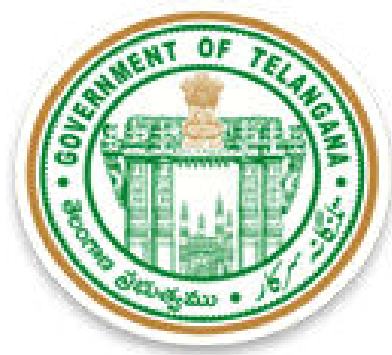


**CURRICULUM FRAMEWORK  
DIPLOMA IN PHYSICAL EDUCATION (D.P.Ed.)  
TWO-YEAR - PROGRAMME**



**Common Core Syllabus 2015-16**

**APPROVED BY**

**Telangana State Council of Higher Education**

**As per the guidelines of the**

**NATIONAL COUNCIL FOR TEACHER EDUCATION**

**Organized by**

**UNIVERSITY COLLEGE OF PHYSICAL EDUCATION  
OSMANIA UNIVERSITY-HYDERABAD**

**REGULATIONS, SCHEME AND SYLLABUS  
FOR DIPLOMA IN PHYSICAL EDUCATION (D.P.Ed.)  
TWO YEAR PROGRAMME (FOUR SEMESTERS)  
(Credit System)**

**Important Note:**

- a. *If the University / Board / Competent Authorities or any affiliating body is following credit system, (CS) as approved and Circulated by the UGC, the credit hours given in the following curriculum framework need to be considered along with the hours of teaching mentioned for each paper / activity / course)*
- b. *If the University / Board / Competent Authorities or any affiliating body is yet to adopt CS, only the hours of teaching mentioned for each paper/ activity / course will be considered, the credit in teaching hours may be ignored*

**Preamble:** Diploma in Physical Education (D.P.Ed.) two year (Four Semesters Credit System) is a professional programme meant for preparing physical education teachers for school education.

D.P.Ed. Programme is designed to integrate the study of childhood, social context of Physical Education, subject knowledge, pedagogical knowledge, aim of Physical Education and communication skills. The programme comprises of compulsory theory as well as practical courses and compulsory school internship.

**1. Intake, Eligibility and admission procedure:** Intake, Eligibility and admission procedure should be as per the NCTE Norms / State Government.

**2. Duration:**

The D.P.Ed. programme shall be of duration of two academic years, i.e four semesters. However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date of admission in to the programme.

There shall be at least 200 working days exclusive of period of admission, but inclusive of (as per The Gazette of India page no.124) examinations with at least 36 working hours in a week (five or six days a week).

**3. Medium of Instruction**

Medium of instruction is English. Students are allowed to write the examination in both English and Telugu.

**4. The Credit System :**

All Programmes shall run on Credit System (CS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

**5. Course:**

The term course usually referred to, as ‘papers’ is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise lectures/tutorials/laboratory work/ field work / outreach activities / project work / vocational training / viva / seminars / term papers / assignments / presentation/ self-study etc, or a combination of some of these.

**6. Courses of Programme:**

The D.P.Ed. Programme consists of a number of courses, the term ‘Course’ applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a “paper” in the conventional sense. The following are the various categories of courses suggested for the D.P.Ed. Programme.

**Theory :**

Core Course

**Practicum :**

Compulsory Course in Track & Field, Racket Sports, Indigenous Sports, Team Sports & Activities

Teaching and Coaching Practice

**7. Semesters:**

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The **odd** semester may be scheduled from May / June to November / December and **even** semester from November / December to May / June. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

**8. Working days:**

There shall be at least 200 working days per year exclusive of admission, and examination process etc.

**9. Credits:**

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half / two hours of practical work / field work per week. The term 'Credit' refers to the weightage given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing a D.P.Ed. Programme is 90 credits and for each semester 20 credits.

**Provision of Bonus Credits Maximum 06 Credits in each Semester**

Sr. No.	Special Credits for Extra Co-curricular Activities	Credit
1	Sports Achievement at State level Competition (Medal Winner)	1
	Sports Achievement National level Competition (Medal Winner)	2
	Sports participation International level Competition	4
2	Inter University Participation (any One Game)	2
3	Inter Collegiate Participation (Minimum Two Games)	1
4	Blood donation / Cleanliness drive / Community services	2
5	Mountaineering - Basic Camp, Advance Camp / Adventure Activities	2
6	Organisation / Officiating – State / National level in any Two Games	2
7	News Reporting / Article Writing / book writing / progress report writing	1

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution / Department. This Bonus credit will be used only to compensate loss of credits in academic activities / attendance.

### 10. Examinations:

- i. There shall be examinations at the end of each semester, for first semester in the month of November /December for second semester in the month of May / June. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November /December or May / June.
- ii. A candidate should get enrolled / registered for the first semester examination. If enrolment/registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the

subsequent term of that semester as a regular student, however, a student of first semester shall be admitted in the second semester, If he/she has successfully kept the term in first semester.

### 11. Condonation:

Student must have 75% of attendance in each course for appearing the examination. Students who have 74% to 65% of attendance shall apply for condonation in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendance shall apply for condonation in prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 50% of attendance are not eligible to appear for the examination.

**OR**

As per the University Rules

### 12. Pattern of Question Papers:

Question Paper shall have three parts.

Part - A.	Short Questions (Four)	5 marks X 4 questions = 20
Part - B.	Long Questions (Four)	10 marks X 4 questions =40
Part - C.	Multiple Choice Questions. (10 out of 12)	1 mark X 10 questions = 10

### B.P.Ed. Format of Question Paper for 4 Units.

#### part A

Question No.	Description	Marks
1	Short Answer Question. Or Short Answer Question. (From the syllabus of Unit-1)	5
2	Short Answer Question. Or Short Answer Question. (From the syllabus of Unit-2)	5
3	Short Answer Question. Or Short Answer Question. (From the syllabus of Unit-3)	5
4	Short Answer Question. Or Short Answer Question. (From the syllabus of Unit-4)	5

		<b>Total</b>	<b>20</b>
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**Part B**

Question No.	Description	Marks
5	Long Answer Question. (Detailed answer) Or Long Answer Question. (Detailed answer) (From the syllabus of Unit-1)	10
6	Long Answer Question. (Detailed answer) Or Long Answer Question. (Detailed answer) (From the syllabus of Unit- 2)	10
7	Long Answer Question. (Detailed answer) Or Long Answer Question. (Detailed answer) (From the syllabus of Unit-3)	10
8	Long Answer Question. (Detailed answer) Or Long Answer Question. (Detailed answer) (From the syllabus of Unit- 4)	10
	<b>Total</b>	<b>40</b>

**Part C**

Answer any 10 Multiple Choice Questions out of 12.

Question No 9 to 20	3 multiple choice questions to be set from each unit of syllabus making a total of 12 questions	1 mark X 10 questions = 10marks

**13. Evaluation:**

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a Continuous Internal Assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are:

One Test	15 Marks
Seminar / Quiz	5 Marks
Assignments	5 Marks
Attendance	5 Marks
Total	30 Marks

**OR**

As per the University Rules.

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

#### **14. Minimum Passing Standard:**

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e. 12 marks out of 30 marks and 28 marks out of 70 marks respectively for theory courses. The minimum passing for both CIA & external examination shall be 50%, i.e. 15 marks out of 30 marks and 35 marks out of 70 marks for the practical courses **OR as per the University rules.**

#### **15. Grading:**

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded as per details provided in . D.P.Ed. R17 from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point. Average (CGPA) **OR** As per the University rules.

