

**SYLLABI**  
**FOR**  
**BACHELOR OF PHYSICAL EDUCATION**  
**(B.P.ED) semester I**

**Components**

**weightage**

<b>PART-I</b>	<b>THEORY</b>	<b>400 marks</b>
<b>PART-II</b>	<b>SKILL AND PROWESS</b>	<b>150 marks</b>
<b>PART-III</b>	<b>PRACTICE OF TEACHING</b>	<b>150 marks</b>



**FACULTY OF EDUCATION**  
**University of Kashmir**

(NAAC Accredited 'A' Grade University)  
Hazratbal, Srinagar (Jammu & Kashmir)-190006



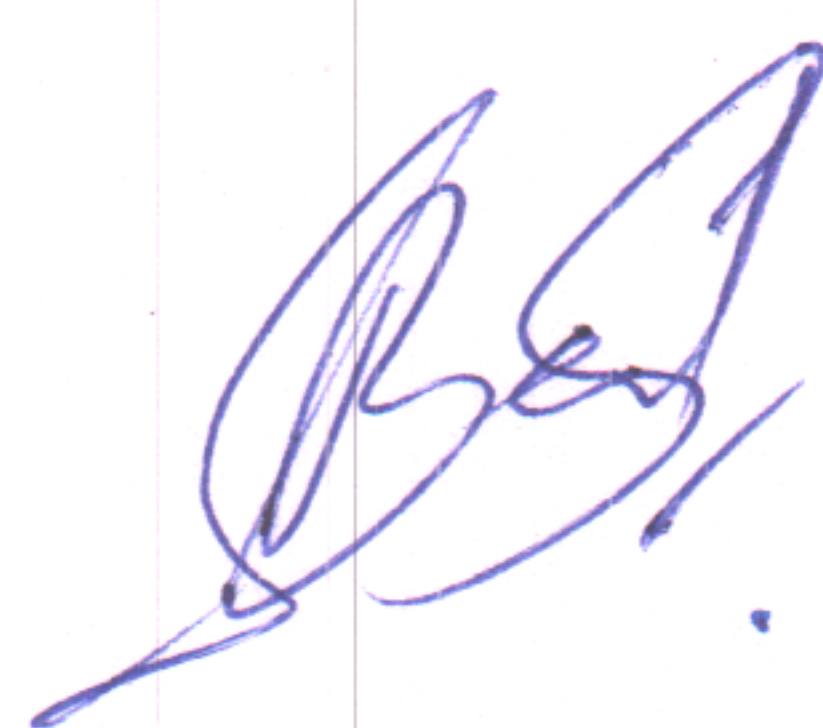
**Syllabi: Bachelor of Physical Education (B.P.Ed) semester I**  
**Scheme of Course**

**Theory: Part I**

**400 Marks**

		Int.	Ext.	Total Marks
Phy-CP-01	Foundation of Physical Education	20	80	100
Phy-CP-02	Test and Measurement	20	80	100
Phy-CP-03	Organization, Administration and Method of Physical Education	20	80	100
Phy-CP-04	Kinesiology and Exercise Physiology	20	80	100

Total Marks	80	+320	=400
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## Skills of Prowess

### Part II Scheme of Practical Examination 150 Marks

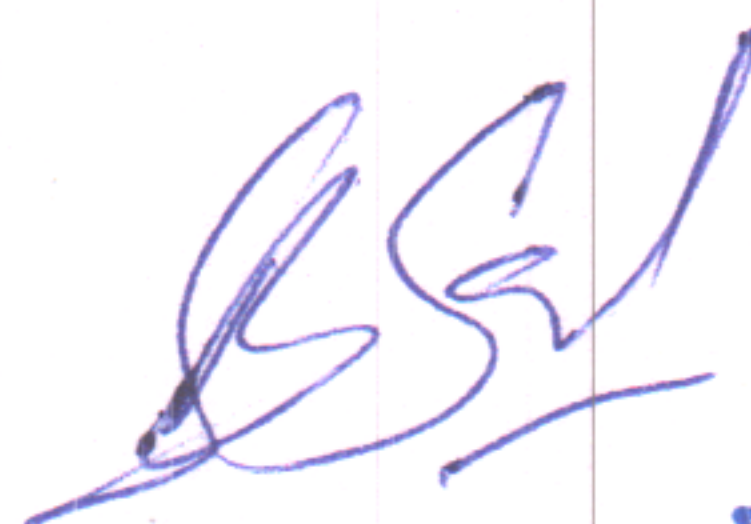
				Int.	Ext.	Total Marks
I.	Major Games			10	40	50
II.	Athletics			10	40	50
III.	Formal Rhythmic and Gymnastic Activities			10	40	50

Total Marks 30 + 120 = 150

#### Note:

Participation and learning the skills, techniques and the teaching methods of the activities are as follows

- I. Major Games: Football, Basketball, kabaddi and Cricket.
- II. Athletics: Sprints, Short put, long jump, Trippel jump, Middel and long distance races.
- III. Formal Rhythmic and Gymnastic Activities: Yoga, Free Hands and Minor Games.

