

## FIRST B. P. E. EXAMINATION

		Maximum Marks		
Part i)	Theory	Theory	Sessional	Total
1)	Elements of Physical Education. ..	80	20	100
2)	Genral science ..	80	20	100
3)	History ..	80	20	100
4)	Anatomy and physical ..	80	20	100
5)	Health, Hygine and sanitation ..	80	20	100
6)	Language	80	20	100
Part ii)- Skills				
a)	Skill in Major games, athletics Gymnastics and other physical Activities including yoga			200
(b)	Year's Sessional Work			<u>100</u>
Total marks				900

## Second Year B.P.E EXAMINATION

### Part (I) Theory

		Maximum Marks		
		Theory	Sessional	Total
1.	Physiology of Exercises and Kinesiology	80	20	100
2.	Educational Psychology and Counseling and Guidance	80	20	100
3.	Yoga	80	20	100
4.	Methods in Physical Education	80	20	100
5.	History	80	20	100

### Part II- Skills :

Skill in Games, Athletics, Gymnastics and other Physical Activities including Yogasana Provided that for Second Year Part-II Skills, Internal marks shall

be out of 100 and External marks 200.

300

**Part(III) Practice Teaching ;**

- (a) 10 lessons taken, throughout the year in Secondary School situation (marks to be assessed internally) 100
- (b) Two lessons to be given at the Annual Examination of which one shall be on Games and Athletics and the other shall be. on other Physical Activities .. 100

**Total 'Marks for Parts-I, IT and III :** 1000

**FINAL B.P.E.EXAMINATION**

		<b>Maximum Marks</b>		
		Theory	Sessional	Total
Part - 1	Theory			
I)	Principles and History of Physical Education	80	20	100
II)	Organisation and Administration of Physical Education	80	20	100
III)	Recreation	80	20	100
IV)	History	80	20	100
V)	Officiating and Coaching	80	20	100
VI)	Health Education & Remedial & Corrective Physical Education	80	20	<u>100</u>

600

**Part –II Skills :**

Classification of Internal And External Marks for Part-II Examination Skills :-

	External Marks	Internal Marks
a) Specialization in Games of Acquatics.	50	50
b) Specialization in Physical Activities	50	50
c) Combative and Indigenous Activities	40	40
d) Specialisation in Athletics	50	50
e) Skills in Remedial Massage	10	10
Provided that for final Year Part-II Skills, Internal marks shall be 200 out of 400	<hr style="width: 50px; margin: 0 auto;"/> 200	<hr style="width: 50px; margin: 0 auto;"/> 200

**Total 400**

<b>Part III :- Practice Teaching (External Examination) :</b>	<b>Maximum Marks</b>
a) Two Lessons to be given at the time of the final Examination, one on Athletics and the other on Major Games.	150
	+
b) Test in officiating in two Games	50
	= 200
<b>Total Marks for Parts-I,II &amp; III</b>	<b>1200</b>

**SYLLABUS  
FOR  
THB FIRST EXAMINATION FOR THE DEGREE OF BACHELOR  
OF PHYSICAL EDUCATION,  
Part-1 : THEORY**

Paper- 1

ELEMENTS OF PHYSICAL EDUCATION.

- 1) Physical Education :
  - (i) Definition.
  - (ii) Meaning and Scope, Misconceptions about Physical Education.
  - (iii) Aims and Objectives of Physical Education-General Outline
- 2) Meaning of various terms and general contents used in Physical Education
  - (1) Gymnastics,
  - (2) Athletics,
  - (3) Formal Activities,
  - (4) Indigenous Activities
  - (5) Games,
  - (6) Minor Games,
  - (7) A-aquatics,
  - (8) Rhythmics,
  - (9) Yoga,
  - (10) Hiking,
  - (11) Picnic,
  - (12) Camping,
  - (13) Corrective Physical Education

- 3) A brief survey of Growth and Development of Physical Education and sports in India :
  - (a) Contribution of Vyayamshala and Akhadas.
  - (b) British Period :
    - (i) The British Influence-Gymkhana, Sports, Clubs, Military and Physical Training.
    - (ii) Olympic Movement and its influence in Physical Education in India,
    - (iii) Physical Education in Schools and Colleges,
    - (iv) Influence of Political forces on Physical Education in India,
  - (c) Period of Independence :
  
- 1) Government Efforts –
  - (a) Physical Education, Advisory Bodies and sports councils.
  - (b) National Physical Efficiency Drive.
  - (c) National Coaching Scheme.
  - (d) Physical Education Development Schemes.
  - (e) Honour and Incentives to Sportsman :
    - (i) Arjun Award.
    - (ii) National Award.
    - (iii) Chhatrapati Award and Abhimanyu Award
  - (f) National College of Physical Education,
  - (g) National fitness Corps..
  