#### **16. Classification of Final Results:**

For the purpose of declaring a candidate to have qualified for the Diploma in Physical Education in the First class / Second class / Pass class or First class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end Semester (External) examinations **OR** As per the University Rules.



**17. Award of the Diploma:**

A candidate shall be eligible for the award of the Diploma, only if he/she has earned the minimum required credits of the programme prescribed above.

**18. Revaluation, Betterment and Reappearance**

As per the University Rules

**19. Letter Grades and Grade Points:**

- i. Two methods-relative grading or absolute grading- have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use anyone of the above methods or as per the University norms
- ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

Percentage	Grade Point	Letter Grade	Description	Classification of final result
85 & above	8.5-10.0	O	Outstanding	First class with Distinction
70-84.99	7.0-8.49	A <sup>+</sup>	Excellent	
60-69.99	6.0-6.99	A	Very Good	First Class
55-59.99	5.5-5.99	B <sup>+</sup>	Good	Higher Second class
50-54.99	5.0-5.49	B	Above Average	Second Class
40-49.99	4.0-4.99	C	Average	Pass Class
Below 40	0.0	F.	Fail /Dropped	Dropped
	0	AB	Absent	

**20. Grade Point Calculation**

Calculation of **Semester Grade Point Average (SGPA)** and **Credit Grade Point (CGP)** and declaration of class for D. P. Ed. Programme.

The credit grade points are to be calculated as per the University norms / by the following basis:

$$\text{SGPA} = \frac{\text{Sum of grade points of all courses of the particular semester}}{\text{Total credit of the semester}}$$

**Example - I**

Marks obtained by Student in course T101 = 65/100

Percentage of marks = 65 %

Grade from the conversion table is = A

Grade Point =  $6.0 + 5 (0.99/9.99)$

=  $6.0 + 5 \times 0.1$

=  $6.0 + 0.5$

= 6.5 .

The Course Credits = 04

Credits Grade Point (CGP) =  $6.5 \times 04 = 26$

The semester grade point average (SGPA) will be calculated as a weighted average of all the grade point of the semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all eight courses of the semester) / total credit of the semester as per example given below:

**SEMESTER-I**

Courses No.	Credits	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
<b>T-101</b>	4	65	A	6.5	26
<b>T-102</b>	4	60	A	6	24
<b>T-103</b>	4	62	A	6.2	24.8
<b>T-104</b>	4	57	B+	5.7	22.8
<b>PC-105</b>	4	55	B+	5.5	22
<b>PC-106</b>	4	72	A+	7.2	28.8
<b>PC-107</b>	4	66	A	6.6	26.4
<b>PC-108</b>	4	72	A+	7.2	28.8
	32				203.6

**Examples: Conversion of marks into grade points**

**T-101**  $65 = 60 + 5 = 6.0 + 5 \times (0.99 / 9.99) = 6.0 + 5 \times 0.1 = 6.0 + 0.5 = 6.5$

**T-102**  $60 = 6.0$

**T-103**  $62 = 60 + 2 = 6.0 + 2 \times (0.99/9.99) = 6.0 + 2 \times 0.1 = 6.0 + 0.2 = 6.2$

**T-104**  $57 = 55 + 2 = 5.5 + 2 \times (0.49 / 4.99) = 5.5 + 2 \times 0.1 = 5.5 + 0.2 = 5.7$

**PC-105**  $55 = 5.5$

**PC-106**  $72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$

**PC-107**  $66 = 60 + 6 = 6.0 + 6 \times (0.99 / 9.99) = 6.0 + 6 \times 0.1 = 6.0 + 0.6 = 6.6$

**PC-108**  $72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$

SEMESTER GRADE POINT AVERAGE (SGPA) = Total Credit Grade Points

=  $203.6/32 = 6.3625$

SGPA Sem. 1 = 6.3625

At the end of Semester-1

Total SGPA = 6.3625

Cumulative Grade Point Average (CGPA) =  $6.3625/1 = 6.3625$   
CGPA = 6.66875, Grade = A, Class = First Class

**SEMESTER-II**

Course No.	Credits	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
<b>T-201</b>	4	76	A+	7.6	30.4
<b>T-202</b>	4	64	A	6.4	25.6
<b>T-203</b>	4	59	B+	5.9	23.6
<b>T-204</b>	4	80	A+	8	32
<b>PC-205</b>	4	49	C	4.9	19.6
<b>PC-206</b>	4	64	A	6.4	25.6
<b>PC-207</b>	4	55	B+	5.5	22
<b>TP - 208</b>	4	72	A+	7.2	28.8
	32				207.6

SGPA Sem. II = 6.4875

At the end of Semester-2

Total SGPA for two Semesters = 12.85

Cumulative Grade Point Average (CGPA) =  $12.85/2 = 6.425$

CGPA = 6.66875, Grade = A, Class = First Class

**SEMESTER-III**

Courses No.	Credits	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
<b>T-301</b>	4	64	A	6.4	25.6
<b>T-302</b>	4	64	A	6.4	25.6
<b>T-303</b>	4	59	B+	5.9	23.6
<b>T-304</b>	4	81	A+	8.1	32.4
<b>PC-305</b>	4	49	C	4.9	19.6
<b>PC-306</b>	4	64	A	6.4	25.6
<b>PC-307</b>	4	68	A	6.8	27.2
<b>TP - 308</b>	4	75	A+	7.5	30
	32				209.6

SGPA Sem. III = 6.55

At the end of Semester-3

Total SGPA for three Semesters = 19.4

Cumulative Grade Point Average (CGPA) =  $19.4/3 = 6.466667$

CGPA = 6.66875, Grade = A, Class = First Class

**SEMESTER-IV**

<b>Courses No.</b>	<b>Credits</b>	<b>Marks out of 100 (%)</b>	<b>Grade</b>	<b>Grade Point</b>	<b>Credit Grade point</b>
<b>T-401</b>	4	83	A+	8.3	33.2
<b>T-402</b>	4	76	A+	7.6	30.4
<b>T-403</b>	4	59	B+	5.9	23.6
<b>T-404</b>	4	81	A+	8.1	32.4
<b>PC-405</b>	4	49	C	4.9	19.6
<b>PC-406</b>	4	78	A+	7.8	31.2
<b>PC-407</b>	4	81	A+	8.1	32.4
<b>TP-408</b>	4	75	A+	7.5	30
	32				232.8

SGPA Sem. IV = 7.275

At the end of Semester-4

Total SGPA for all the four semesters = 26.675

Cumulative Grade Point Average (CGPA) =  $26.675/4 = 6.66875$

CGPA = 6.66875, Grade = A, Class = First Class

**Note:**

- (1) SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.
- (2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.
- (3) The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.
- (4) For the award of the class, CGPA shall be calculated on the basis of:
  - (a) Marks of each Semester End Assessment and
  - (b) Marks of each Semester Continuous Internal Assessment for each course. The final Class for D.P.Ed. shall be awarded on the basis of last CGPA (grade) from one to four semester examinations.

**21. Grievance Redressal Committee:**

The college/department shall form a Grievance Redressal Committee for each course in each college/department with the course teacher/Principal/Director and the HOD of the faculty as the members. This Committee shall solve all grievances of the students.