  
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**Practical:**

**Practice of Teaching**

**150 Marks**

**Scheme of Practical Examination**

	<b>Int.</b>	<b>Ext.</b>	<b>Total Marks</b>
I. General Lessons	10	40	50
II. Lesson on Game	10	40	50
III. Lesson on Athletics	10	40	50

Total Marks	30	+120	=150
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**NOTE:**

Practice teaching includes observation; testing practice internally 10 lessons at the college and 10 lessons externally in the neighboring school students.

Students are required to complete 10 general and 10 specific lessons under the supervision of the assigned staff in the schools.

**Total Marks B.P.Ed.**

	<b>Marks</b>
A. Core papers	400
B. Practical	300
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G.Total	700

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## **B.P.Ed**

### **Paper I- Foundation of Physical Education**

Duration of Paper: 3 Hours

Total Marks- 100

Internal- 20

External- 80

Minimum Pass marks- 32

#### **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**

##### **Introduction**

1. Meaning and definitions of physical education
2. Aim and objectives of physical education
3. Nature and scope of physical education
4. Role of physical education in general education

#### **UNIT II**

##### **Philosophies Of physical education**

1. Meaning and philosophy of physical education
2. Idealism
3. Pragmatism
4. Naturalism
5. Realism

#### **UNIT III**

##### **Growth and development**

1. Meaning and nature of Growth and development
2. Principles governing motor growth and development
3. Hereditary and environment concept and effect
4. Principal of use, disuse and overuse

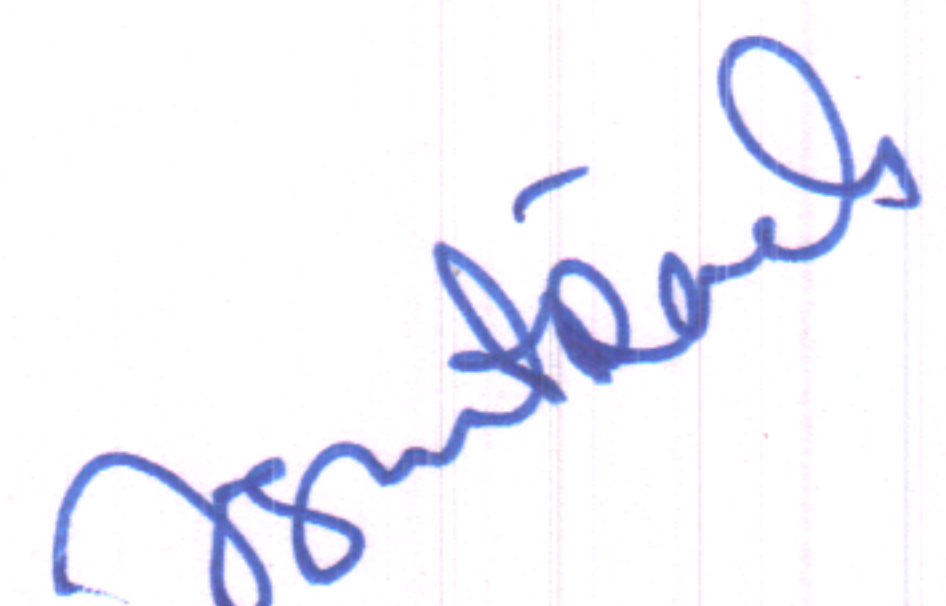
#### **UNIT IV**

##### **Social prospective**

1. Physical education and sports as a social institution
2. Group dynamics and group cohesion in sports.
3. Competition and cooperation
4. Spectators influence and sports performance

#### **Books Recommended:-**

1. Eraj Ahmad Khan "History of Physical Education"





2. Wust and Bucher "Foundation of Physical Education"
3. William J.F. "The principles of Physical Education"
4. Singh Ajmer and Gango Padhay "Physical Education in India"
5. Krishma Murthy and Ram Parameshwara "Education Dimensions of Physical Education"
6. Kamalesh, M.L., & M.S Sangral, Principles and History of Physical Education, Parkash Brothers Educational Publishers, Ludhiana, 1981.
7. Bucher, Charles A., & Deborah A. Wuest, Foundation of Physical Education and Sports, Times Mirror Mosby College Publishing, St. Louis 1987.
8. Drowatzky, John N., Chalres W. Armstrong, Physical Education Career Perspectives and Professional Foundations, Prentice-Hall. Inc.,
9. Mathur, S.S. Educational Psychology, Vinod Pustak Mandir, Agra, 1987.
10. Hirunayananan C., & S. Hariharasarma, An Analytical History of Physical Education, The South India Press, Karaikudi, 1981.