- II) Private Efforts
  - (a) Sports Federation and Associations.
  - (b) international, National and State level Tournaments.
  - (c) India's Participation in International Sports,
  - (d) Contribution of Institutions Promoting Yoga and Indian Physical Culture.
  
4. Training Institutes and Professional Organizations :
  - (a) Growth and Development of Physical Education Colleges in India,
  - (b) Various courses in teacher training programme
  - (c) Job opportunities

#### **Reference Books :**

1. Sharirik Shiksha ke Tatva (Hindi Medium) : Dr. Ramesh Chand Kanwar
2. Foundation of Physical Education : Bucher.
3. Introduction to Physical Education : Sharman, J. R.
4. Manual of Physical Education : Wakharkar.
5. A History of-Physical Education : E. A. Khan.
6. An Analytical History of Physical Education ; S. Hariharan and C. Tirunarayan.
7. Principles of Physical Education : Surjan Singh.

8. Elements of Physical Education : Dr. Ramesh Chand Kanwar  
(Amit Brothers Publications, Nagpur)

**GENERAL SCIENCE**  
**PAPER-II**  
**PHYSICS**

Importance of Science, Basic Science, Science required for Physical. Education.

Mechanics and General Properties of Matter : System of Units, Motion, Newton's Law of Motion and their applications, Velocity, Force, Centrifugal and centripetal with examples, centre of gravity, simple pendulum, levers, energy, Transformation of energy, friction. Angle of friction only (elementary). Barometer, Boiler's Law, exhaust pump and ball inflator, Density and specific gravity (without measurements). Elasticity, Stress and Strain, Hooke's Law, Young Modulus (without determination).

Heat:- Effect of Heat, Temperature and Thermometer (Simple Thermometer), Physical incoming of specific heat and latent heat. Mode of Transference of heat, Conduction, Convection and Radiation Knowledge of mechanical equivalent of heat

Light. : Reflection of light at plane and curved surface (Ray. diagrams only). Total internal reflection. Reflection of light through lenses. Comparison of camera. with human eye, working of Microscope and Telescops with ray diagram only.

**CHEMISTRY**

Atom, molecule, elements and compounds. Symbols, formula, Physical and chemical changes. Introduction, to periodic classification. Ionic theory, solubility, crystallisation, Acid bases, salts., neutralization, hydrolysis.

Atomic Structure : Protons, neutrons, Electron (Elementary Ideas).

Oxygen.: Preparation, Properties, uses, classification of oxides, oxidation and reduction.

Water : Purification hard and soft water, Removal of hard Demineralization.

Chlorine : Laboratory methods of preparation, properties, uses Bleaching action of chlorine, Hydrochloric acid, laboratory preparation, manufacture, properties and uses.

Carbon : Different allotropic forms, Carbon monoxide, Carbon Dioxide precipitation, properties, uses, fuel gases, coal Gas, oil Gas.

Carbohydrates : Definition, classification, general properties. Glucose and Fructose - preparation, properties, uses.

Proteins : Classification; general characteristics., uses.

Fats Oils and Soaps : Extraction of fats and oils, properties.

## BIOLOGY

- (i) Difference between Living and Non-living objects such as : A cell as a unit of which bodies of the living objects are formed.
- (is) Difference between plants and animals.
- (iii) Metabolism-Anabolism and Catabolism, Structure of Cell, Cell division. Different types of Cells, Tissues, Organs (Examples from Plants and animals).
- (iv) Classification of Plants (only elementary knowledge),
- (v) Classification of Animals (only elementary knowledge).
- (vi) Elementary study of Hydra, Tapeworm, Earthworm, Cockroach, Mosquito, Butterfly, Frog and Bird.
- (vii) interdependence of Plants and Animals
- (viii) Theory of Evolution and heredity.

Note : though there is not necessity of setting up of a laboratory it is desirable to **have** some experiments on the important topics in the Syllabus.