**22. Revision of Syllabi will be done as per the Norms of NCTE / University**

**Semester - I**

<b>Part-A : Theoretical Course</b>						
Course Code	Title of the Papers	Total Lectures per week	Credits	Internal Marks	External Marks	Total Marks
<b>Core Course</b>						
<b>T-101</b>	History and Principles of Physical Education	4	4	30	70	100
<b>T-102</b>	Foundations of Physical Education	4	4	30	70	100
<b>T-103</b>	Basic Anatomy and Physiology	4	4	30	70	100
<b>T-104</b>	Recreation and value education	4	4	30	70	100
<b>Part-B : Practical Course</b>						
<b>PC-105</b>	Track and Field– Running events *Swimming/*Gymnastics (*Any one)	<b>6</b>	<b>4</b>	30	70	100
<b>PC-106</b>	Badminton, Cricket, Football, Kabaddi, Throwball	<b>6</b>	<b>4</b>	30	70	100
<b>PC-107</b>	Minor Games	<b>6</b>	<b>4</b>	30	70	100
<b>PC-108</b>	Calisthenics, Dumb-bell, Flag Hoisting, , Hoops, Lezium, March-Past, Umbrella, Wands	<b>6</b>	<b>4</b>	30	70	100
	<b>Total</b>	40	32	240	560	800

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

**Semester-II**

<b>Part-A : Theoretical Course</b>						
Course Code	Title of the Papers	Total lectures per week	Credits	Internal Marks	External Marks	Total Marks
<b>Core Course</b>						
<b>T-201</b>	Yoga Education	<b>4</b>	<b>4</b>	30	70	100
<b>T-202</b>	Health Education and Environmental Studies	<b>4</b>	<b>4</b>	30	70	100
<b>T-203</b>	Methods of Physical Education	<b>4</b>	<b>4</b>	30	70	100
<b>T-204</b>	Adapted Physical Education and Corrective Exercises	<b>4</b>	<b>4</b>	30	70	100
<b>Part-B : Practical Course</b>						
<b>PC-205</b>	Track and Field –Jumping Events *Swimming/*Gymnastics (*Any one)	<b>6</b>	<b>4</b>	30	70	100
<b>PC-206</b>	Ball Badminton, Handball, Hockey, Kho-Kho ,Softball	<b>6</b>	<b>4</b>	30	70	100
<b>PC-207</b>	Aerobics, Chess, Kolatam, Mallkhambh, Shooting, Yoga	<b>6</b>	<b>4</b>	30	70	100
<b>TP-208</b>	Teaching Practice, General Lesson Plans in Activities from Semester I & II. Out of 10 lessons 4 Internal & 1 External and 5 lessons at Schools.	<b>6</b>	<b>4</b>	30	70	100
	<b>Total</b>	40	32	240	560	800

Note: Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

**Semester-III**

<b>Part-A : Theoretical Course</b>						
Course Code	Title of the Papers	Total Lectures per week	Credits	Internal Marks	External Marks	Total Marks
<b>Core Course</b>						
<b>T-301</b>	Sports Training	4	4	30	70	100
<b>T-302</b>	Child Psychology and Sociology	4	4	30	70	100
<b>T-303</b>	Information Technology in Physical Education	4	4	30	70	100
<b>T-304</b>	Officiating and coaching	4	4	30	70	100
<b>Part-B : Practical Course</b>						
<b>PC-305</b>	Track and Field – Throwing Events *Swimming/*Gymnastics (*Any one)	<b>6</b>	<b>4</b>	30	70	100
<b>PC-306</b>	Basketball, Table –Tennis, Tennikoit , Tennis, Volleyball	<b>6</b>	<b>4</b>	30	70	100
<b>PC-307</b>	Boxing, Fencing, Judo, Karate, Taekwondo, Bharathiyam Combatives, Dands & Baithaks, National Songs, Surya Namaskaram.	<b>6</b>	<b>4</b>	30	70	100
<b>TP-308</b>	Particular lesson plans in any one game from Semester I,II & III. 5 lessons (4 Internal & 1 External)	<b>6</b>	<b>4</b>	30	70	100
<b>Total</b>		40	32	240	560	800

**Note:** Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.



**Semester-IV**

<b>Part-A : Theoretical Course</b>						
Course Code	Title of the Papers	Total Lectures per week	Credits	Internal Marks	External Marks	Total Marks
<b>Core Course</b>						
<b>T-401</b>	Sports injuries and Rehabilitation	4	4	30	70	100
<b>T-402</b>	Organisation and Administration of Physical Education	4	4	30	70	100
<b>T-403</b>	Test and Measurement in Physical Education	4	4	30	70	100
<b>T-404</b>	Nutrition and Naturopathy	4	4	30	70	100
<b>Part-B : Practical Course</b>						
<b>PC-405</b>	Athletics Specialization	6	4	30	70	100
<b>PC-406</b>	Game of Specialization: Badminton, Ball Badminton, Basketball , Cricket, Football Handball, Hockey , Kabaddi, Kho-Kho, Softball, Tennis, Table Tennis, Volleyball (Any one of these)	6	4	30	70	100
<b>PC-407</b>	Teaching Practice in Sports Specialization: coaching lesson Plan in Track and Field / Swimming /Gymnastics (Any one of these)	6	4	30	70	100
<b>TP-408</b>	Teaching practice in Game of specialization: Coaching lessons: Badminton, Ball Badminton, Basketball , Cricket, Football Handball, Hockey , Kabaddi, Kho-Kho, Softball, Tennis, Table Tennis, Volleyball (Any one of these)	6	4	30	70	100
<b>Total</b>		40	32	240	560	800
<b>Grand Total for four semesters</b>		<b>160</b>	<b>128</b>	<b>960</b>	<b>2240</b>	<b>3200</b>

**Note:** Total Number of hours required to earn 4 credits for each Theory Course are 68-80 hours per semester whereas 102-120 hours for each Practicum Course.

**SCHEME OF EXAMINATION****SEMESTER-I**

<b>Paper</b>	<b>Subject</b>	<b>Internal</b>	<b>External</b>	<b>Total Marks</b>
	<b><u>THEORY (400)</u></b>			
<b>T-101</b>	History and Principles of Physical Education	30	70	100
<b>T-102</b>	Foundations of Physical Education	30	70	100
<b>T-103</b>	Basic Anatomy and Physiology	30	70	100
<b>T-104</b>	Recreation & value education	30	70	100
	<b><u>PRACTICAL (400)</u></b>			
<b>PC-105</b>	Track and Field– Running events *Swimming/*Gymnastics (* Any one)	30	70	100
<b>PC-106</b>	Badminton, Cricket, Football, Kabaddi, Throwball	30	70	100
<b>PC-107</b>	Minor Games	30	70	100
<b>PC-108</b>	Calisthenics, Dumb-bell, Flag Hoisting, Hoops, Lezium,, March-Past, Umbrella, Wands.	30	70	100
	<b>Total</b>	<b>240</b>	<b>560</b>	<b>800</b>