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**B.P.Ed**

**Paper II- Test and Measurement**

Duration of Paper: 3 Hours

Total Marks- 100

Internal- 20

External- 80

Minimum Pass marks- 32

**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**

**INTRODUCTION**

- 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**

**CRITERIA FOR THE SELECTION TEST**

- I. Criteria for selection of a test-Reliability, Validity, Objectivity, Norms.
- II. Advance preparation for administration of test program.
- III. Duties during test program.
- IV. Duties after test program.

**UNIT-III**

**MOTOR ABILITY TEST**

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

**UNIT-IV**

**SPORTS SKILL TEST**

- I. McDonald Soccer Test
- II. Brady Volleyball Test
- III. Harbans Hockey Test
- IV. Johson Basketball Test

V. *Delete*

**BOOKS RECOMMENDED:**

1. Ted. A & Andrew "Measurement for Evaluation in Physical Education & Exercise Science". (6<sup>th</sup> Edition)
2. Barrow. H.M. & Mc. Gee "A Practical Approach to Measurement for Evaluation in Physical Education & Exercise Science".

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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".
9. Jensen, Clayne, R & Cynthia C. Tirst, Measurement in Physical Education and Athletics, MacMillan Publishing co., Inc New York, 1980.

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## **B.P.ED**

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

Duration of Paper: 3 Hours

Total Marks- 100

Internal- 20

External- 80

Minimum Pass marks- 32

#### **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**

- I. Meaning, definitions and importance of organization and administration.
- II. Guiding principles of organization and administration of physical education.
- III. Relation of organization and administration with physical education.
- IV. Qualities and qualification of a good administrator in physical education.

### **UNIT-II**

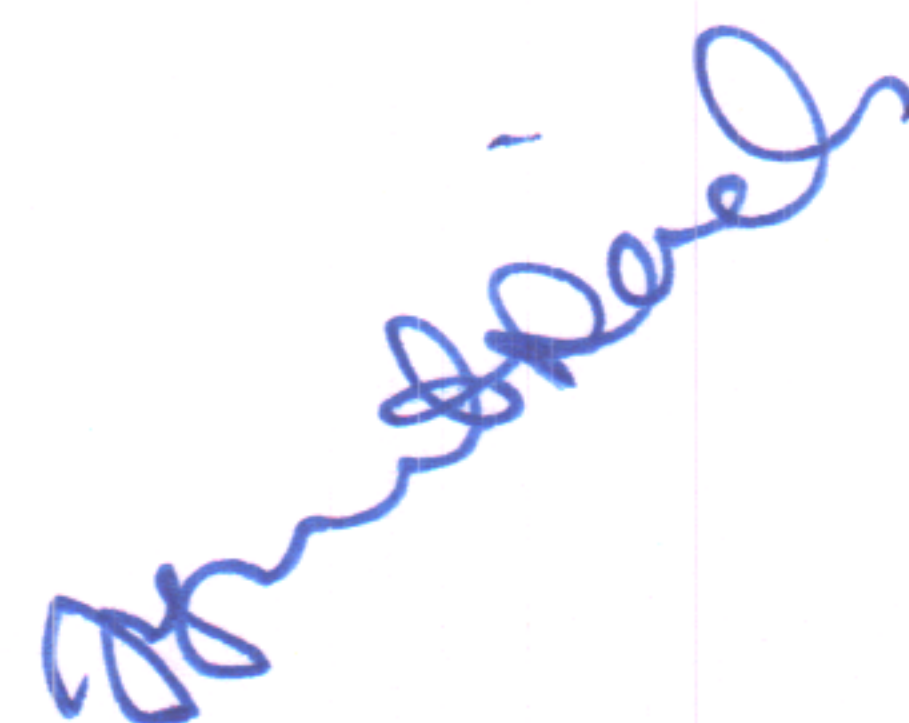
#### **FACILITIES AND MANAGEMENT**

- I. Need and preparation of time table in physical education.
- II. Finance and budget- sources and income.
- III. Rules for the utilization of games fund.
- IV. Care and maintenance of equipments.
- V.

