MAHARSHI DAYANAND SARASWATI UNIVERSITY,
AJMER

(26)

पाठ्यक्रम

SYLLABUS

SCHEME OF EXAMINATION AND
COURSES OF STUDY

FACULTY OF EDUCATION

Bachelor of Physical Education
(B.P.E. - 3 Years)

B.P.E. Ist Year Examination
B.P.E. IInd Year Examination
B.P.E. IIIrd Year Examination

ALKA PUBLICATIONS
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NOTICE

1. Change in Statutes/Ordinances/Rules/Regulations/ Syllabus and Books may, from time to time, be made by amendment or remaking, and a candidate shall, except in so far as the University determines otherwise comply with any change that applies to years he has not completed at the time of change. **The decision taken by the Academic Council shall be final.**

सूचना

1. समय-समय पर संशोधन या पुनः निर्माण कर परिनियमों / अध्यादेशों / नियमों / विनियमों / पाठ्यक्रमों व पुस्तकों में परिवर्तन किया जा सकता है, तथा किसी भी परिवर्तन को छात्र को मानना होगा बशर्ते कि विश्वविद्यालय ने अन्यथा प्रकार से उनको छूट न दी हो और छात्र ने उस परिवर्तन के पूर्व वर्ष पाठ्यक्रम को पूरा न किया हो। **विद्या परिषद् द्वारा लिये गये निर्णय अन्तिम होंगे।**

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MAHARSHI DAYANAND SARASWATI UNIVERSITY, AJMER
Bachelor of Physical Education
(B.P.E. – 3 Years)

General Rules (Examination Ordinance)

1. The Examination for the Degree of Bachelor of Physical Education shall consist of three part :
   (i) Part I
   (ii) Part II
   (iii) Part III
   Candidates shall take B.P.E. Part I Examination at the end of the first year of the course, B.P.E. Part II at the end of second year of the course, and B.P.E. Part III (Final at the end of the third year of the course.
2. A Candidate shall be eligible for appearing at the part I examination for the B.P.E. Degree if he/she has passed the Higher Secondary (10+2 Scheme) examination or Intermediate examination or the pre university (10+2) or pre-degree (10+2) or any other equivalent examination recognised by the Board of Secondary Education. Rajasthan or any other Board recognised for this purpose by M.D.S University, Ajmer as equivalent thereto or has taken a Certificate in Physical Education of at least two years duration after passing High School Examination from a recognised Institution of Physical Education. Subject to:
   (a) being selected on the basis of admission test prevailing in the year when admission is sought in the College.
   (b) having put in a minimum of 85 percent of attendance in Theory and Activity Class separately, the attendance shall be reckoned in terms of working days, lectures and Practical class, separately.
3. A candidate who, after passing Part - I of the B.P.E. Examination has completed a regular course of studies for one academic year and has put in a minimum of 85 per cent of attendance in each Theory. Activity subjects and Teaching practice separately shall be eligible for appearing in Part - II examination for the B.P.E. degree.
4. A Candidate who, after passing the Part - II of the B.P.E. examination, has completed a regular courses of study for one academic year and has put in a minimum of 85 per cent of attendance in each Theory. Activity subjects and Coaching lessons separately, shall be eligible for appearing at Part III examination for the B.P.E. degree.
   In addition to the above provisions a candidate must fulfill the following requirements in order to be eligible to at the B.P.E. Part III examination.
   (i) Should have attended a Leader's Training Comp organised by
   (ii) Should have passed First Aid examination of St. John's Ambulance Association. The test will be conducted in B.P.E. Part II year.
5. There shall a final examination at the end of each year and a candidate

will have to pass separately in Part I, II and III examinations and also separately in Part - A Theory: Part - B Practical Skills, Part C Teaching ability (in B.P.E. Part II), and Part - D specialisation (Consisting also of a Theory Paper in B.P.E. Part III, sessional mark and final Practical Examination).

