Wrist
 - d) Knee
 - e) Shoulder
- III. TYPES OF THERAPIES
Physiotherapy, Hydrotherapy, Electrotherapy
Massage-Manipulation

Books Recommended:-

1. F. Wells and Luttgens "Kinesiology"
2. Cooper "Kinesiology".
3. Killer "Kinesiology Fundamentals of Motion and Decipline".
4. Nelson "Bio-Mechanics".
5. Miller "Techniques for analysis of Human Movement".
6. Moro House "Physiology of exercises".
7. Karporish (WB) Saunders "Physiology of Muscles".
8. Maleth House "Physiology of Exercise".
9. Miller "Physiology of Exercise".
10. Augustus Thornols "Athletic Injuries".
11. Allon J Ryon "Medical Care of Athletics".
12. N.M Tidy "Massage and Remedial exercise".
13. Albert J. Buamgans "Massage in Athletics".
14. Donogu "The Knee".
15. Alfered Barret "Treatment of Injuries in Athletics".
16. Ferguson Jr. and Joy Bondor " The ABC of athletic and conditioning".



Paper-VI: Officiating and coaching

Duration of Paper: 3 Hours

Total Marks- 100

External- 75

Internal- 25

Minimum Pass marks- 25

Note:

Ten questions will be the set, selecting two questions from each unit. All questions carry equal marks. The candidate has to attempt any five questions not more than one from each unit.

PART-I (OFFICIATING)UNIT-I

- I. Meaning and importance of officiating
- II. Principles of officiating
- III. Relationship of officials with management, coaches, captains, players, manager and spectators.
Firmness, calmness, preparedness, reactive.
- IV. Improving the standard of officiating/umpiring.

UNIT-II

- I. Duties of referee/umpire, program during game and post game regarding to rules, ground rules and ground equipments.
- II. Score sheet games and athletic events
- III. Making of play field, with reference to the following games:-
 - a) Football
 - b) Hockey
 - c) Kabbadi
 - d) Kho-kho
 - e) Volleyball
 - f) Basketball
 - g) Badminton
 - h) Handball
 - i) Cricket
- IV. Making of track and field, and official used for different track and field events.

PART-II (COACHING)UNIT-III

- I. Meaning and characteristic of coaching
- II. Principles of coaching
- III. Definition of teaching, training and coaching
- IV. Qualification and qualities of a good coach
- V. Use of psychology in coaching.

Various methods of Training and Coaching

- I. Circuit Training
- II. Weight Training
- III. Interval Training
- IV. Repetition Training
- V. Isotonic Isometric, and Iso-kinetic Exercises
- VI. Fartlek Training

UNIT-V

- I. Planning-Meaning, Importance and principles
- II. Types of Training Plans-Training Conception, Yearly Plan, Meso-Cycle Plan and Micro-Cycle Plan
- III. Preparation of Training Schedules-Weekly Schedules and Monthly Schedules
- IV. Teaching AIDS:-
 - a. Audio Visual Aids
 - b. Movies
 - c. Radio
 - d. Tape recorder
 - e. TV
 - f. Filmstrips and Slides
- V. Criteria for the selection of players at School, District and University Levels
- VI. Warm up, Its type and Values.

Books Recommended:-

1. Buck H.C "Rules of Games and Sports".
2. Neehills "Modern Volleyball".
3. Allan Duf "Your Book of Cricket".
4. Aibera "Cricket"
5. Bradman "The Art of Cricket".
6. Waltes "Athletics for Student and Coach".
7. Bright "Rules and Principles of Games and Sports".
8. Bosen "Track and field".
9. Roa "Kabbadi"
10. Poole "Badminton".



Paper-VII: Anatomy Physiology and Health Education

Duration of Paper: 3 Hours

Total Marks- 100

External- 75

Internal- 25

Minimum Pass marks- 25

Note:

Ten questions will be the set, selecting two questions from each unit. All questions carry equal marks. The candidate has to attempt any five questions not more than one from each unit.