### **UNIT-III**

#### **METHODS**

- I. Meaning, importance and types of methods.
- II. Factors influencing methods.
- III. Teaching aids and their importance- Visual and Non-visual.
- IV. Lesson plan- values and types.





## UNIT-IV

### TOURNAMENTS

- I. Tournaments meaning, merits and demerits.
- II. Drawing of fixtures for tournaments-knockout, league, knockout cum league and league cum knockout.
- III. Intramural and extramural competitions-need and objectives, merits and demerits.
- IV. Incentives and awards- Crust, Honor Board, Trophies, Certificates, Badges and Cash Prize.

### 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".
12. Voltmer, Edward F., Arthur A. Esslinger, Betty Foster McCule and Kenneth G. Tillman, The Organization and Administration of Physical Education, Prentice Hall, Inc., New Jersey, 1979.
13. Dheer, S., & Radhika Kamal, Organization and Administration of Physical Education, Friends Publication, New Delhi, 1991.
14. Sachdeva, M.S., A. Modern Approach to School Organization and Administration, Parkash Brothers Educational Publisher, Ludhina 1983.

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## **B.P.ED**

### **Paper-IV: Kinesiology and Exercise Physiology**

Duration of Paper: 3 Hours

Total Marks- 100

Internal- 20

External- 80

Minimum Pass marks- 32

#### **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.

### **KINESIOLOGY**

#### **Unit-I**

#### **INTRODUCTION**

- I. Meaning, definitions and objectives of Kinesiology.
- II. Importance of kinesiology in physical education and sports.
- III. Body lever and its types. Motion and laws of motion.
- IV. Center of gravity and equilibrium.

#### **MUSCLES**

#### **Unit-II**

Origin, insertion and action of the following muscles:

- I. Pectoralis Major
- II. Pectoralis Minor
- III. Serratus Anterior
- IV. Rectus Abdominus
- V. Trapezium
- VI. Deltoid
- VII. Teres Major.
- VIII. Biceps (Bronchic)
- IX. Triceps
- X. Latissimus Dorsi
- XI. Rectus Femoris
- XII. Vestus Lateralis
- XIII. Vestus Medialis
- XIV. Vestus Intermedius
- XV. Sartorius
- XVI. Biceps Femoris
- XVII. Semi membranous
- XVIII. Semi tendinous
- XIX. Gastro cemenous

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### Unit-III

#### ENERGY SOURCES

- I. Aerobic and anaerobic metabolism.
- II. Energy metabolism during rest, exercise and recovery.
- III. Factors affecting performance.
- IV. Energy sources (adenosine Tri-phosphate)

### Unit -IV

#### PREVENTION OF ATHLETIC INJURIES

- I. Concept of injuries and role of teacher in the prevention of injuries.
- II. Need and importance of study of sports injuries in physical education.
- III. Different types of injuries and their prevention- Sprains, Strains, Contusions, Laceration and Abrasions. Fracture and Dislocations.
- IV. Bandage and its types-strapping and supports.

#### 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. Karporish (WB) Saunders "Physiology of Muscles".
7. Maleth House "Physiology of Exercise".
8. Miller "Physiology of Exercise".
9. Luttgenes, Kathryn, Helge Deutsch and Nancy Hamilton, Kinnesiolog:  
Scientific basis of Human motion, Dubuque: IA: WMC, Brown Communication  
Inc, 1992.
10. Gladys Scott, M., Kinesiology, Sport Publication, Delhi, 1998.
11. Clarke, David H, Exercise Physiology Prentice Hall, London 1975.
12. Robergs, Robert A and Robers Scott, Exercise Physiology, Mobsy, London  
1997.
13. Sandhya, Tiwari, Exercise Physiology Sport Publication, Delhi, 1998.
14. Shaver Larry G. (1985) Essentials of Exercise Physiology: New Delhi: surjeet  
singh publications.

*Surjeet Singh*



**SYLLABI**  
**FOR**  
**BACHELOR OF PHYSICAL EDUCATION**  
**(B.P.ED ) Semester II**

<u>Components</u>		<u>weightage</u>
PART-I	THEORY	400 marks
PART-II	SKILL AND PROWESS	150 marks
PART-III	PRACTICE OF TEACHING	150 marks
PART-IV	ANNUAL LEADERSHIP TRAINING (N.E) (Compulsory)	



**FACULTY OF EDUCATION**  
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Hazratbal, Srinagar (Jammu & Kashmir)-190006

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**Syllabi: Bachelor of Physical Education (B.P.Ed)**  
**Part-I**