6. The result of examination shall be given separately in mark sheets for each year under three Heads (i.e.) Part A Theory Part-B Practical Skills, Part-C Teaching Ability for B.P.E. Part I, B.P.E. Part II, B.P.E. Part III marks sheet will carry cumulated result for Preceding two pears in additions to Part 'D' specialisation. The degree will include one division on the basis of aggregate marks obtained in B.P.E. Part I, II, and III in all the parts i.e.
Theory (A) Practical Skills (B) Teaching ability (C) and Specialisation (D) Combined together.
To pass in Theory subjects in each of Part I, II and III, examinations a candidate must secure at least 36 per cent marks in each. Theory paper in the final examination and should also secure minimum 36% in sessional marks.
   (a) In Teaching Ability the minimum aggregate required, shall be 40 per cent and it shall consist of sessional grades and final examination at the end of the year.
   (b) In practical skill the minimum aggregate required, shall be 40 per cent and it shall consist of sessional grades only. A candidate will choose four sports/games from the following groups A and B of (two from each group in B.P.E. Part II for an advance course). Depending on the administrative feasibility students may be required to take second or third option in case it is not practicable to offer a particular Sports/games.
   (c) In Specialisation in B.P.E. III the minimum marks required shall be 36 per cent in Theory paper and 40 per cent in sessional work and final practical examination.
   (d) A candidate will choose two games/sports (one from each group) out of the four offered in B.P.E. for specialisation under part D. in B.P.E. Part III.
7. If a candidate fails in Part A (Theory) in B.P.E. I, II and III examination. or Part D (specialisation) of B.P.E. Part III only, he will required to pass the subsequent examination only in the part/parts in which he has failed.
   (a) "A candidate failing in sessional grades in part D (practical skills) in B.P.E. I, II and III shall be allowed to take. Theory examinations. In such cases the results may be withheld till he/she takes supplementary tests in the part concern at the time fixed by the University for this purpose and passes in it. He/she will be eligible for admission to the next higher class only in the year subsequent to his/her passing in both parts (Theory and Activity)"
   (b) No minimum pass percentage is prescribed in sessional marks in Teaching Ability (under part - C). However, a candidate obtains pass marks 40 per cent in the final University Examination of Teaching Ability (under part - C) and also obtains 40 per cent aggregate marks. If a candidate fails in teaching ability examination and takes it at the time fixed by the University to this purpose and passes in it, he/she will be eligible for the admission to the next higher class only in the year subsequent to his/her passing in Teaching Ability (Part - C).
8. A candidate must complete the course of study for the Degree of Bachelor of Physical Education and pass the final examination with in a total period of six years commencing from his first admission to the B.P.E. I course.
9. The divisions shall be assigned to the successful candidate on the following basis:
   Pass - 36 percent and above but below 48 per cent of the aggregate marks
   II Division - 48 percent and above but below 60 per cent of the aggregate marks
   I Division - 60 percent and above of the aggregate marks. A student securing 75 per cent and above in any paper shall be declared to have obtained distinction in that paper provided he passed all the subjects in the first attempt and this fact shall be mentioned in Degree.
   Distinction - 75 percent and above.
   Distinction obtained in any part/parts shall be mentioned in the degree awarded to the candidates.
   The marks of all the three examinations (B.P.E. Part I, II and III) will count together for a place on the pass list and for determination of division.
   No division shall be assigned on the result of parts I and part II examination.
10. Those candidates who fail in only one paper of part A of B.P.E. Part I, II and III examinations and or in part - D (specialisation) only of B.P.E. Part III examination held in April every year shall be eligible to appear in supplementary examination in the paper in which they failed and/or in Part D specialisation of B.P.E. Part III examination to be held as far as possible in August/September every year subsequent to the main examination. Under Part D a candidate failing only in the written paper of practical examination shall appear only for the written paper or practical examination, as the case may be.
For the purpose of passing B.P.E. Part II examination or to be placed in the supplementary list, Part C (Teaching Ability) shall be considered

to be equivalent to one Theory paper.

For B.P.E. supplementary examination the result shall be declared on the basis of the marks actually obtained by a candidate in each of the papers he/she passed in the annual examination, plus the marks obtained in the paper in which he/she took the supplementary examination and the division shall be awarded on the total of such marks. Such candidate, however, will be ineligible for a place on the merit list.

If a candidate appears for supplementary examination in Part D (specialisation) the sessional marks previously obtained by such candidates shall be repeated and division shall be decided on the aggregate of sessional marks plus the marks obtained jn the supplementary examination. Such candidates too will be ineligible for a place on the merit list.

All the candidates who are declared to be eligible for appearing at supplementary examination may join the next higher class in anticipation of declaration of result for the supplementary examination at the option of the college. Their attendance, like those of the other students, shall be counted for the beginning of the session. If they fail in the supplementary examination held in July/August their admission in the higher class shall be cancelled. However, they will be permitted to take one more chance of appearing at the examination in the paper concerned to be held in April immediately following the supplementary examination (If they fail also at the second chance examination, they shall have to appear a fresh in all the papers at the respective examination. If eligible under rule (6) above.

The candidates who fail more than one subject in B.P.E. Part I, II and III examination held in March/April shall not be eligible to appear at the supplementary examination. They will appear as ex-student in all theory subject next annual examination. Such candidates shall not be eligible for provisional admission to the next higher classes in the academic year.