PART-IUNIT-I**I. Introduction of Human Body**

Characteristics of living organism, cell and its parts, cell Division, Cellular Basis of living.

II. Skeletal System

The Structure arrangement of skeleton-ribs, vertebral column and extremities, Difference in the Skeleton of men and women, Arches of the feet, General Classification of the joints of the body and example of each type, Type of Muscles in the body and their differences. Structural and Functional Posture, Postural Defects and Remedies.

UNIT-II**I. Circulatory System**

Functions of the blood, blood groups and blood transfusion, clotting, structure of the heart, properties of heart, circulation of blood, cardiac cycle, Blood pressure, Blood Vessels, Lymphatic Circulation and pulse.

II. Respiratory System

The Respiration Passage, Lungs and their Structure, Exchange of Gases in the Lungs, Mechanism of Respiration, Vital Capacity.

III. Nervous System

The Nervous Function of Cerebrum and Cerebral Localization reflex, Arc Autonomic Nervous System and Central Nervous System.

UNIT-III**I. Digestive System**

The Organs of Digestion, Their Structure and functions, Digestion in Stomach and Intestines, Absorption and Assimilation of Food Metabolism.

II. Excretory system

The Structure and Function of kidneys and Skin.

III. Glandular System

The Function of Pituitary, thyroid, parathyroid, Adrenal and sex glands.

IV. Sensory System

Special Sense-a brief account of the structure and function of ear and eye.

PART-II
HEALTH EDUCATION

I. DEFINITION OF FITNESS AND HEALTH

Factors influencing health and fitness, Heredity, Environment, Habits, Personal Hygienic Skin Teeth, Nails, Clothing, Shoes, Rest, Sleep, Food, Exercise, Relaxation.

II. NUTRITION

Food habits, Food Fads and fallacies, Diet Planning, Constituents of food, Special Diet for Children, Athletes and the persons with under and overweight.

III. SCHOOL HYGIENE

School Building-ventilation, light, seating arrangements, water supply, sanitary facilities and playgrounds.

IV. CO-ORDINATED SCHOOL HEALTH SERVICES PROGRAMS HEALTH SERVICES

- a) Appraisal including medical examination
- b) Preventive aspects including safety, emergency care and first aid.
- c) Remedial aspects including corrective measures and their follow up.
- d) Prevention and control of communicable diseases, T.B., Diphtheria, Cholera, Hepatitis, Typhoid, Sexually Transmitted Disease and AIDS.

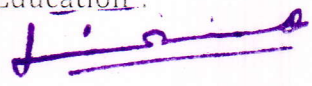
V. MEN & HIS ENVIRONMENT

Pollution

Air and water pollution, their effects on health.

Books Recommended:-

- 1. J.E. Williams, W.B. Saunders Company "A Textbook of Anatomy and Physiology".
- 2. William A.M. Smart "Human Physiology".
- 3. Keller "Human Anatomy".
- 4. H. Barrow "Men and Movement".
- 5. Flact "Nutrition".
- 6. Jones, Shainberg Byer "Food Diet and Nutrition".
- 7. Y.B. Bodi "Handbook of Hygiene and Public Health".
- 8. Williams "Health Education in the Elementary Schools".
- 9. J.F. Williams "Personal Hygiene Applied".
- 10. Dr. M. Raghavan " Handbook of Health Education".



Paper-VIII: (Optional)a) Test and Measurement

Duration of Paper: 3 Hours

Total Marks- 100

External- 75

Internal- 25

Minimum Pass marks- 25

Note:

Ten questions will be the set, selecting two questions from each unit. All questions carry equal marks. The candidate has to attempt any five questions not more than one from each unit.

UNIT-I

- I. Meaning of Test, Measurement & Evaluation
- II. Need & Importance of Test, Measurement & Evaluation in Physical Education
- III. Meaning & Definition of Statistics.
- IV. Need & Importance of Statistics in Physical Education & Sports.