**Scheme of Course**

**Part-I Theory**

**400 Marks**

		Int.	Ext.	Total Marks
Phy-CP-05	History of Physical Education	20	80	100
Phy-CP-06	Officiating and Coaching	20	80	100
Phy-CP-07	Anatomy Physiology and Health Education	20	80	100
Phy-CP-08	Reaction and Camping	20	80	100

Total Marks	60	+320	=400
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**Part-II**  
**Practical Skills of Prowess**

**Scheme of Practical Examination**

**Practical:**

**150 Marks**

		Int.	Ext.	Total Marks
I.	Major Games	10	40	50
II.	Athletics	10	40	50
III.	Formal Rhythmic and Gymnastic Activities	10	40	50

Total Marks      30 + 120      = 150

**Note:**

Participation and learning the skills, techniques and the teaching methods of the activities are as follows

- I. Major Games: Hockey, Volley ball, Handball, Kho-kho.
- II. Athletics: High jump, Hurdles, Javelin throw and Discus throw,
- III. Formal Rhythmic and Gymnastic Activities: Drill & Marching, Lazium and Floor Exercises.

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**Part-III**  
**Practical:**  
**Practice of Teaching**

**Scheme of Practical Examination**

**150 Marks**

		Int.	Ext.	Total Marks
I.	General Lessons	10	40	50
II.	Lesson on Game	10	40	50
III.	Lesson on Athletics	10	40	50

Total Marks      30   +120   =150

**NOTE:**

Practice teaching includes observation; testing practice internally 10 lessons at the college and 10 lessons externally in the neighboring school students.

Students are required to complete 10 general and 10 specific lessons under the supervision of the assigned staff in the schools.

<b><u>Total Marks B.P.Ed.</u></b>			<b>Marks</b>
A.	Core papers		400
B.	Practical		300
C.	Camping for 10 days is compulsory for all the trainees.		--
		G.Total	700

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## **B.P.ED**

### **Paper-V: History of Physical Education**

Duration of Paper: 3 Hours

Total Marks- 100

Internal- 20

External- 80

Minimum Pass marks- 32

#### **UNIT-I**

##### **HISTORICAL PERSPECTIVE**

- I. Physical education in Greece.(Homeric period) Spartan period, Athens period ,golden period)
- II. Physical education in Denmark
- III. Physical education in Germany
- IV. Physical education in ancient Rome.

#### **UNIT-II**

##### **MOMENTS AND AWARDS**

###### **Moments:**

- I. Olympic games-Ancient and Modern.
- II. Common Wealth Games.
- III. Asian Games.