**SEMESTER-II**

<b>Paper</b>	<b>Subject</b>	<b>Internal</b>	<b>External</b>	<b>Total Marks</b>
	<b><u>THEORY (400)</u></b>			
<b>T-201</b>	Yoga Education	30	70	100
<b>T-202</b>	Health Education and Environmental Studies	30	70	100
<b>T-203</b>	Methods of Physical Education	30	70	100
<b>T-204</b>	Adapted Physical Education and Corrective Exercises	30	70	100
	<b><u>PRACTICAL (400)</u></b>			
<b>PC-205</b>	Track and Field –Jumping Events *Swimming/*Gymnastics (* Any one)	30	70	100
<b>PC-206</b>	Ball Badminton, Handball, Hockey, , Kho-Kho, Softball	30	70	100
<b>PC-207</b>	Aerobics, Chess, Kolatam, Mallkhambh, Shooting, Yoga	30	70	100
<b>TP-208</b>	Teaching Practice, General Lesson Plans in Activities from Semester I & II. Out of 10 lessons 4 Internal & 1 External and 5 lessons at Schools.	30	70	100
	<b>Total</b>	<b>240</b>	<b>560</b>	<b>800</b>

**SEMESTER-III**

Paper	Subject	Internal	External	Total Marks
	<b><u>THEORY (400)</u></b>			
<b>T-301</b>	Sports Training	30	70	100
<b>T-302</b>	Child Psychology and Sociology	30	70	100
<b>T-303</b>	Information Technology in Physical Education	30	70	100
<b>T-304</b>	Officiating and coaching	30	70	100
	<b><u>PRACTICAL (400)</u></b>			
<b>PC-305</b>	Track and Field – Throwing Events *Swimming/*Gymnastics (*Any one)	30	70	100
<b>PC-306</b>	Basketball, Table –Tennis, Tennikoit, Tennis, Volleyball	30	70	100
<b>PC-307</b>	Boxing/ Fencing/ Judo/ Karate/ Taekwondo, Bharathiyam Combatives, Dands & Baithaks, National Songs, Surya Namaskaram.	30	70	100
<b>TP-308</b>	Particular lesson plans in any one game from Semester I,II & III. 5 lessons (4 Internal & 1 External)	30	70	100
	<b>Total</b>	<b>240</b>	<b>560</b>	<b>800</b>

**SEMESTER-IV**

Paper	Subject	Internal	External	Total Marks
	<b><u>THEORY (400)</u></b>			
<b>T-401</b>	Sports Injuries and Rehabilitation	30	70	100
<b>T-402</b>	Organisation and Administration of Physical Education	30	70	100
<b>T-403</b>	Test and Measurement in Physical Education	30	70	100
<b>T-404</b>	Nutrition and Naturopathy	30	70	100
	<b><u>PRACTICAL (400)</u></b>			
<b>PC-405</b>	Athletics Specialization	30	70	100
<b>PC-406</b>	Game of Specialization: Badminton, Ball Badminton, Basketball , Cricket, Football Handball, Hockey , Kabaddi, Kho-Kho, Softball, Tennis, Table Tennis, Volleyball (Any one of these)	30	70	100
<b>PC-407</b>	Teaching Practice in Sports Specialization: coaching lesson Plan in Track and Field / Swimming /Gymnastics (Any one of these)	30	70	100
<b>TP-408</b>	Teaching practice in Game of specialization: Coaching lessons: Badminton, Ball Badminton, Basketball , Cricket, Football Handball, Hockey , Kabaddi, Kho-Kho, Softball, Tennis, Table Tennis, Volleyball (Any one of these)	30	70	100
	<b>Total</b>	<b>240</b>	<b>560</b>	<b>800</b>



**D.P.Ed. Syllabus**

**Semester-I - Theory Course**

**T-101 : HISTORY AND PRINCIPLES OF PHYSICAL EDUCATION**

- Unit- 1** Meaning and Definition of Education and Physical Education, Aim and Objectives of Physical Education, Role of Physical Education in General Education.
- Unit-2** Historical Development of physical education in India: Pre and post Independent India and world (Greece, Germany)
- Unit-3** Policies, Schemes, Awards: Bharata Ratna, Padmasri, Padmabhusan, Padmavibhusan, Arjuna, Dronacharya, Rajiv Khel Ratna, Ekalavya, Jhansi Laxmibai, Abhimanya,, Trophies/ Cups in Physical Education and Sports at State/National level.
- Unit-4** Institutes bodies for Physical Education and Sports in India (YMCA, LNUPE, SAI, NSNIS, IOA, AIU, SGFI, CABPE, PYKKA, RGKA, SATS, Physical Education & Sports Universities,)

**References:**

- 1) Nixon, E.E. & Cozen, F.W. *An Introduction to Physical Education*, Philadelphia.W.B. Saunders Co. 1969.
- 2) Obertuffer; *Delbert Physical Education*. New York, Harper & Brothers Publisher, 1970.
- 3) Sharman, J.R. *Introduction to Physical Education*, New York, A.S. Barnes & Co. 1964.
- 4) William J.F. *The Principles of Physical Education*, Philadelphia, W.B. Saunders Co 1964.
- 5) Deshpande, S.H. *Physical Education in Ancient India*. Amravati, Degree College of Physical Education 2014
- 6) M.L.Kamalesh, *Principle and History of Physical Education & Sports*, Friends publications, Delhi.

**Semester-I - Theory Course**

**T-102 : FOUNDATIONS OF PHYSICAL EDUCATION**

- Unit- 1** Physical Education in relation to Humanities (Pedagogy, Psychology, Sociology, Philosophy)
- Unit-2** Physical Education in relation to Science Disciplines: Anatomy, Physiology, Anthropometry, Kinesiology, Biomechanics, Nutrition.
- Unit-3** Heredity Traits, Unsynchronized development, Growth and Development at various levels - pre-adolescence, adolescence, adulthood, Differences in boys and girls, Classification of body types : Kretchmer's and Sheldon classification.
- Unit-4** Learning - meaning and definition, Theories of Learning - Trial and Error Theory, Conditioned Response Theory, Insightful Learning, Laws of Learning: Law of Readiness, Law of Use and Disuse, Law of Effect, Law of Recency, Law of Frequency, Types of Learning - Primary, associate, concomitant, Transfer of Learning, Learning Curve

**References:**

- 1) Harold M. Barrow, Man and Movement: *Principles of Physical Education*. 2<sup>nd</sup> edition, London, Kempton pub. 1977.
- 2) Ramesh Chandra Pradhan, *Foundation of Physical Education* New Delhi sports pub. 2011
- 3) Retune B. Frost, *Physical Education Foundation Practices Principles*, London, Addison- Worley. Pub. Cont. 1975.
- 4) Sharma S.N., *Philosophical and Sociological Foundation of Education*, New Delhi, Kanishka pub. Distributors, 1995.
- 5) D.G. Wakharkar, *Physical Education and Sports In India*, Amravati Shree H.V.P.M. Pub., 1988.
- 6) Bucher Charles A. *Foundation of Physical Education*, St. Louis: The C.V. Mosby Co., 1972.

**Semester-I - Theory Course**

**T-103 : BASIC ANATOMY AND PHYSIOLOGY**

- Unit- 1** Meaning, Definition and importance of Anatomy and Physiology  
Cell : Definition and importance, structure and functions of Human cell.
- Unit-2** Skeletal System: Bones, in Axial and Appendicular skeleton , structure , functions and types of bones – types of joints – structural and functional classification, movements around joints, effects of exercise on skeletal system.  
Muscular System: Structural and functional classification of muscles, characteristics of muscles, fatigue and performance, palpated muscles around shoulder, elbow, hip and knee joint, Effects of Exercise on muscular system.
- Unit-3** Digestive system: Structure of digestive system, process of digestion, effects of exercise on digestive system.  
Respiratory system: Structure of human respiratory system, mechanism of respiration, oxygen debt and second wind, effects of exercise on respiratory system.  
Circulatory System: Composition and functions of blood, structure and functions of human heart, effects of exercise on circulatory system.
- Unit-4** Excretory system: Structure and functions of skin and kidneys, effects of exercise on Excretory system.  
Nervous system: Structure and functions of human brain and spinal cord, effects of exercise on nervous system.