UNIT-II

- a) Training Standards of a Test
 - i. Reliability
 - ii. Validity
 - iii. Norms
- b) Criteria of Test Selection.

UNIT-III**Administration of Test Program**

- a) Advance Preparation
- b) Duties During Testing
- c) Duties after Test

UNIT-IV**Sports Skill Test**

- a) McDonald Soccer Test
- b) Brady Volleyball Test
- c) Harbans Hockey Test
- d) Johnson Basketball Test
- e) Lock Hart Badminton Test

UNIT-V

- I. Roger's Physical Fitness Test
- II. AAPHERD Youth Fitness Test
- III. J.C.R. Test
- IV. Coper's run/walk Test
- V. Havard Step Test

Books Recommended:-

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1. Ted. A & Andrew "Measurement for Evaluation in Physical Education & Exercise Science". (6th Edition)
2. Barrow. H.M. & Mc. Gee "A Practical Approach to Measurement for Evaluation in Physical Education & Exercise Science".
3. Baumartnes, T.A. & A.S. Jackson "Measurement for Evaluation in Physical Education & Exercise Science".
4. Bosco J.S.W.F. Gustafson "Measurement for Evaluation in Physical Education. Fitness & Sports".
5. Claste, H.H. & D.H, Claske, "Application of Measurement to Physical Education".
6. Hasted D.N. & A.C. Lacy "Measurement & Evaluation to Contemporary Physical Education".
7. Johnson B.L. & J.K. Nelson, "Practical Measurement for Evaluation in Physical Education".
8. Kansal D.K. Evaluation & Talent Selection in Sports & Physical Education".

Signature

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B.P.ED

Paper-VIII: (Optional)

b) Sports Psychology

Duration of Paper: 3 Hours

Total Marks- 100

External- 75

Internal- 25

Minimum Pass marks- 25

Note:

Ten questions will be the set, selecting two questions from each unit. All questions carry equal marks. The candidate has to attempt any five questions not more than one from each unit.

UNIT-I

- I. Meaning, Definition and origin of sports Psychology.
- II. Use and scope of Sports Psychology
- III. Importance of Sports Psychology
- IV. Aim of Sports Psychology
- V. Need for Psychology in Physical Education & Sports
- VI. Relationship between Psychology & Sports Psychology.

UNIT-II

I. COMETITION, ANXIETY AND AGGRESSION COMPETITION

Competition in sports-Pros & Cons of Competition
Motivation for Sports Competition

II. ANXIETY

Dimension & Evaluation of anxiety
Anxiety in Exercise & Sports
Strategies for Managing Anxiety

III. AGGRESSION

Nature & Types-Roots of Aggression
Theories of Aggression-Aggression in Sports
Management of Aggression

UNIT-III

ATTENTION AND INTEREST

I. ATTENTION

Definition & Nature
Characteristics of Attention
Types of attention
Role of attention in Physical Education & Sports
Strategies for improving Attention



II. INTEREST

Types of Interest

Measurement of Interest

Arousing Interest for Physical Education & Sports.

UNIT-IV

INTELLIGENCE

Introduction

Intelligence – Nature & definition

Approach to Intelligence

(Implicit-Explicit Approach)

Theories of Intelligence

Measurement of Intelligence

The concept of Sports Intelligence.