###### **Awards**

- I. Arjuna award
- II. Dronacharya award
- III. Rajiv Gandhi Khel Ratna award

##### **LEADERS CONTRIBUTION IN INDIA AND ABROAD**

###### **India**

- I. Abdul Kalam Azad
- II. Pandit Jawahar Lal Nehru
- III. H.C. Buck

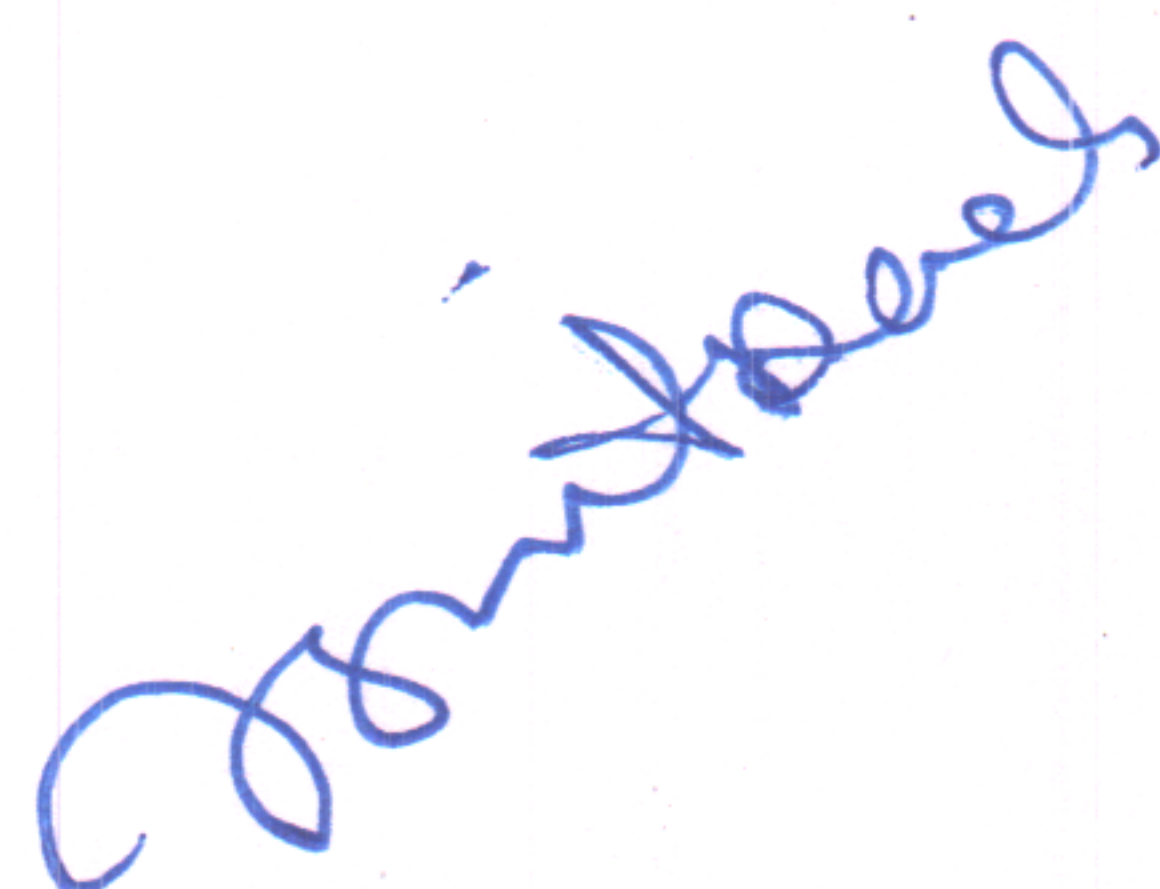
###### **Abroad**

- I. Gutts Muth
- II. Per Henrik Ling
- III. Johann Bernarhdh Basedow

#### **UNIT-III**

##### **FEDERATIONS**

- I. All India council of sports.
- II. Sports authority of India (SAI).





- III. School Games Federation of India.
- IV. Inter University Sports Board.

#### **UNIT-IV**

##### **SCHEMES**

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

##### **BOOKS RECOMMENDED:**

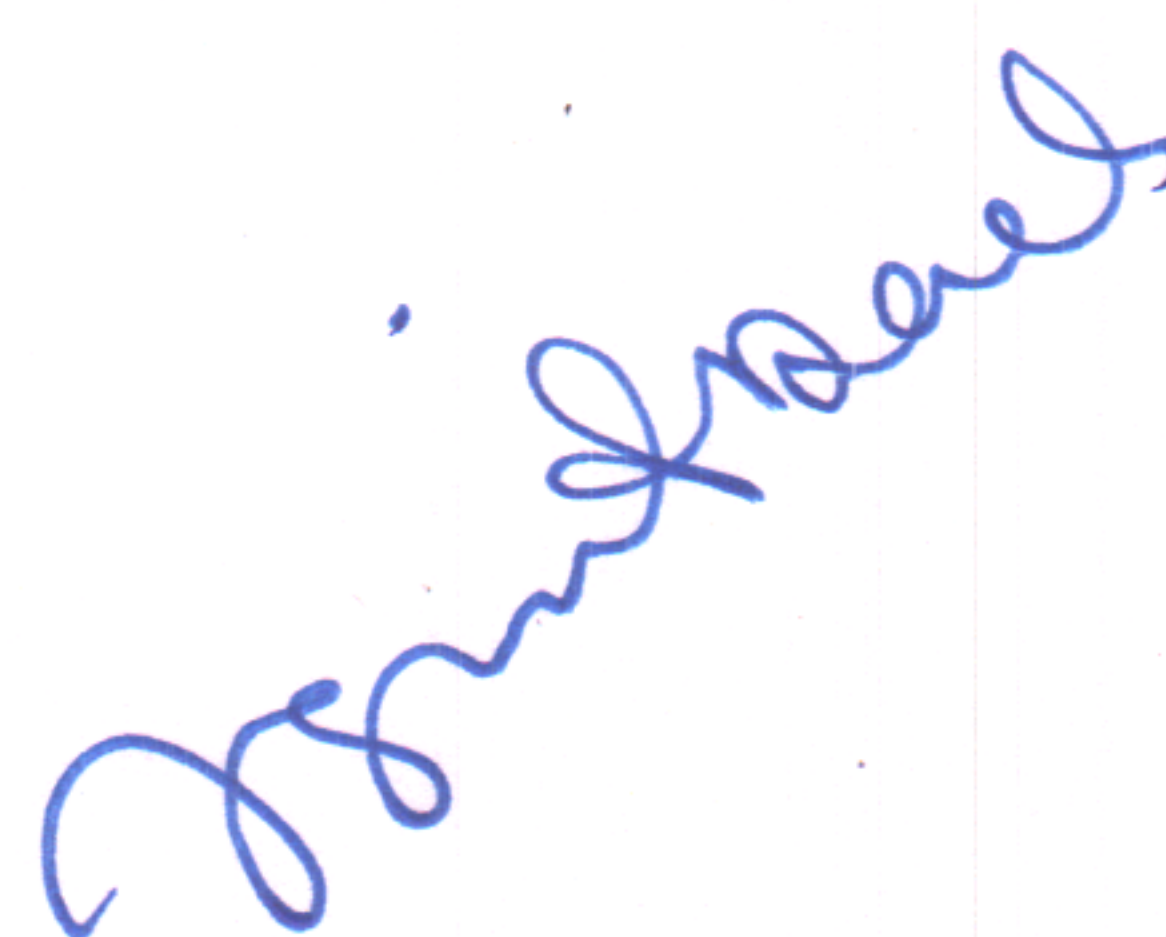
1. Eraj Ahmad Khan "History of Physical Education".
2. D.G. Wakharkar "Manual of Physical Education in India".
3. C.Terinarayanan & S. Hariharan "An Athletic History of Physical Education".
4. C. W. Haskan Smith "History of Physical Education".
5. Charles W.A. Bucher "Foundation of Physical Education".
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".
9. Dheer . S. & Radhika Kamal, Organization and Administration of Physical Education, Friends Publication, New Delhi – 1991.