**References:**

- 1) Karpovich. Peter V. *Physiology of Muscular Activity* London. W.B. Saunders Co. 1059.
- 2) Morehouse, L.E. & Miller, J. *Physiology of Exercise* St. Louis The C.V. Mosby Co. 1967.
- 3) Lamb, G.S. *Essentials of Exercise Physiology*. Delhi, Surjeet Publication, 1982.

**Semester-I - Theory Course****T-104 : RECREATION & VALUE EDUCATION**

- Unit- 1** Meaning and Importance of Recreation in physical education, Principles of recreation in physical education, qualities and qualifications of recreation of leaders, worthy use of leisure time activities and their educational values
- Unit-2** Organisation of recreational activities, individual and home agencies, government agencies, voluntary agencies, private agencies and commercial agencies: qualities of the leaders of recreation.  
Meaning and importance of picnic, Benefits of picnic, organisation of picnic, Essential constituents of good picnic.
- Unit-3** Inculcation of Human Values, Ethical values, Spiritual values through Sports.
- Unit-4** Social values, ethical values of officials and coaches on sports ground, ethical behaviour in sports and sportsman spirit, ethical judgment.

**References:**

- 1) Bucher Charles A, *Foundation of Physical Education* St. Louis: The C.V. Mosby Co., 1072.
- 2) Johnson, R.C. *Measurements in Physical Education & Athletic*, New York, Mac. Milan & Co. 1980.
- 3) Nixon, E.E. & Cozen, F.W. *An Introduction to Physical Education*, Philadelphia. W.B. Saunders Co. 1969.
- 4) Obertuffer; *Delbert Physical Education*, New York, Harper & Brothers Publisher, 1970.
- 5) Sharman, J.R. *Introduction to Physical Education*, New York, A.S. Barnes & Co. 1964.
- 6) William, J.F. *The Principles of Physical Education*, Philadelphia, W.B. Saunders Co. 1964.
- 7) Jackson Roger, *Sports Administration Manual*, Canada, Roger Jackson & Associate Ltd., 2005.
- 8) Butler, G.D., *Introduction to community recreation*
- 9) Jacks L.P. : *Education through recreation*
- 10) Nash J.B. : *Philosophy of Recreation*
- 11) Pitzgerald : *Community organisation for recreation*
- 12) Gangwar B.E: *Organisation, administration & Methods of physical education*, A.Ppublishers, Jalandhar, 2005



**Semester-II - Theory Course**

**T-201 : YOGA EDUCATION**

- Unit- 1** Meaning, Definition, Importance of Yoga. Streams of Yoga: Karma Yoga, Raja Yoga, Jnana Yoga, Bakti Yoga, Hatha yoga and their values; Development of Yoga in India
- Unit-2** Effects of yogasanas on various systems of the body: Muscular system, respiratory system, digestive system, circulatory system; Types and importance of asanas with special reference to physical education and sports. Suryanamaskara of 12 stages
- Unit-3** Meaning and importance of Ashtanga Yoga - Yama, Niyama, Asana, Pranayama, Pratyahar, Dharna, Dhyana, Samadhi
- Unit-4** **Shatkriyas:** Neti (Sutraneti, Jalaneti) Douthi (Vamana Douthi , Vastra Douthi and Danda Douthi) Nauli, Kapalabathi, Trataka and bastrika. **Bandhas:** Jalandhar Bandha, Moolabandha, Udyana Bandha, Maha Bandha.

**Mudras:** Yoga mudra, Chinmayamudra, Aswani mudra, Brahma mudra

- References:**
- 1) Duggal, Satyapad: *Teaching Yoga* (the Yoga Institute, Santacruz, Bombay, 1985)
  - 2) Swami Satyananda : *Yoga Education for Children Saraswati* (Bihar School of Yoga, Munger, 1990)
  - 3) Gawande, E.N.: *Value oriented Education* (Sarup & sons, New Delhi - 110002)
  - 4) Nagendra, H.R. and Nagarathna R: *New Perspectives in Stress Management* (V.K.Yogas, Bangalore, 1988)
  - 5) Udupa, K.N.: *Stress and its Management by Yoga* (Motilal Banarsidass, Delhi)
  - 6) Ghorote, M.L.: *Applied Yoga*, Lonavala.
  - 7) BKS Iyengar, *Light on Yoga*
  - 8) Swami Ramdev – *Pranayama, Suryanamaskar*

**Semester-II - Theory Course****T -202 : HEALTH EDUCATION & ENVIRONMENTAL STUDIES**

- Unit-1** Meaning, Definition, Dimensions and Importance of Health; Principles of Health Education. Factors influencing health – Heridity, Environment and Health Habits. Coordinated school health programme – Health services, Health instruction, Health records and Health supervision
- Unit-2** Common Health Problems in India, Communicable (Epidemic & Endomic) and Non-Communicable Diseases, Hygiene – Personal, Environmental, Occupational Health, Cleanliness and awareness through educational activities.
- Unit-3** Environmental Studies - Meaning, natural and manmade Hazards. Environmental pollution – Meaning, Definition, prevention and control of Air, Water, Soil and Sound Pollution.
- Unit-4** Natural Calamities – Cyclone, Tsunami, Earthquake – Their prevention and safety measures. WHO, UNICEF, UNESCO and other agencies

- References:**
- 1) Moss and *et. al.* “**Health Education**” (National Education Association of U.T.A.)
  - 2) Nemir A. “**The School Health Education**” (Harber and Brothers, New York).
  - 3) Frank H. Walter H., Turners School Health Education, the C.Y. Mosby Company, Saint Louis-1976
  - 4) Agrawal, K.C. **Environmental Biology** (Bikaner: Nidhi publishers Ltd.) 2001.
  - 5) Miller T.G. Jr., **Environmental Science** (Wordsworth publishing Co.)
  - 6) Odum,E.P. **Fundamental of Ecology** (U.S.A.: W.B. Saunders Co.) 1971.
  - 7) Townsend C. **Essentials of Ecology** (Black well science)

**Semester-II - Theory Course**

**T -203 : METHODS OF PHYSICAL EDUCATION**

- Unit- 1** Meaning, Definition, Importance and Factors Influencing on Methods of teaching
- Unit-2** Principles of Presentation Technique and Class Management in physical education:  
Commands, Class Formation, Teaching aids : Audio visuals
- Unit-3** Methods of classification of students: Mccloy method, YMCA method.  
Method of teaching: Command Method, Lecture Method, Demonstration Method, Discussion Method, Part Method, Whole Method, Part-Whole Methods, Whole part whole method and their application in minor, major, rhythmic calisthenics and Gymnastics
- Unit-4** Lesson Plan: Concept of lesson plan Principles, importance of lesson plan. Preparation of Lesson Plan in Physical Education, Types of lesson plan– Steps in lesson plan.