UNIT-V

PERSONALITY

Definition

Dimension

Theories

Assessment of Personality

Athletic Performance & Personality

UNIT-VI

MOTIVATION AND LEARNING

- i. Definition motive, Drives & Needs
- ii. Levels of Motivation in Sports
- iii. Theories of Sports Motivation
 - a. Theory of Aggression (Konrad Lorenz's)
 - b. Theory of Neurotic Conflict (Sigmund Freuds's)
 - c. Theory of Competence (Robert White's)
- iv. Condition & Factors for Sports Motivation

Books Recommended:-

1. H. Barrow "Man and Movement".
2. Josph B. Oxendine "Psychology of Motor Learning".
3. Norman Munu "Introduction to Psychology".
4. Lauther, John.D. "Sports Psychology".
5. Cratty. B.J. "Psychology of Contemporary Sports".
6. Alderman R.S. "Psychology Behavior in Sports".
7. Kamlesh M.L. Psychology in Physical Education".
8. Singer Robert N. "Motor Learning & Human Performance".
9. Cratty B.J. "Social Dimensions Physical Activities".
10. Skinner Charles E. "Education Psychology".

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B.P.ED

Paper-VIII: (Optional)

c) Adventure Sports

Duration of Paper: 3 Hours

Total Marks- 100

External- 75

Internal- 25

Minimum Pass marks- 25

Note:

Ten questions will be the set, selecting two questions from each unit. All questions carry equal marks. The candidate has to attempt any five questions not more than one from each unit.

UNIT-I

Meaning of adventure sports

Difference between normal sports and adventure sports.

List the different activities which are involved in adventure sports.

UNIT-II

Mountaineering & Rock Climbing, meaning and its advantages

Principles of Mountaineering

Places of Mountaineering Rock Climbing in India

Institutions of Mountaineering in India.

UNIT-III

Meaning and purpose of Swimming

Explanation of different events

Diving-free style Butterfly Breast Stroke Back Stroke

UNIT-IV

Meaning and fundamentals of Skiing

Tools of Skiing

Principles of Skiing

Identified places for skiing

UNIT-V

Define Sailing

Equipments needed for sailing

Sailing in Heavy Weather

Boat Handling

Books Recommended:-

1. Ashok Kumar "Sailing".
2. H.C. Dubey "Skiing".
3. H.C. Dubey "Diving".
4. James E. Counsilman "The Science of Swimming".

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Practice work of the skills shall consist of the following:-

1. MAJOR GAMES:-

Men: Football, Hockey, Basketball, Volleyball, Kabaddi, Kho-Kho, Cricket, Handball
(any six)
Women: Cricket, Hockey, Basketball, Volleyball, Kabaddi, Kho-Kho, Badminton, Handball
(any six)

2. ATHLETICS:-

Men: Sprints, Middle and Long Distance Races, Hurdles, Jumps and Throws
Women: Sprints, Middle and Long Distance Races, Hurdles, Jumps and Throws

3. FORMAL ACTIVITIES:-

- I. Drill and Marching
- II. Yoga -Asanas

4. RHYTHMIC:-

Men: Rhythmic-Lazium and Bharatim
Women: Rhythmic-Lazium and Bharatim

5. GYMNASTICS:-

Men: Parallel Bars, Horizontal Bars, Floor Exercises, Vaulting Box.
Women: Vaulting Box, Balancing Beam, Uneven Parallel Bars, Floor Exercises.

6. Camping for about 10 days should be organized for all the trainees during this period swimming, mountaineering and tacking be done.

I. Athletic:-

1. Running events

100 M. Dash, 200 M. Dash, 400 M. Dash, 800 M. Run, 1500 M. Run, 5000 M. Run
a. Starts, acceleration and finish of Sprints
b. Techniques of Distance Running.

2.
 - a. Long Jump-Approach, Take off, Flight and landing
 - b. High Jump-Approach, Take off, Cross Bar, Clearance
 - c. Triple Jump (Russian, Polish Method).
3. Throws
 - a. Javelin throw-grip-carry-approach throw and reverse.
 - b. Shot-put, stance glide, Release-reverse O.Brien & Disco Putt Style
 - c. Discus throw grip and stance. swings, rotation (turns) release and reverse
4. Hurdles
 - 110 M. Hurdles-start-take off Clearance-Landing Speed between successive hurdles
 - 110x4 Relay, 4x400 Relay, Baton Hold, Running Order, method of exchange and finish.