11. Private candidate shall not be allowed to appear at the B.P.E. examination. Those candidates who appear at B.P.E. Part I, II or III examination, but are declared to have failed shall however be permitted to appear at annual examination as ex-students. In their cases the sessional marks previously obtained by them shall be carried over.
12. No candidates shall be awarded the B.P.E. degree unless he/she passed the Hindi and English qualifying examination.
13. The Examination Supplementary Examination fee shall be charged as decided by the University.

Scheme of Examination

Part - A :	10 प्रश्न (प्रत्येक 50 शब्द) एवं प्रति प्रश्न 03 अंक	30 अंक
Part - B :	5 प्रश्न (प्रत्येक 100 शब्द) एवं प्रति प्रश्न 05 अंक	25 अंक
Part - C :	3 प्रश्न (प्रत्येक 400 शब्द) एवं प्रति प्रश्न 15 अंक	45 अंक

B.P.E. PART I

	Paper	Max. Marks	Min. Pass Marks
I	General Science	100	36
II	Basic and Systematic Anatomy	100	36
III	History of Physical Education	100	36
IV	Sociology	100	36
V	English	100	36
	Total	**500**	**180**
Sessional Marks		100	36
Part B Practical Skills :		**400**	**160**
(Internal Assessment only)			

B.P.E. PART II

Part A : Written Paper :			
Paper I	Physiology and Physiology of Exercise	100	36
II	Kinesiology	100	36
III	Psychology	100	36
IV	Methods in Physical Education	100	36
V	Introduction to Education and Educational Methods	100	36
	Total	**500**	**180**
Sessional Marks		100	36
Part B Practical Skill:		**400**	**160**
(Internal Assessment only)			

APPENDIX

1. For Theory Paper of 100 marks there should be six periods per week and for 50 marks 3 periods per week.
2. Weightage for practical periods should be same as in theory.
   (a) Course of B.P.E. I year (Practical) Committee recommend that there should be six games in Ist year to be introduced to the students with weightage of 50 marks for each game

The syllabus of the games will be as follows: -

1. Fundament-1 Skills of the game 2.Advance 3. Game Strategies 4.Rules and their Interpretation 5.Officiating and coaching

(b) Course of B.P.E. IInd year Practicals: -

(i) A set of six games, other than those of failed in the first year will be taken in II year Except (Athletics track and field) The syllabus format will be same as Prescribed in the Ist year.

(ii) St. Johns Ambulance First aid test of 20 marks will be conducted during practicals.

(iii) Leadership camp of 30 marks of ten days should be conducted in IInd year of course.

Part C : Teaching Ability		
Sessional Marks	50	20
Final examination to be conducted by Internal and External Examiners	100	40
Total	**150**	**60**

B.P.E. PART III

Part A Written Paper	**Max. Marks**	**Min. Pass Marks**
Paper I Foundations of Physical Education	100	36
Paper II Management of Physical Education and Recreation	100	36
Paper III Corrective Physical Education and Treatment Prevention and Care of Athletics Injuries	100	36
Paper IV Health Education	100	36
Paper V Tests and Measurement	100	36
Total	**500**	**180**
Sessional Marks	100	36
Part D Specialisation:		
Paper VI Principles of coaching in Two sports/games (50 each game)	100	36
(i) Practical Skill in (Internal Assessment only) (50 each game)	100	40
(ii) Coaching Lesson in two sport/games (External) (50 each game)	100	40
(iii) Sessional (10+10 each Theory and 15+15 coaching lesson in each games)	50	18
Total	**350**	**134**

B.P.E.I.

Time - 6 periods per week **Max. Marks. 100**

PAPER - I

General Science

Importance of Science various basic sciences, values of knowledge re-

Unit – I

Mechanics: Motion, Velocity, Projectile, Laws Of Motion, Force Centrifugal Force, Centripetal Force, Gravity, Force Of Gravity, Centre Of Gravity, Equilibrium, Work, Power, Efficiency Energy, Transformation Of Energy, Friction, Levers Fluid Pressure, Barometer, Boyle's Law, Density & Specific Gravity.

Heat: Effect of Heat, Thermometer, specific heat and latent heat (Their importance in daily life) Transference of heat (conduction, Convection Radiation).

Light: Nature of light, Reflection of light at plane and curved surface, Lances (Camera, Human Eye, Astronomical Telescope and Compound Microscope).

Sound: characteristics of Sound, Elementary Idea of Production and Transmission of Sound, Loudness, Pitch.