**References:**

- 1) Bossing, N.L. Progressive, *Methods & Teaching Secondary Schools*.
- 2) Knap, C. & Hagma. E.P. *Teaching Methods for Physical Education*, New York: McGraw Hill Book Co. Inc 1958.
- 3) Kozman H.C. Cassidy R. & Jackson C. *Methods in Physical Education* London: W.B. Saunders Co. 1960.
- 4) Tirunarayanan, C. & Hariharan, S. *Methods in Physical Education* Karaikudi: South India Press, 1969.
- 5) Dhanunjoy shaw – Seema kaushik – *Lesson planning, Teaching methods & class management in Physical Education*, KSK, Delhi
- 6) Kamallesh, *Methods in Physical Education*
- 7) J.P.Thomas, *Physical Education Lesson*.

**Semester-II - Theory Course**

**T -204 : ADAPTED PHYSICAL EDUCATION & CORRECTIVE EXERCISES**

- Unit- 1** Adapted Physical Education- Meaning, Definition, Objectives and Importance
- Unit-2** Concept and Significance of Good Posture: Postural Deformities - Lordosis, Kyphosis, Kypholordosis, Scoliosis, Knockknees, Bow legs, flat foot and their Remedies, Corrective Exercises for Postural illnesses and deformities
- Unit-3** Classification of various disabilities (Differently abled) – physically challenged, mentally challenged, visually challenged, hearing impaired, Principles of adapted Physical Education programme
- Unit-4** Co-curricular activities for the disabled - Indoor/ Outdoor programmes, rhythmic and dance activities, aquatic activities, fitness testing of disabled child

**References:**

- 1) Author David Jean Pyfer, *Adapted Physical Education and Recreation* V. 5<sup>th</sup> ed. S.T Louis Mostly College pub. 1985.
- 2) Pomeroy Janet, *Recreation for the Physically Handicapped* N. York The Macmillan Comfogy 1964
- 3) Gandhi P. K. & S.R. Mohisini, *The Physically handicapped and the Government* Delhi Seema pub. 1982
- 4) Graham Uplon , *Physical and creative activities for the mentally Handicapped* New York. Cambridge University Press.
- 5) Bryant J. Craatty, *Adapted Physical Education for Handicapped Children and Youth*, London Lever Pub. Comfort 1980

**Semester-III - Theory Course**

**T-301 : SPORTS TRAINING**

- Unit- 1** Meaning, Definition, Importance, Characteristics and Principles of Sports Training. Brief introduction on Detraining and Retraining.
- Unit-2** Training Load and Adaptation Process; Overload - Causes, Symptoms and Preventive Measures, recovery and its benefits.
- Unit-3** Definition and Types of Flexibility, Strength, Endurance, Speed and Coordinative Abilities
- Unit-4** Training methods : Continuous training, Interval training, Repetition training, fartlek training, resistance training, circuit training, plyometric training.

Methods of developing Fitness Components - Flexibility, Strength, Endurance, Speed and Coordinative Abilities, Talent Identification and nurturing of talent

**References:**

- 1) Harre, Dietrich, *Principles of Sports Training* (Berlin: Speculated, 1982).
- 2) Dick W. Frank. *Sports Training Principles* (London: Lepus Books, 1980).
- 3) Jensen, R. Clayne, and Fisher A.G. *Scientific Basis of Athletic Conditioning* (Philadelphia: 1979).
- 4) Matvyew, L.P. *Fundamental of Sports Training* (Moscow: Progress Publishers, 1981).
- 5) Cratty, J. Brayant *Perceptual and Motor Development in Infants and Children* (N.J.: Englewood Cliffs, Prentice Hall, Inc. 1979).
- 6) Singh, H. *Sports Training, General Theory and Methods* (Patiala: NSNIS, 1984).
- 7) Uppal, A.K., *Sports Training* (New Delhi: Friends Publication, 1999).
- 8) Bompa, *Series of strength training*
- 9) K.R.S.Reddy & Srinivasan – *Science of Sports Training*, Swastik publications, New Delhi.

**Semester-III - Theory Course**

**T-302 : CHILD PSYCHOLOGY AND SOCIOLOGY**

- Unit- 1** Meaning, Definition and Nature of Psychology, Child Psychology, Educational Psychology and Sports Psychology  
Importance of Sports Psychology. Motivation – Definition, Importance and types of motivation.
- Unit-2** Stages of Growth and Development of Children - Physical, mental, social and communication skill development, psycho-motor learning at different stages.  
Play-Theories of play.
- Unit-3** Meaning, Definition and Importance of Sociology and Sports Sociology; Culture and Sports, Socialization and Sports, Gender and Sports
- Unit-4** Social Mobility – Sports Professionalization – Role of social factors on sports performance

**References:**

- 1) Blair. Jones and Simpson, *Educational Psychology*, McMillan Co., New York, 1962.
- 2) Cratty. B. J., *Psychology and Physical activity*. Eaglewood Cliffs. Prentice Hall, 1968.
- 3) Crow and Crow, *Educational Psychology*. Eurasia Publishing House, N. Delhi, 1979.
- 4) Kamlesh, M.L. *Psychology in Physical Education and Sport*. Metropolitan Book Co., N. Delhi.1998.
- 5) Mathur. S.S., *Educational Psychology*. Vinod Pustak Mandir, Agra, 1962.
- 6) Skinnner, Charles. E., *Education Psychology*. Prentice Hall of India, N. Delhi, 1984.
- 7) Loy, John W., Kenyon, Gerald S. & McPherson, Barry D. *Sports Culture and Society* (Philadelphia: Lea & Febiger, 1981).
- 8) Ball, Donald W. and Loy John W. *Sport and Social Order; Contribution to the sociology of sport*, (London: Addison Wesley Publishing Co., Inc., 1975).
- 9) Loy John. W. McPherson, Barry D., and Kenyon Gerald, *Sport and Social System* (London: Addison Wesley Publishing Company Inc., 1978).
- 10) Edward Larry. *Sociology of Sport* (Illinois: The Dorsey Press, 1973).
- 11) Cratty, Brayant, J. *Social Dimensions of physical Activity* New Jersey: Englewood Cliffs, Prentice Hall Inc., 1967.
- 12) Benjamain Dumiville – *Child Psychology*, Lokesh thani, Sports publications
- 13) Dharam viz – *Sports and society readings in sociology of sports*.