II. and III. Gymnastics for men and women

stunts (men and women), Forward Roll, Double Roll, Through Vault Knee mark, Long Reach, Heal Click Skin the snake through the large, Dive and roll, Camel walk, Frog Balance. Simple stunts may be practiced by women, walk stand, stride stand lung-forward, sideward, Hip-Firm, Arms bending forward, Arms bending upward, Arms Vertical, Arms side Horizontal, Arms Raising Backward, Raising on toes, leg Raising forward side Horizontal, Arm Raising Backward, Knees half Bending Knees full (Deep) bending, Trunk Circumduction or rolling, front leaning-prone support, back leaning, thigh flexion sitting up, half kneeling kneeling or both knees.

II GYMNASTIC FOR MEN

- i. tumbling and floor exercises
- ii. Tuck forward roll and simple variations.
- iii. Tuck backwards roll and simple variations.
- iv. Cartwheel
- v. Head stand
- vi. Head stand forward roll
- vii. V. Seat
- viii. Scales front side
- ix. jump and various turns
- x. Hand splitting
- Swedish fall
- xi. Single leg circle
- xii. Round off
- xiii. Splits
- xiv. Head stand
- xv. Head stand
- xvi. Scales front
- xvii. jump and various
- xviii. Hand splitting
- Swedish fall
- xix. Single leg circle
- Round off

6) PARALLEL BARS AND HORIZONTAL BARS

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Parallel Bars:

A. Basic Positions

- I. Straight Arm Support
- II. Bent arm Support
- III. Straddle seat
- IV. Shoulder stand
- V. Fore arm support

B. Exercise

- I. Swinging in support
- II. Straddle travel
- III. Front dismount
- IV. Rise from fore arm
- V. J. Support
- VI. Shoulder Roll
- VII. Rear Dismount
- VIII. Straddle Dismount at the end of bar
- IX. Simple combination

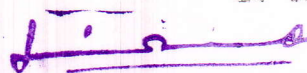
Horizontal Bars:

A. Basic Position

- I. Simple stand
- II. Front Support
- III. Knee hand
- IV. Picked inverted hand
- V. Various grasps, over under and combined etc.
- VI. Back support

B. Exercise

- I. Simple swing
- II. Cast to swing
- III. Upward circle
- IV. Rear dismount
- V. Knee and split circle
- VI. Simple combination
- VII. Hip circle stein the cat



- I. Sequential stage i.e. the run, the take off, the flight and the landing
- II. Straddle vault
- III. Cat spring
- IV. Squat vault
- V. Stop vault
- VI. Head spring
- VII. Neck spring
- VIII. Gymnastic for women

1. Tumbling and floor exercise as per program
2. Balancing beam
3. Uneven bars
4. Vaulting horse

DRILL AND MARCHING

Savdhan, Vishram, Arm Sa-Jaise the, line ban, dehine saj, baw saj, samne deakh, ginti kar, sajja, kadam tal, dahine mur, bae mur, tej, chal, tham, vishar jan (break off) savdhan, vishram, and Aram se, (as in class v) Baith Jao, Pichle Mur, Bhins/Dean Mur, Adha Dahine/Baen Mur, Samen Siloot: Ek Line Ban, Teen Line Ban, Ginti Kar, Tartib war ek line main Kadwar Jama Ho, Revision of 1 to 12 class (class iv) Dhire Chal, Dhire Chalman Tham, Dhire Chaimen Kadam Tal: Dhire Kadam Talse Agge Barh: Dhire Chalmen Kadam Tal: Dhire Tej Chalse Tej Chalse Taj Chal Daur Ke Chal:-

Tej Kadam se agge Barh: Daur Chalman Kadam Tal: Daur Chalmen, Dhire Chalmen Dahane Mur, Dhire Chalmen Dean Mur, Dhire Chalmen Pichhe Mur: Tej Chalmen Dahine Mur: Tej Chal me baen Mur, Dhire Chal Me Piche Mur, Tej Chal me Dahine Mur, Tej Chal me Baen mur, Tej Chal Pechhe mur, Chota Kadam, lamba Kadam, Kadam Badal Khule Line Chal, Nicket Line Chal: Agge Chal, Pichhe Chal, Do Kadam Dahine Bean Chal:

Dahine Aur Bean Goom, Tin Tin Mein Tej Chal (Dahine Bean se) Samne Dekh, Bean Dekh: Dahine Siloot: Baen Siloot, Samne Siloot Dhire, Chal se Tej Cal Mein Ah: Tej Chal se Dhiree Chal main: Dahine aur Baen Disha Badal.

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1. Yogasana
2. Bhardr-asana
3. Gomukh-asana
4. Dhanu-asana
5. Mayur-asana
6. Kukkut-asana
7. Uttan-asana
8. Chakr-asana
9. Ushtr-asana
10. Satu-Pavana Muktasana
11. Uttanpad-asana
12. Servang-asana
13. Bhujang-asana
14. Paschimttan-asana
15. Urdhvasarvang-asana
16. Tittibk-asana
17. Janusir-asana
18. Tal-asana
19. Shalabh-asana
20. Hastaped-asana
21. Purvettan-asana
22. Sirshas-asana
23. Shav-asana
24. Surya Namaskara

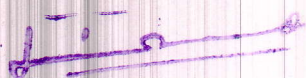
- Bandha and Kriya
- (Blessed Posture)
- (Cow Head Posture)
- (Bow Head Posture)
- (Peacock Posture)
- (Back Posture)
- (Tretched Tortoise Posture)
- (Wheel Posture)
- (Camel Posture)
- (Lying Wing Release Posture)
- (Foot Stretch Posture)
- (All Limb Posture)
- (Cobra Posture)
- (Posterior-stretch posture)
- (Shoulder stand Posture)
- (Lapwing Posture)
- (Knee Head Posture)
- (Polymgre Posture)
- (Junu-Cremium Posture)
- (Anterior-Stretch Posture)
- (Head Stand Posture)
- (Corpse Posture)
- (Salutation to Sun)

Uddiyana Bandh

- a) Uddiyan
- b) Vault

Calisthenics:- Introduction: Purpose and function.

Head pressing backward, attention, head rotation. At each arm bending upward Neck Firm, Left toe Touch forward and right knee bend, toe touching sideward, arms bending forward, knee, raising, forward Hips firm, Trunk turning to right, Trunk bending downward, forward walk stand, stride stand, leg-right side-hard-backward hand stand Head-Shoulders Truck Bending side ward, Arms Vertical forward, knee half bending deep bending Arms raising backward on teos circum-duction, kneeling truck bending backward.



VI. RHYTHMICS

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I. Simple Rhythmic movement

- i. Walk, run, leap, Hop, jump, skip, side gallop
- ii. Stop, Hop, Step, Hop
- iii. Run 4 steps, walk 4 steps
- iv. Hop on right foot 4 times, hop on left 4 times
- v. Hop 4 times in place, hop forward 4 times
- vi. Left foot step, hop slide to the left
- vii. Right foot step hop, slide the right
 - i. Axial Movement
 - ii. Flaxen and extension, bending and stretching
 - iii. Swinging and turning
 - iv. Swinging Arm and torse movement

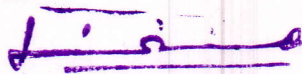
viii. MOTION

- i. Arm and torse movement
- ii. Sitting stride position, raise slowly to knees support weight on knee and one hand
- iii. Vibratory
- iv. Back fall recovery to knees
- v. Side fall-recovery to knees
- vi. Moving forward, backward, side ward in circle, zigzag etc.
- vii. Change of direction
- viii. Various gestures (Mudras)
- ix. Various expressions, Physical Expositions
- x. Folk dance-indigenous festival dance suitable for women and dance from different states of the country.