### Books recommended :

- 1) Samanya Vigyan (General Science) (Hindi Medium) : Dr. Ramesh Chand Kanwar
- 2) Intermediate physics by Ray choudhary and Sinha.
- 3) Intermediate Physics by Jog.
- 4) Inorganic chemistry by mitra.
- 5) Elementary Organic chemistry by Bahi and Tuli.
- 6) A Class book of Botany by Dutta.
- 7) Text- Book of zoology by Vidyarthi.
- 8) Intermediate Physics by Basu and Chaudhari.
- 9) Pre-University Physics, Parts I & II by C.H. Gupta.
- 10) अभिनव भौतिक शास्त्र : मराठी :- लेखक श्री. डी.एस.निमाडे, श्री.प्रा.पी. एल. काळे, प्रा.पी.जी. श्री. एस.सी.चौधरी : मे सुविचार  
प्रकाशन मंडळ 461, 4 सदाशिव पेठ, पुणे.
- 11) हायर सेकंडरी फिजिक्स (इंग्रजी) लेखक – प्रा.बी.जी.लागू , प्रा.जी.एल.काळे, प्रा.पी.जी.वाळुजकर : मे.श्री. विद्या प्रकाश, 250 16, शनिवार पेठ, अप्परभुजा देवी रस्ता, पुणे-30
- 12) माध्यमिक रसायनशास्त्र भाग-1(मराठी) लेखक श्री. आर.पी.सोसोयी, श्री.एल.एच.गाडगीळ : दि. मॅकमिलन कं. ऑफ इंडिया लि. मर्केटाईल हाऊस 2 रा मजला, मॅजेस्टिक स्टुडिओ रोड (पूर्व) मुंबई 10
- 13) प्रिंसिपल ऑफ केमेस्ट्री (इंग्रजी) लेखक श्री.व्ही.एस. दर्शन, श्री. व्ही.जी.सोमलवार, श्री.एस.वाय.नामजोशी : दि. मॅकमिलन कं. ऑफ इंडिया लि. मर्केटाईल हाऊस 2 रा मजला मॅजेस्टिक स्टुडिओ रोड (पूर्व) मुंबई-10
- 14) जीविक विज्ञान (मराठी)लेखक प्रा.जी.आर.श्रीरसागर, प्रा.सी.एन.पाटील,मे.गो.य.राणे प्रकाशन 2040 सदाशिवपेठ , टिळक रोड, पुणे-30
- 15) लाईफ सायन्स (इंग्रजी) लेखक प्रा.एस.डी.मुझुमदार, प्रा.एस.डी. पाटील, प्रा. आर.बी.फणसाळकर : मे. सुविचार प्रकाश 461,4 सदाशिवपेठ, पुणे-30

## HISTORY

(History of India from 1206 A. D. to 1761 A. D.)

Political condition of India in 1206—Kutubuddin Aibak—Iltutmish—Raziyas-Nasiruddin Moltd. Balhun Allauddin Khilji-Mohd. Taghluk- Firozhah. Invasion of Timur- Sikandar and Ibrahim Lodi Bahamani Kingdom- Rise and fall. Condition of India in 1526- Babar- Humayum- Sher- Shah- Akbar. Jahangir- Shajaha – Aurangzeb. Downfall of the mughal Empire –rise of the Marathas. Shivaji – Sambhaji-Rajaram. Balaji Vishwanth- Bajirao- I- Balaji Bajirao (Nanasaheb Peshwa) Third Battle of Panipat, 1761 and Battle of Plassey- Anglo- French Rivalry in Karnatak.

Religious Movements in Sultanate Period of Mughal and Maratha Times.

### Books recommended :

- 1 History of India 1206 – 1761 (Hindi Medium) : Smt. Archana Rana  
(Amit Brothers Publications, Nagpur)
- 2 Ishwari Prasad : Medieval India
- 3 R.C. Majumdar and Others : An Advanced History of India.
- 4 S.R. Sharma : The Crescent in India.
- 5 U.N. Sarkar : Mughal Administration.
- 6 R.S. Tripathi : Rise and Fall of the Mughal Empire.
- 7 Joppen : Historical Atlas of India.
- 8 C. Davis : Historical Atlas of India.
- 9 A.L. Shrivastava : The Sultanate of Delhi (Shivalal Agrawal and Co., Agra)
- 10 A.L. Shrivastava : The Mughal Empire (S.L. Agrawal and Co., Agra)
- 11 A History of India from the earliest time to the Present Day: Michael Edwards  
(Asia Publishing House)
- 12 ईश्वरीप्रसाद
- 13 गुप्ता और शर्मा : मध्यकालीन भारत
- 14 सत्यनारायण दुबे : मध्यकालीन भारतका इतिहास
- 15 गो.स.सरदेसाई : मुसलमानी रियासत भाग 1 व 2
- 16 प्रभाकर ढवळे आणि बाळकृष्ण वरगळे : मध्यकालीन भारत (विद्या प्रकाशन), नागपूर
- 17 श.मो. कोलारकर : भारताचा इतिहास भाग-1 (1206 ते 1761)
- 18 प्रा. के.मु.केशट्टीवार : मध्ययुगीन भारत (पडगिलवार प्रकाशन, महाल, नागपूर)

Note : Maps on relevant topics showing important places, Kingdom etc. are to be studied.

Paper – IV  
ANATOMY AND PHYSIOLOGY  
Anatomy

The Body : A general study of the human body and its systems,

Bones of the Body ; Form and general Structure and classification of Bones.