Magnetism And Electricity: Magnetic attraction and repulsion, magnets, electrification by friction and Induction, conductors and non-conductor current volt, ampere, electric cells (simple cell Daniel cell) Electromagnetic induction.

Note: The topics mentioned above are not meant for detailed study but to acquaint the student with general principles and their application in the modern scientific age.

The course of study does not include the solution of mathematical problems connected with the topics mentioned above.

Unit - II

Chemistry: Indestructibility of matter, Atom, Molecule Element Compound and Mixture, the atmosphere, diffusion and Reduction, Combustion, Respiration, Acids, Bases salts, Solubility Crystallization Oxygen, Hydrogen, Water, Carbon dioxide, Nitrogen, Ammonia and Chlorine.

Introduction to Organic Chemistry, Carbohydrates, Proteins, Fats, Oils Soaps.

Unit - III

Biology: Living Organism, Cell Protoplasm, Cell division Structure of Plants and Animals, Reproduction in Plants and Animals, Inter Dependence of Plants and Animals, Evolution and Heredity.

Practical: Practicals will be conducted to acquaint the students with practical aspects of the subject there will be practical internal examination for 10 marks. The marks of this examination will be added to the theory sessionals

Book Recommended :

PHYSICS:

1. Singh, Harnam, Sharma, GN. Chaudhary, M. and Dass, Nutan. A Text Book of Physics - Part I and II Delhi: Frank Brothers & Co. (Text Book)
2. Gramow and Gleaveland Physics, Foundations and Frontiers: M/s Prentice Hall India.
3. N.C.E.R.T.P.S.S.C. Physics, New Delhi : N.C.E.R.T. Publication

4. Whitely, W.L. Test Book of Physics London : University Tutorial Press Ltd.

CHEMISTRY:

1. Upadhyaya, K.M. and Bhatnagar, A.P.A. Newest book of Inorganic Chemistry. Delhi : Frank Brothers and Co.
2. Soni, P.L. Fundamental Inorganic Chemistry. Delhi: Sultan Chand and Sons Publishers.
3. Bahl. B.S. and Sharma G.D. Higher Secondary Chemistry, Delhi : S. Chand & Co.
4. Saxena, Ved Prakesh. Higher Secondary Chemistry. Delhi : Young man and Co.
5. Bailey: G.H. and Bansor, H.W. Chemistry for Matriculation. London: University Tutorial Press.
6. Singh, R.N. and Singh, S.N. Agricultural Chemistry

(ii) Special senses : Anatomical structure of sense organs for vision, hearing and touch.

Unit - III

Systems:

(i) Basic knowledge of cardiovascular system including structure of heart, artery, vein and capillaries.
(ii) Basic knowledge of Respiratory System including structure of bronchial tree and muscles of respiration.
(iii) Digestive system : Anatomical structure of various parts of elementary canal, liver, pancreas, gall bladder etc.
(iv) Nervous System : Names of the major parts of the brain, structure spinal cord and peripheral nerve reflex arch.
(v) Brief Account of urino genital system.

a. Art of Questioning and Answering
b. Proper Techniques of Asking questions
c. Principles for dealing with answers.

3. Preparation for Teaching :
   a. Preparing for Entry to teaching profession
   b. The Education of a Teacher.
   C. Responsibilities Of A Teacher.

References:

1. Ministry of Education, Govt. of India.
2. Mukerji, S.N. History of Education in India. Badada. Acharya Book Depot. Revised Edition.
3. Walia. J.A. Principles and Methods of Education, Paul Publishers. N.N. 11, Gopal Nagar Jullunder (Revised Edition).
4. Narulla Syed and Naike, J.P. Student History of Education in India. Bombay, Macmillan Co., Revised Edition.
5. Raymont, The Modern Education, its aims and Methods, London; Longman, and Co., Revised Edition.
6. Simpson, R.G et al. Modern Methods and TEchniques of Teaching. New York : Macmillan Company. Revised Edition.
7. Kochar, S.K. Methods and Techniques of Teaching, Starling Publishers (Pvt.) Ltd. New Delhi. Revised edition.
8. Oliver, R.A. Effective Teaching, Toronto, J.M. Dirt and sons Ltd., Revised Edition.
9. Mathur, V.S. Gandhiji as an Educationist, Metropolitan Books Co., Delhi, Revised Edition.
10. Bossing. N.L. Progressive Methods of Teaching in Secondary School. Prentice Hall of India. New Delhi. Revised Edition.
11. Bhatia, B.D. Theory and Principles of Education Daoba House. Book Sellers and Publishers, Nai Sarak Delhi, Revised Edition.
12. Aggarwal. J.C. et al. Roll of UNESCO in Education, Vikas Publishing House Pvt. Ltd., 1982.
13. Tolen. Brenda, Educational Through as Introduction Macmillan Co.. 1972 (Revised Edition).
14. Brubacher, John S. Modern Philosophies of Education 3rd ed. mac Graw Hill book Co., 1962.
15. Loyd. D.I. Philosophy and the Teacher, Rouledge and Kegan Paul, London 1876.
16. Seetharama. A.S. Philosophies of Education, Ashish Publishing House New Delhi. 1978.