##### **Note for Paper Setter:-**

The paper setter shall set eight (8) very short answer type questions carrying 2.5 marks each for section-A, selecting two (2) from each unit. Four (4) short answer type questions carrying 7 marks each for section B, selecting one from each unit and four (4) long answer type questions carrying 16 marks each for section-C, selecting one from each unit

##### **Instructions for candidates:-**

The candidate shall have to attempt all questions from section 'A' answering about (20-30) words and 4 questions from section 'B' answering about (150- 200) words and only two questions from section 'C' answering about (300- 350 words





**B.P.ED**

**Paper-VI: Anatomy Physiology and Health Education**

Duration of Paper: 3 Hours

Total Marks-	100
Internal-	20
External-	80
Minimum Pass marks-	32

**UNIT-I**

**INTRODUCTION OF HUMAN BODY**

- I. Meaning of anatomy and physiology.
- II. Cell-Structure and functions.
- III. Structure of muscle
- IV. Mechanism of muscle contraction.

**UNIT-II**

**CARDIOVASCULAR SYSTEM**

- I. Heart-structure and functions
- II. Circulation of blood-systematic, pulmonary and portal circulation.
- III. Effects of exercise on CVS.
- IV. Respiratory passage-Lungs-structure and functions, Mechanism Of respiration.

**UNIT-III**

**DIGESTIVE SYSTEM**

- I. The Organs of Digestion, Their Structure and functions, Digestion in Stomach and Intestines.
- II. Absorption and Assimilation of Food Metabolism.
- III. Structure and Function of kidneys and Skin.
- IV. Function of Pituitary, thyroid, parathyroid, Adrenal and sex glands.

**Unit-IV**

**HEALTH AND HYGIENE**

- I. Meaning and definitions of health.
- II. Factors influencing health and fitness.
- III. Personal Hygienic habits Skin Teeth, Nails, Clothing, Shoes, Rest, Sleep, Food, Exercise, and Relaxation.
- IV. Common communicable & Non-communicable diseases and their prevention.

**8BOOKS 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".

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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".
11. Chaurasia, B.D., **Human Anatomy**, CBS Publishers, Delhi, 1982.
12. Chatterjee, Chandicharan, **Human Physiology**(Vol.I & II), Medical Allied Agency, Calcutta, 1980.
13. Wilson, Kathleen J.W.Ross and Wilson – Foundations of Anatomy and Physiology, English language book Society, Churchill Livingstone, 1985.
14. Park, K., Parks Text Book of Preventive and Social Medicine, Banarsildas Bhanot, Jabalpur, 2002.
15. Sivaramakrishnan. S, Anatomy and Physiology, New Delhi: Friends Publications 2006.