LAZIUM

Fundamental Position:-

Char-Awaz, Edk-Jagahya Adhi Legau: Pavitra, Do Rukh, Agge Phalang, Pichhe Phalange, Lazium Paker, Lazium Keliya Hushyar, Dahine Bean Hath Harkat: Dahine Baen, Pawn Harket, Bharat Matri Chekkar aur Baithena Uthana Ki Harkat Moorchal, Moorchal Agge ki, Moorchal Dhaine Aur Baen.



MAJOR GAMES

- 2/5 -

During the instruction period, rules of the games and their interpretation should be thoroughly explained.

- | | |
|---------------|--------------|
| a. Football | f. Kho-Kho |
| b. Hockey | g. Cricket |
| c. Basketball | h. Badminton |
| d. Volleyball | i. Handball |
| e. Kabaddi | |

FOOTBALL

I. Fundamental Skills:

1. Players stance and ball controlling
2. Dribbling
3. Trapping-inside of one leg-inside of both legs front both legs sole of feet heads
4. Kicking-inside of feet-outside of feet top of instep head toe.
5. Heading
6. Taking-Front side hook shot
7. Faking and Fainting
8. Passing
9. Throwing
10. Goal keeping
11. Individual Offence
12. Individual Defense

II. Strategy:

1. System of play and formation (Attacking)
2. Man to man marking
3. Defense against interchanging attacker
4. Defense in Depth

VOLLEYBALL

I) Fundamental Skill:

1. Players-receiving the ball and passing to team mates volleying over the net
2. Foot work
3. Blocking (Single)
4. Spikes-Single take off, Double take off, straight spike, Diagonal Spike
5. Service-Under hand, Tennis, Spin, Round Hand, under Hand and Floating Service
6. Individual Defense
7. Individual Offense
8. Passes- under Hand, upper Hand, Side roll and pass, forward Dive and pass.

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II) Strategy:

1. Blocking-single-Double and Triple
2. Formation-System-Forward-and backward angle (Defense)
3. Attacking formation-Vertical and parallel (Closed at the net and away from the net)

KABADDI

I. Fundamental Skills:

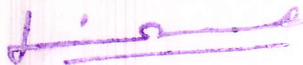
1. Raiders (use of hand in touching)
2. Raiders (use of legs in touching)
3. Raiders use of legs in:
 - a. Touching
 - b. Sudden leg thrust
 - c. Squat leg thrust
 - d. Side kick
 - e. Front kick
 - f. Maule kick
 - g. Aero fly kick
 - h. Cross kick
 - i. Curve of circular kick
 - j. Roll kick
4. Jumping over an anti
5. Diving through the cover of anties
6. Pushing aside an anti
7. Development of cant.

II. Anti-Techniques:

- a. Ankle catch
- b. Ankle hold with spider spring
- c. Double ankle hold
- d. Knee catch
- e. Thigh catch
- f. Double thigh catch
- g. Trunk Catch
- h. Back hug
- i. Wrist hold
- j. Back lift and double arm hold
- k. Wrist hold
- l. The groin and arm pit hold
- m. Cross leg hold
- n. Shoulder catch

III. Strategy:

1. Back line game
2. Vault line game
3. Single chain
4. Double chain
5. Defense formation



KHO-KHO

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I. Fundamental Skills:

1. Chaser's Stance, Changing and touching the opponent
2. Chaser's footwork diving
3. Clock wise & anti clockwise movement around the pole
4. Defense dodging and fainting movement
5. Defense change of speed

II. Strategy:

1. Single Chain
2. Double Chain
3. Round Play (big medium small)
4. Double Chain and Round Play (Combination)
5. Pole to pole running parallel chain selecting the order sitting.
6. Parallel Chain
7. Selecting the order of sitting

CRICKET

I. Fundamental Skills:

1. Stance, grip and backlift
2. Drive of front feet (straight off and cover etc.)
3. Hook and bull shot
4. The use of the front and back feet square cut, Late cut
5. Leg glance (front feet and back feet)