PRACTICAL SKILL

(i) A set of six games, other than those offered in the first year, will be taken in IInd Year. Year (Except Athlethics track and field) The syllabus format will be same as prescribed in the Ist year.

(ii) It Jonus Artulauce First aid test of 20 marks will be conducted during practicals.

(iii) Leadership camp of 30 marks of ten days, should be conducted in IInd year of course.

(iv) Coaching Ability of 50 marks in two games should be conducted in IInd year of the course.

B.P.E. III

PAPER – I

FOUNDATIONS OF PHYSICAL EDUCATION

Time 6 Periods per week **Max. Marks 100**

Unit - I

Biological Foundations:

1. Need for studying principles - Meaning and sources.
2. Heredity. Environment and its importance and stages of growth and development.
3. Biological Basis of life and biological weaknesses.
4. Principles governing physical and motor growth and development.
5. Chronological, Anatomical, Physiological and Mental ages of Individuals - their implications in developing and implementing programme of physical education.

Unit - II

Psychological Foundations:

1. Importance and implication of psychological elements in physical education.
2. Notions about mind and body and psycho-physical unity of man.
3. learning curve.
4. Conditions and factors affecting learning.

Physiological Foundations:

1. General Benefits of exercise.
2. Benefits of exercise to the various systems.
3. Basic principles of exercise and physical education programme.
4. Kinesthetic sense and performance.

Unit - III

Philosophical Foundations:

1. Idealism and physical Education.
2. Pragmatism and Physical Education.
3. Naturalism and Physical Education.
4. Existentialism and Physical Education.

Sociological Foundations:

1. Physical education and sports as a need of the society.
2. Sociological Implications of physical education and sports.
3. Physical acclivities and sports as a man's cultural heritage.
4. Physical education and sports as a social institution and their influence on society.

References:

1. Bucher, Charles A. Foundation of Physical Education St. Louis: The C.V. Mosby Company. 1986 Dollar 9.50.
2. Nixon Engene D. and Couson, W. An Introduction to Physical Education. Philadelphia, London: W.B. Saunders Co., 1969 Dollor 7.00
3. Oderteuter, Delbert : Physical Education. New York harper and Brother Publishers. 1970 Dollar 65.95.
4. Sharma Hakson R. Introduction to Physical Education New York. A.S. Barnes and Company, 1964. Dollar 6.50.
5. Williams Jeses Feiring : The Principle of Physical Education Philadelphia : W.B. Saudners Company, 1964.

PAPER – II

MANAGEMENT OF PHYSICAL EDUCATION AND RECREATION

Time 6 Periods per week **Max. Marks 100**

Unit - I

Introduction:

(a) Meaning and Definition of Planning. Organisation. Administration and Management and their nature and scope.
(b) Importance and Planning and Management in Educational Institutions.
(c) Principles of Planning and Management. Organisation Structure:
  (a) Working out an effective scheme of Organization.
  (b) Scheme of Organisation in school. college and university.
  (c) Scheme of Organisation in the District and State Education.

Facilities And Equipments:

(a) Lay out of the school building and other facilities.
(b) Types of buildings, laboratories, other built-up facilities.
(c) Layout of Physical education falsities common and special.
(d) Need and importance of equipment for physical education and recreation.
(e) An Ideal List of equipment for physical education and recreational activities.

Unit - II

Staff And Leadership:

(a) Head of the Institute, his role in biding the spirit of discipline in sports and students.
(b) Importance of qualified teachers of Physical Education and recreational leaders.
(c) Qualities of good teachers/teachers of physical education.
(d) Development of voluntary services of other teachers.
(e) Students leadership, its importance and limitations.
(f) Staff cooperation.

(g) Selection of training of student leaders.
(h) Recognition of staff and student leaders.
(iii) Public Relations:
  (a) Definition and need.
  (b) Principles of Public relations in physical education.
  (c) Techniques, use of media.
  (d) Relations with parents. public and other bodies.
  (e) Demonstration, displays on special occasions.