**Note for Paper Setter:-**

The paper setter shall set eight (8) very short answer type questions carrying 2.5 marks each for section-A, selecting two (2) from each unit. Four (4) short answer type questions carrying 7 marks each for section B, selecting one from each unit and four (4) long answer type questions carrying 16 marks each for section-C, selecting one from each unit

**Instructions for candidates:-**

The candidate shall have to attempt all questions from section 'A' answering about (20-30) words and 4 questions from section 'B' answering about (150- 200) words and only two questions from section 'C' answering about (300- 350) words

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**B.P.ED**

**Paper-VII: Officiating and coaching**

Duration of Paper: 3 Hours

Total Marks-	100
Internal-	20
External-	80
Minimum Pass marks-	32

**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

*Amal*



IV. Qualification and qualities of a good coach

**UNIT-IV**

**VARIOUS METHODS OF TRAINING AND COACHING**

- I. Circuit Training
- II. Weight Training
- III. Interval Training
- IV. Fartlek Training

**BOOKS RECOMMENDED:**

- 1. Buck H.C. "Rules of Games and Sports".
- 2. Neehlls "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".
- 11. Bunn John W. Scientific Principles of Coaching.
- 12. Perinbaraj, S. and others, Play Field: Dimensions and its Requirements, Vinis Publication, Karaikudi.
- 13. Book of Rules of Games and Sports, National Council of Y.M.C.A of India, New Delhi 2005.

**Note for Paper Setter:-**

The paper setter shall set eight (8) very short answer type questions carrying 2.5 marks each for section-A, selecting two (2) from each unit. Four (4) short answer type questions carrying 7 marks each for section B, selecting one from each unit and four (4) long answer type questions carrying 16 marks each for section-C, selecting one from each unit

**Instructions for candidates:-**

The candidate shall have to attempt all questions from section 'A' answering about (20-30) words and 4 questions from section 'B' answering about (150- 200) words and only two questions from section 'C' answering about (300- 350) words

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**B.P.ED**  
**Paper VIII**

**Recreation and Camping in Physical Education**

Duration of Paper: 3 Hours

Total Marks-	100
Internal-	20
External-	80
Minimum Pass marks-	32

**UNIT-I**

- I. Meaning, Definition and characteristics of Recreation.
- II. Importance of Recreation.
- III. Agencies providing the Recreation.
- IV. 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. Qualities and qualification of a Recreation leader.

**UNIT-III**

- 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.

**UNIT-IV**

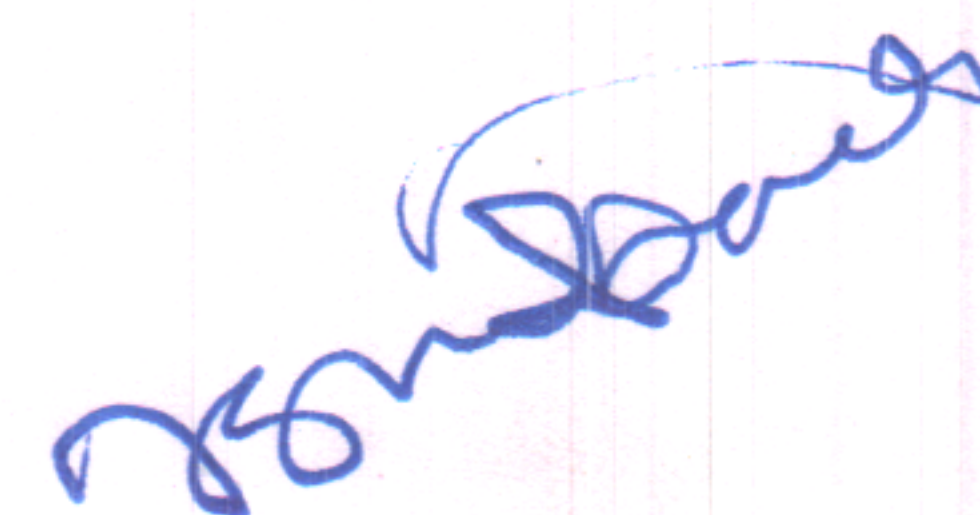
- I. Organization and Administration of Camps
- II. Types of Camps-Govt. camps, Semi-Govt. camps.
- III. Types of camp organization-Residential camps, Day camps.
- IV. Recreation in modern era.

**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".

**Note for Paper Setter:-**

The paper setter shall set eight (8) very short answer type questions carrying 2.5 marks each for section-A, selecting two (2) from each unit. Four (4) short answer type





questions carrying 7 marks each for section B, selecting one from each unit and four (4) long answer type questions carrying 16 marks each for section-C, selecting one from each unit

**Instructions for candidates:-**

The candidate shall have to attempt all questions from section 'A' answering about (20-30) words and 4 questions from section 'B' answering about (150- 200) words and only two questions from section 'C' answering about (300- 350 words

*Completed*