II. Bowling:

1. Run-up basic action follow throw
2. Bowling off spin, leg spin, googly, good length.

III. Fielding Various Positions:

1. Slip square leg, mid-on, mid-off, etc.
2. Interception
3. Throwing
4. Catching (Various positions)

IV. Wicket keeping:

1. Stance,
2. Gathering the ball on overhead and leg side etc.
3. Taking returns from fielders



V. Batting:

1. Drives off front and back foot (on drive, off drive etc.)
2. Intercepting
3. Pull strokes

VI. Strategy:

1. Offensive placement of fielders
2. Defensive Placement of fielders
3. Use of fast and spin bowlers.

BADMINTON

I. Fundamental Skills:

1. Holding the racket
 - a. Fore hand grip.
 - b. Back hand grip
2. Holding the shuttle cocks
 - a. Mid Grip
 - b. Base Grip
3. Foot work for various strokes
 - a. Basic Strokes
 - b. Forehand Strokes
 - c. Back hand stroke
 - d. Overhand stroke
 - e. Round the hand stroke
4. Basic shots
 - a. Smash
 - b. Lob toss or care
 - c. Mat shot
 - d. Drive
5. Single service
 - a. High Lob service
 - b. Lob service
 - c. Medium Service
6. Double Service
 - a. Low or long service
 - b. drive of Shuffling service
 - c. Flick service (high and low)
7. Receiving
 - a. Short Service
 - b. High Service
 - c. drive Service
 - d. Flock Service

HOCKEY

I. Fundamental skills:

1. Hitting

- a. Straight Hit
- b. Reverse Hit
- c. Turn around and Hit
- d. Hitting on wrong foot
- e. Lead-up Game

2. Stopping

- a. Straight Stopping
- b. Reverse stopping
- c. Stopping knee high
- d. Stopping on left
- e. Lead-up game

HOCKEY

I. Fundamental skills:

Line

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3. Pushing

- a. Straight Push
- b. Reverse push
- c. Push on wrong foot
- d. Sweep push

5. Flick

- a. Straight Flick
- b. Reverse flick
- c. Flick on wrong foot
- d. Flicking variations
- e. Lead-up Game

7. Pushing

- a. Passing practices in twos
- b. Lead-up game to improve passing
- c. Through pass
- d. Direct pass
- e. Return pass
- f. Back pass
- g. Over head pass
- h. Deflection passes

9. Shooting

- a. From Various angles

4. Scoop

- a. Straight scoop
- b. Push scoop
- c. Shoveling scoop
- d. Lead-up Game

6. Dribbling

- a. Dribbling by Tapping
- b. Rolling the ball on left
- c. Rolling the ball on right
- d. Ball control exercise
- e. Dribbling relays

8. Dodging

- a. Mechanics and dodging
- b. Dodging on the right
- c. Dodging to the left:
Double dodging
- d. Double Dodging
- e. Various of dodging as applied on
different positions
- f. Lead-up Games for dodging

10. Corner Penalty strokes and penalty Strokes

BASKETBALL

I. Fundamental Skills:-

- a. Player's Stance and ball handling
- b. Catching
- c. Dribbling
- d. shooting
- e. Rebounding
- f. Footwork
- g. Individual Defense
- h. Individual Offense

II. Strategy:-

- 1. One-on-one situation (offense and defense)
- 2. Combined Defense
 - a. Slides and switches
 - b. Out numbering
 - c. Sandwiching
 - d. Rebound organizations
 - e. Man to man defense
 - f. Defense
 - g. Combination (man to man zone)
- 3. Combined offenses
 - a. Screen
 - b. Give and go
 - c. Cress cross
 - d. Splitting the post
 - e. Out numbering
 - f. Offense against man to man
 - g. Offense against zone
 - h. Fast break
 - i. Auxiliary plays
 - j. Set plays.

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