Unit - III

Intramurals And Extramurals, Public Relations:

A Intramurals:
  (a) It's importance and Planning.
  (b) Events of Competition. Time and Facility factors.
  (c) Point system, awards. recognition.
B Extramural :
  (a) Outcomes of participation (educational)
  (b) Limitations in participation.
  (c) Selection and training of teams.
  (d) Participation, finances and other aspects.
C
  (a) Realistic approach in purchases, purchase procedures.
  (b) Development of improvised equipment
  (c) Storing, store-keeping.
  (d) Care, maintenance, repairs and disposal of equipment

Office Management And Budget:

  (a) Maintenance of Records.
  (b) Office correspondence, filing and reports.
  (c) Physical education budget and its preparation.
  (d) Income and expenditure (sources)
  (e) Maintenance of Accounts.
  (f) Petty Cash.

References:

1. Joseph, P.M. Organisation of Physical Education, The old Students Association. TIPE Kandivali (Bombay) 1963.
2. Voltmer, E.F. etal, The Organisation and Administration of Physical Education, Prentice Hall Inc., New Jersey, 1979.
3. Bucher, C.A. Adminstration of Physical Education and Athletic Programmes, The C.V. Mosby Company London, 1983.
4. Zeigler, E.F. and Bowie, G.W. Management competency. Development in Sports and Physical Education Lea and Febiger, Philadelphia, 1983.
5. Maheshwari, B.L. Management by Objectives, Tat Mc. Graw Hill Publishing Company Ltd. New Delhi. 1982.
6. Allen, L.A. Management and Organisation, Mcgraw-Hill Book company, Inc. London. 1958

7. Newman, W.H. Administrative Action, Prentice Hill Inc.. New Jersey, 1963.
8. Huges, W.L. etal. Administration of Physical Education. The Ronald Press Comapny, New York, 1962.

PAPER – III

CORRECTIVE PHYSICAL EDUCATION

Time 6 Periods per week **Max. Marks 100**

Unit - I

A. Meaning and Scope of "Correctives" in Physical Education.
B. Posture and its deviation.
   1. Definition, standards of standing posture values of good posture. causes and drawbacks of bad posture.
   2. Common postural deviations, their causes and remedial exercises.
      a. Kyphosis b. Scoliosis
      c. Lordosis d. Knock-knees
      e. Bowlegs f. Flat feet
   3. Organization of a corrective - Gymnastic Class (Group therapy) and its advantage.
C. 1. Scope of Sports injuries in Physical Education.
   2. Hazards of incomplete treatment and
   3. Role of a trained personnel in the management of the sports injuries.
D. Prevention of Injuries:
   1. Factors predisposing the Sports Injuries.
   2. General principles regarding the Prevention of injuries.
E. Common sports injuries and their immediate treatment.
   1. Contusion. 2. Abrasion
   3. Laceration. 4. Sprain
   5. Strain 6. Haematoma
   7. fracture 8. Dislocation

Unit - II

Rehabilitation:
1. Definition Aims and objectives and scope of rehabilitations.
2. Goals of Rehabilitation.
3. An introduction effects and uses of Therapeutic Modalities in Rehabilitation.
   a. Cold Therapy b. Infra Red Radiation
   c. Contrast Bath d. Wax Therapy
   e. Hydrotherapy (Exercises under water)

Therapeutic And Sports Massage:
1. Definition and brief history of massage and remedial exercises.
2. General approach to Massage Manipulation.

3. Common Physiological effects of Massage.
4. Common Massage Manipulations used in Sports and Athletics and the therapeutic uses :
   a. Effleurage b. Kneading
   c. Petrissage d. Friction
   e. Persussion Manipulations f. Shaking Manipulations.
5. Contra-indications of massage in general.
6. Techniques of Massage for the limbs, back and neck.

Unit - III

Therapeutic Exercises:
1. Definition and scope of Therapeutic exercises in Athletic injuries.
2. Classification, Physiological effects and uses of the following.
   a. Active Exercises (Free, Assisted and Resisted movements)
   b. Passive Exercises (Relaxes and forced movements)
3. An introduction to Progressive resistance exercises method.

B. Techniques of Therapeutic Exercises :
1. Muscles strengthening Exercises :
   a. Causes of Muscle-weakness & their preventive methods.
   b. General Principles of Muscle strengthening.
   c. Manual Muscle testing : A Method of assessing Muscle-strengt
2. Stretching and mobilizing exercises :
   Factors causing limitation of Joint Range, General mobilizing metho and practical demonstration of exercises to mobilize the shoulder, bow, wrist, hip knee, ankle and foot.
3. Testing of common soft tissue tightness or contractures and suitat exercises to stretch them.
   a. Hip flexors particular Rectus femoris - Muscle.
   b. Illiotibial Band.
   c. Hanstring
   d. Heel cord (Achilis tendon)

Practical:
Practicals will be conducted to acquaint the students with practical a pects of the subject. There will be practical internal exam. for 10 mark The marks of this exam. will be added to the theory Sessionals.