**Semester-III - Theory Course**

**T-303 : INFORMATION TECHNOLOGY IN PHYSICAL EDUCATION**

- Unit- 1** Introduction to Computer System: definition, Characteristics, Principles, Parts of Computer and their functions, Generations, Input and Output Devices, Operating Systems, Memory (RAM, ROM)
- Unit-2** WINDOWS: Meaning and Features of Windows, , Start and Shutdown Computer, Creating Folders and Short cut Icons. Saving, Copying and Deleting Files,. Use of Note Pad and Paint Brush.
- Unit-3** MS OFFICE: MS Word, MS Excel and MS Power point and introduction to Internet
- Unit-4** Computer Applications in Physical Education: principles of development of self instruction materials special reference to school children, principles of designing e-learning modules

**References:**

- 1) Chauhan Sunil, Saxena Akash, Gupta Kartika, *Foundation of Computer*, (Firewall Media, 2006)
- 2) *Computer Fundamentals*. Pradeep K. Sinha & Priti Sinha, 4<sup>th</sup> edition, BPB Publication
- 3) *Computers in Your Future*, Marilyn Meyer & Roberta Baber, 2<sup>nd</sup> edition, Prentice Hall India
- 4) *Computers Today*. Suresh K. Basandra, Galgotia publication, upgraded edition-2008
- 5) Irtegov, D. *Operating System Fundamentals*. Firewall Media. 2004.
- 6) Milke, M Absolute *Beginner's Guide to Computer Basics*, Pearson Education Asia 2007.
- 7) *NIIT Basics of Networking* Prentice - Hall of India Pvt. Ltd, 2004

**Semester-III - Theory Course****T-304 : OFFICIATING AND COACHING**

- Unit- 1** Officiating, Meaning, importance and principles of officiating. Qualities and qualifications of good official, Duties of Officials. (Hockey, Football, Handball, Volleyball, Basketball, Tabletennis, Kabaddi, Kho-Kho, Throwball, Tennis, Badminton, Ball Badminton, Cricket, Softball and Tennikoit), System of officiating in games.
- Unit-2** Rules of various games, Layout of courts and fields of games.  
Track and field – layout of track and field, rules of track and field events – Runs, Jumps, Throws  
Systems of officiating in track and field events.
- Unit-3** Coaching definition, principles and philosophy of coaching, qualities and qualification and responsibilities of a good coach.
- Unit-4** Coaching camps, Skill, Technique, Tactics and strategies, System of playing games, selection of team, Brief description of teaching, coaching and training

**References:**

- 1) Cratty, B.J., *Psychology and Physical activity*. Eaglewood Cliffs. Prentice Hall, 1968.
- 2) Crow and Crow, *Educational Psychology*. Eurasia Publishing House, N. Delhi, 1979.
- 3) Kamlesh, M.L. *Psychology in Physical Education and Sport*. Metropolitan Book Co., N. Delhi.1998.
- 4) Skinnner, Charles. E., *Education Psychology*. Prentice Hall of India, N. Delhi, 1984.
- 5) Loy, John W., Kenyon, gerald S. & McPherson, Barry D. *Sports Culture and Society*, Philadelphia: Lea & Febiger, 1981.
- 6) Ball, Donald W. and Loy John W. *Sport and Social Order; Contribution to the sociology of sport*, London: Addison Wesley Publishing Co., Inc., 1975.
- 7) Loy John. W. McPherson, Barry D., and Kenyon Gerald, *Sport and Social System*, London: Addison Wesley Publishing Company Inc., 1978.
- 8) Edward Larry. *Sociology of Sport*, Illinois: The Dorsey Press, 1973.
- 9) Cratty, Brayant J. *Social Dimensions of Physical Activity*, New Jersey: Englewood Cliffs, Prentice Hall Inc., 1967.



**Semester-IV - Theory Course****T- 401 : SPORTS INJURIES AND REHABILITATION**

- Unit- 1** Meaning and Causes of Sports Injuries. Principles of prevention of sports injuries
- Unit-2** Common Sports Injuries, symptoms and their treatment, Ligament sprain – Muscle strain – Tennis elbow- Golfer’s elbow, lower back strain – Dislocation – Fractures, Runners knee – Shin pain – Blisters – contusion, Abrasion, Laceration, Haematoma.
- Unit-3** Definition of First-Aid, DRABC formula (Danger, Response, Airways, Breathing & Circulation), Artificial respiration techniques – Mouth to mouth, mouth to nose respiration, CPR(Cardio Pulmonary Resuscitation), First Aid for Haemorrhage, Fracture, Sprain and Strain, Drowning, Heat Stroke and Heat Exhaustion; Concept of PRICE(Prevention, Rest, Ice, Compression and Elevation)
- Unit-4** Rehabilitation - Meaning, Objectives and importance of Rehabilitation; Rehabilitation Modalities - Cold, Heat, Water, Radiation.

**References:**

- 1) Ann. Lowlin. *Women’s Fitness Program Development* Human, Kinetics. 2002.
- 2) Bengt O. Eriksson *et. al*, *Sports Medicine*, Guinness Publication, 1990.
- 3) Christine M. Drews, *Physiology of Sports and Exercise*, Human Kinetics, USA, 1999.
- 4) David R. Mottram, *Drugs in Sports* (4<sup>th</sup> Ed) Routledge Taylor and Francis Group, 2005.
- 5) Erikson, B.O. *et al*, *Sports Medicine*, Guinness Pub. Great Britain, 1990.
- 6) Jain, Rachna, *Sports Medicine*, KSK, New Delhi, 2002.
- 7) Jeyaprakash, C. S., *Sports Medicine*, J.P. Brothers Pub., New Delhi, 2003.
- 8) Khanna, G.L., *Exercise Physiology & Sports Medicine*, Lucky Enterprises, Delhi, 1990.
- 9) Mathew O.K. & Fox E.L, *Physiological Basis of Physical Education and Athletics*, W.B. Saunders Co: Philadelphia, 1971.
- 10) Pandey, P.K., *Outline of Sports Medicine*, J.P. Brothers Pub., New Delhi, 1987.
- 11) Pandey, P.K., *Sports Medicine*, Khel Sahitya Kendra, New Delhi, 1998.

**Semester-IV - Theory Course****T- 402 : ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION**

- Unit- 1** Meaning, importance and principles of administration and organization; Factors influencing on good administration; Types of good Administration; Qualifications and qualities of good administration. Organisational setup at different levels: Schools, Colleges, Universities, Mandal, District, State & National
- Unit-2** Facilities and standards of Physical Education: Play fields, (Different play areas) Gymnasium, Swimming pool. Purchase & Care of sports equipments, Maintenance of Stock, Maintenance of records and Registers, Cash register, Tapal register, Stock Issue register, Attendance Register, Physical Fitness records, Health records and achievement records. Process of Verification, Write-off and Condemnation of Stock
- Unit-3** Tournaments: Meaning of tournament and types of tournaments – Knock-out (Elimination), League (Round Robin), Knock-out cum league, League cum knock-out, Double league, Double knockout, Challenge. Method of drawing Fixtures: Seeding, Special Seeding. Rotation Method, Stair case method. Intramural and Extramural and their importance, Sports Day/ Play Day
- Unit-4** Time tables – Meaning and maintenance of Time table, factors influencing time table. Types of Physical Education periods. Budget : Meaning and importance of Budget, Budget income, expenditure and rules regarding expenditure, Preparation and Administration of Budget.

**References:**

- 1) Broyles, Frank J. & Rober. Hay D. *Administration of sports, Athletic Programme*: A Managerial Approach, New York, Prentice hall Inc. 1979.
- 2) Bucher. Charles A. *Administration of Physical Education and Athletic Programme* St. Louis. The C.V. Mosby Co. 1983.
- 3) Singh, Sujan, *Organization of Physical Education* Ropar Jeet Publication, 1973.
- 4) Thomas J.P. *Organization & Administration of Physical Education* Madras, Gyanodayal Press, 1967.
- 5) Voltmer, Edward F. and Esslinger, Arther A. *The organization and Administration of Physical Education*: New York: Prentice Hall Inc. 1979.