References:
1. First Aid to the Injured New Delhi, St. John Ambulance Associati
2. Jingoism, W.R. and Buskirk, E.R. 'Science and medicine of Exerci and Sport' New York Harper and Row. 1974.
3. O 'Donogho D. "Treatment of Injuries of Athletes" Philadelphia; W. Saunders and Comapny.
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PAPER – IV : HEALTH EDUCATION

me 6 Periods per week Max. Marks 100

Unit – I

ealth:

1. Concept of Health
2. Dimensions of Health
3. Spectrum of Health
4. Positive Health
5. Ecology of Health
6. Determines of Health

Health Education:

1. Concept, objective and Scope.
2. Principles of Health Education.
3. Communication in Health Education.
4. Public Health Education in attainment of Health Goals.

ealth Problems:

1. Communicable diseases
2. Nutrition
3. Environmental Sanitation
4. Medical care
5. Population

Organisation and Administrative set-up of Health System in India.

1. Centre level
2. State level
3. District level

Planning of Health Education Programme:

1. Practice of Health Education Programme.
2. Steps to be followed in Planning and Health Education Programme.
3. Brief Description of Maternal Child Health

Unit - II

Hygiene:

The concept, Care of skin, mouth, nails, clothing, bathing etc., Impo tance, of rest, sleep and exercise.

B. Community Health:
Brief account of Housing, water Supply, Sewage and refuse dispos

C. School Health Service :
1. History and Health problems
2. Objectives of school health service.

D. Aspects of School Health Service.
1. Health Appraisal
2. Remedial measures and follow-up
3. Prevention of communicable diseases
4. Houseful school environment
5. Nutritional services.
6. First-aid and Emergency care
7. Mental health
8. Dental health
9. Eye-health service
10. Health Education
11. Education of Handicapped children
12. School Health Records.

Food And Nutrition:

Classification of foods, Proximate Principles and Role of various trients.

B. Balanced diet:
Definition, Principles of preparing and balanced diet.
Balanced diet for Indian Player/School children.
Malnutrition and Adulteration of food.

Unit - III

National Family Welfare Programme:

Concept, need and importance and role of Health Education in fan welfare programme.

B. Sex Education :
Concept need and Organisation of sex education at school level.

C. National Health Programmes in India :
1. NMEP (National Malaria Eradication Programme)
2. DDCP (Diarrhea Diseases Control Programme)
3. NFCP (National Filaria Control Programme)
4. National TB Control Programme
5. STD Control Programme

D. International Health Agencies:
1. WHO
2. UNICEF
3. UNDP
4. FAO
5. ILO

E. Evaluation:
   1. Evaluation of Health Education Programme.
   2. Importance of Evaluation of Health Education Programme.

References:

1. Anderson, C.L. and Chewell, Willian H. School Health Practice. St. Louis : The C.V. Mosby Company, 1986.
2. Bedi, Yashpal. Social and Preventive Medicine. New Delhi : Atmaram and Sons, 1985.
3. Gosh, B.N. Hygine and Public Health. Calcutta: Scientific Publishing Co. 1989.
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5. Katz, Alfred H. and Felton, Jean Spences. Health and the Community London: Coltion Mc Millan Limited, 1965.
6. Park J.E. and Park K. Preventive and Social Medicine Jabalpur : M/s Banarsidas, Bhanot Publisher. 1983.

PAPER – V

TESTS AND MEASUREMENTS

Time 6 Periods per week **Max. Marks 100**

Unit - I

ntroduction:

1. Meaning of Tests. Measurements and Evaluation. Need and Importance of Tests and Measurements and Evaluation in Physical Education.
2. Meaning of Statistics. Need and Importance of Statistics.
3. Meaning of Data, Kinds of Data.
4. Frequency Tables - Meaning, Construction and uses. Population and sample, sampling techniques-importance and principles.

undamentals Of Statistics:

1. Measures of Central Tendency - Meaning, uses and calculation from frequency tables.
2. Measures of variability - Meaning, uses and calculation.
3. Graplical representation of Data-Meaning uses and techniques.
4. Percentiles - Meaning, uses and calculations.
5. Correlations - Meaning, uses and calculations.

Unit - II

Test Evaluation And Construction:

1. Knowledge Test, Importance and types.
2. Items to be included in objective and subjective knowledge tests
3. Criteria of tests selection
4. Administration of Testing Programme

Measurement Of Health Status:

1. Measurement of nutritional status (subjective and objective).
2. Somatotyping - A brief account of Kretchwer's and Sheldon's body types.
3. Medical Tests - Vision (Shellen's Chart) Hearing (watch tick method) Blood pressure, vital capacity.

Unit - III

Measurement Of Social Efficiency, Physical Fitness And Skill Performance:

1. Social efficiency - Meaning and administration and interpretation of behaviour rating scales.
2. Sports skill tests - leotard and Mc Phersons Badminton Test
   (a) Johnson Basketball Ability Test.
   (b) McDonald Soccer Test.
   (c) Brady Volleyball Test.
   (d) Dribble and Goal Shooting test in hockey.
3. Fitness Test-Roger's PFI, AAHPERD; Youth Fitness Tests, Indiana Motor Fitness Tests, ICR Test and Kraus-Weber Test.

References:

1. Clarke H.H. Application of measurement to Health and Physical Education, Englewood Cliff, N.J.L Prentice Hall Inc.,
2. Larson L.A. and Yacom, R.D. Measurement and Evaluation in Physical Health and Recreation Education St. Louis : C.V. Mosby Company, 1957.
3. Mathew, Donald K. measurement in Physical Education. London: W.B. Saunders Company, 1973.
4. Neilson N.P.: An Elementary Course in Statistics, Test and Measurement in Physical Education, National Test Polo Ath. 1960.

SYLLABUS FOR SPECIALIZATION (PART - D)

B.P.E. PART - III - THEORY

The following games/Sports are included in the syllabus of the course Track and Field. Gymnastics, Basketball, Cricket, Football, Hockey, Handball, Judo, Volleyball, Swimming, Badminton, Boxing, Lawn Tennis. Kabaddi, Kho-Kho, Archery, Table-Tennis, Weight Lifting and Wrestling.

The General format for covering the theory aspect for each of the above sport/game is given below: -

S.No. Content for topics

1. History of games/sport
   (a) In India (b) In World
2. Organisation of sports:
   (a) Working of Federations Formation and working of District, State, National and International Association and Federations.
   (i) In India (b) In world
3. Techniques:

(i) Creative drills of the game.
(ii) Basic and advance skill of the game.
(iii) Biochemical Engineering of the game.

4. Tactics and Strategy:
   (a) Tactical training.
   (b) Various system of playing the game
5. Training:
   (i) Load-Warming up. Type of Load, Conditioning, Principles, Frequency, Duration intensity. Weight Training? Principles.
   (ii) Typical injuries of the game and rehabilitation.
6. (a) Rules and their interpretation and popular terminology of the game.
   (b) Equipments and their specification and their care.

(iv) For Part-D specialisation. There will be two papers carrying 50 marks each of three hours duration in theory. The paper will be as follows:-

(a) Paper Ist-Teaching ability.

(i) Athletics (ii) Gymnastics (iii) Yoga

Athletics: Sprints, Middle distance running, long distance running, jump, throws, Teaching of basic skills in running, jumping and running, Track and field rules regulation and their interpretation. Officiating and Organisation. of Athletics mat track marking and its maintenance.

Gymnastic: Compulsory and optional exercises, Basics kills, Rules and there interpretation, Lay out of equipment and their care. Organisation of Gymnastic competition.

Yogic Vyayam: Yogic Suksham Vyayam. Yoga Asana, Pranayam shub Cum kapal Bhati, kunjal swas prakshya importance of yoga exercise in daily life.

(b) Paper IInd coaching ability

As Prescribed in present syllabus in part-D will be continue.

(a) In present syllabus in B.P.E. Part-II the paper No.II Kinesiology should be deleted and B.P.E. III year Paper No. N Health Education should be introduced.

(b) In part 'C' sessional Teaching ability there should be five Internal lesson of Health Education Classroom teaching of Class IX and X syllabus presentation by the Board of Sec. Edu. Raj., Ajmer of Shmarks
If Phy. Edu. Activity Teaching Practice Lesson 25 Marks
Sessional Total 50 Marks

(c) Final Examination to be conducted by Internal and External

I	Class Room teaching Health Education lesson	25 Marks
II	Phy. Edu. Activity Lesson	25 Marks
	Total	50 Marks

Four questions of objective nature of marks should be asked in each ...n with a major question of 16 marks of subjective nature. Each ... will be of 20 Marks.

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