**Semester-IV - Theory Course****T- 403 : TEST AND MEASUREMENT IN PHYSICAL EDUCATION**

- Unit- 1** Meaning and definition of Test, Measurement and evaluation, Importance of Test, Measurement and Evaluation in the field of physical education and sports.
- Unit-2** Criteria of good test: Classification of tests, Test Administration(Pre, During and Post)
- Unit-3** Tests for different variables Speed – 50metre dash, Maximum speed -30metres dash with flying start, cardio vascular endurance – Cooper’s 12 minutes run - walk test, Muscular endurance – Bent knee sit-ups – Explosive power – Standing Broad jump
- Unit-4** Anthropometric Measurements: Height, Weight, Arm length, Leg length. BMI and its classification.

**References:**

- 1) ACSM’s *Health / Fitness Facility Standards and Guidelines*, New York: Human Kinetics, 1992.
- 2) Barrow, Harold M. and McGhee, Rosemary, *A Practical Approach to Management in Physical Education*” Philadelphia: Lea and Fibiger 1979.
- 3) Clarke, H. Harrison.: *Application of Measurement to Health and Physical Education*, New Jersey: Prentice Hall Inc. 1976.
- 4) Safrit, Margaret J: *Introduction to Measurement in Physical Education and Exercise Science*, St. Louis: Mosby, 1995.

**Semester-IV - Theory Course****T – 404 : NUTRITION AND NATUROPATHY**

- Unit- 1** Sports Nutrition, Concept of Nutrition, Types of Nutrients, Balanced Diet
- Unit-2** Obesity - Causes and Prevention; Weight Management through Life style Modification. Malnutrition
- Unit-3** Naturopathy - Meaning, Definition and Principles of Naturopathy; Methods of Nature Cure, Fasting, Mud Therapy and Hydrotherapy
- Unit-4** Application of Naturopathy, technique for various diseases like cold, cough, fever, constipation, diarrhea

**References:**

- 1) Brown, JE. (2005). *Nutrition*, Now Thomson, Wordsworth.
- 2) Corbin, C.B., G.J. Welk, W.R Corbin, K.A. Welk (2006) *Concepts of Physical Fitness: Active Lifestyle for Wellness*. McGraw Hill, New York, USA.
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**Semester-I -Practicum : PC-105**

***Track & Field***

Layout of Track

Technique and Rules of Sprints, Middle distance, Long distance, Relays, Hurdles

***Swimming/ Gymnastics (Any one)-***

Gymnastics: Floor exercises (Boys & Girls) Horizontal bar – (Boys), Balancing Beam (Girls)

Swimming: Skills & rules of swimming – Free style (50Mts & 100Mts) for (Boys and Girls)

**Semester-I -Practicum : PC-106**

***Badminton ,Cricket Football, Kabaddi,***

Skills, rules & Lead-up Games

**Semester-I -Practicum : PC-107**

***Minor Games:*** Intelligence games, Tag games, Relay Games & Ball Games

**Semester-I -Practicum : PC-108**

Calisthenics, Dumb-bell, Flag Hoisting, Flower sticks, Hoops, Lezium, March-past, Kolatam, Umbrella & Wands

**Semester-II -Practicum : PC-205**

***Track & Field -***

Marking of field events and rules of Jumps

Technique and Rules of Long Jump, High Jump, Triple Jump, Polevault

***Swimming/ Gymnastics (Any one)***

*Gymnastics:* Vaulting horse (Boys & Girls) Pyramids – (Boys & Girls)

*Swimming:* Skills & rules of swimming – Breast Stroke (50Mts & 100Mts) (Boys) and Breast Stroke (50 Mts & 100Mts) (Girls.)

**Semester-II -Practicum : PC-206**

***Ball Badminton, Handbal, Hockey, Kho-Kho, Softball***

Skills, rules & Lead-up Games

**Semester-II -Practicum : PC-207**

Aerobics, Calisthenics, Chess, Kolatam, Mallkhambh, Shooting, Yoga

**Semester-II - Teaching Practice TP-208**

***Teaching Practice*** : Coaching lesson plans in any one of the first & second semester games - 5 lessons of 45 Minutes duration each (4 internal & 1 External)

***General Lesson plan*** : 5 Lessons of 45 min duration each (4 Internal & 1 External)

**Semester-III -Practicum : PC-305**

***Track & Field -***

Marking sectors for Throws and rules of Throws

Technique and Rules of Shotput, Discus, Javelin, Hammer Throws

***Swimming/ Gymnastics (Any one)***

***Gymnastics:*** Parallel bar / Pommel horse (Boys) Gymnastic Positions, Combination of Rhythmic Activities - Rope, Ribbon (Girls)

***Swimming:*** Skills & rules of swimming – Butter Fly (50Mts) (Boys and girls)

**Semester-III -Practicum : PC-306**

Basketball, Tabletennis, Tennikoit, Tennis, Volleyball

**Semester-III -Practicum : PC-307**

Boxing, Fencing, Judo, Karate, Martial Arts, Tae-Kwon-do, Bharathiyam , Astanga Yoga , Surya Namaskaram , Combatives, National Songs , Dands & Baithaks

**Semester-III -Teaching Practice-TP-308**

***Particular Lesson plan :*** 5 Lessons( in class room/out door) of 45 minutes of duration each in any one of the activity from PC-306 & 307 (4 internal and 1 External) and any 5 lessons in PC-306 & 307

**Semester-IV -Practicum : PC-405**

Specialisation in Athletics: Candidates have to exhibit proficiency and officiating ability in any one of the events in Athletics of I, II & III Semesters. Record and Viva - Voce.

**Semester-IV -Practicum : PC-406**

Game of Specialization: candidate has to show proficiency in any one of the games from I, II & III semesters. Record and Viva - Voce.

The following components are essential in the Record book.

- A. Origin, History and development of game/ event)
- B. Technical terms related to the event/ game
- C. Fundamental Skills/ Techniques/ Drills
- D. Advanced Skills / Techniques
- E. Lead up games
- F. Rules of the game/event
- G. Officiating and signals
- H. Major Tournaments, Trophies and the results
- I. Awards and Awardees in the respective game/event.
- J. Training Schedules for six weeks.

**Semester-IV -Practicum : PC-407**

Coaching lesson in sports specialization. Coaching lesson plan in any one of the track & Fields events / Swimming/Gymnastics. (5 Lessons of 45 Minutes duration each. 4 Internals & 1 External)

**Semester-IV -Teaching Practice: TP 408**

*Teaching Practice in game of Specialization:* Coaching lessons in any one of the game from I,II & III Semesters ( 5 Lessons of 45 Minutes duration each. 4 Internals & 1 External)

Table-1 : Semester wise distribution of hours per week

<i>Semester</i>	<i>Theory</i>	<i>Practical</i>	<i>Teaching Practice</i>	<i>Total</i>
<i>I</i>	16	24	00	40
<i>II</i>	16	18	6	40
<i>III</i>	16	18	6	40
<i>IV</i>	16	18	6	40
<i>Total</i>	64	78	18	160
<i>Minimum of 36 teaching hours per week is required in five or six days in a week</i>				

Table-1 : Number of credits per semester

<i>Semester</i>	<i>Theory</i>	<i>Practical</i>	<i>Teaching Practice</i>	<i>Total</i>
<i>I</i>	16	16	00	32
<i>II</i>	16	12	04	32
<i>III</i>	16	12	04	32
<i>IV</i>	16	12	04	32
<i>Total</i>	64	78	12	128
<i>Minimum of 36 teaching hours per week is required in five or six days in a week</i>				