Joints : Movable, slightly movable and immovable Joints. Classification of movable joints. Ligaments of knee and angle joint

**Muscular system** : General structure of striated and unstriated muscles. Distribution of those two types of muscles in the body. Position, origin, insertion, Action, of the following skeletal muscle, Triceps, Rhomboids-Serratus Anterior, Pectorials, Deltoid, Supraspinatus, Latissimus Dorsi. Bicepsbrachi, Brachioradialis, Brachialis, Triceps, Pector Major and Minor Sartorius Gluteus, Maximus, Biceps Femoris, Rectus Femoris, Gastrocnemius, Soleus, Tibialis Posterior, Peroneus, Tibialis Anticus, Rectus Abdominis, External Obliques, Internal Obliques.

Brief Account of the following systems of the Body :

- 1 Circulatory System
- 2 Respiratory System
- 3 Nervous System
- 4 Excretory System
- 5 Digestive System
- 6 Endocrine System

Anatomy Practical : (For Sessional .Work only)

Disarticulated bones and articulated skeleton should be fully used in class work and it is suggested that animal material (Sheep's heart etc.) might usefully supplement the demonstration of the human parts.

**Physiology**

Elements of General Physiology : The Animal cell, Elementary Constituents and Physical properties of protoplasm, The structural basis of the body.

Human Physiology

(a) Voluntary and involuntary muscles. Their nerve cell and nerve fibres.

(b) The mechanism of nutrition food, its digestion and absorption. Metabolism.

Principles

of Dietetics, The Vitamins,

(c) The blood and circulation including the physiology of heart and blood vessels.

Lymph

gland, Lymph, Tissue Fluids and Cerebro Spinal Fluids.

(d) Respiration including knowledge of adaptation under different atmospheric conditions.

(e) Renal excretion.



- (f) Nervous system and sensation :
- (1) The, Central Nervous System
  - (2) The Central Nervous System.
  - (3) The Autonomic Nervous System.
  - (4) The General Senses-Cutaneous senses, muscle sense, etc
  - (5) Special senses such as that of vision, hearing, voice and speech, smell and taste
- (g) Ductless glands (endocrine organs).
- (h) Skin and skin glands. The temperature of the body and its regulation.

**Books recommended :**

1. Text Book of Anatomy by Holinshed
2. Applied Physiology by Samson Wright.
3. Physiology and Anatomy by Kimber and Gray.
4. Primary Caste Anatomy by Besmequine (Williams and Wilkins Company, Baltimore).
5. Principles of Anatomy & Physiology by Dr. Jitendra Kumar Thakur & Dr. O. P. Aneja (Khel Sahitya Kendra)
6. Anatomy, Physiology, Kinesiology and Health Education by Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)
7. Anatomy and Physiology by Smount and Macdonald (Edward Arnold)
8. An Introduction to Fundamental Anatomy by David Sinclair. (Blackwell Publications).
9. Kinesiology by Katherine Well (Saunders Company).
10. An Introduction to Fundamental Anatomy by David Sinclair. (Blackwell Publications).

**Reference :**

9. Gray's Anatomy by D. V. Daviess (Longmans).
10. Cunuingham's Manual of Practical Anatomy.
11. Kinesiology and, Applied Anatomy by Reasch-Burke (Lee and Febiger).
12. Text-book of Human Physiology by C. C. Chaterjee (Central Book Agency, Bankim Chaterjee Street, Culcutta-12).
13. Essentials of Human Physiology by S. M. Banerjee (S. Bhattacharya & Co.),
14. Essentials of Human Physiology by Benbridge and Manzies (Edited by **Hartrige** and D'Silva)
15. Dr. Bhawe : Anatomy and PhysioJogy
16. The Living Body by Best and Taylor (Asian Publication)
17. Samson Wrights' Applied Physiology (Oxford Medical Publication).

## HEALTH, HYGIENE AND SANITATION

Health : Concept of health, Personal health-Care of eyes, ears, mouth, skin, hair, clothing, rest, exercise, relaxation and sleep, care of Surroundings, diet and nutrition, Air ventilation, Beverages, alcohol, narcotics, smoking-their effect on health.

First Aid :

1. Outline and scope of First Aid
2. Dressing and bandages with Practical Instruction,
3. Asphyxia. -
4. Shock, its causes and treatment,
5. Methods of artificial respiration,
6. Common causes of insensibility and general rules of treatment,
7. Various types of wounds and hemorrhages with general rules of treatment and practical instructions,
8. The symptoms, types and general treatment of fractures and other injuries to the joints and muscles of the human body,
9. General rules of treatment for -
  - (a) Poisoning by administering antidotes.
  - (b) Burns and scalds,
  - (c) Foreign matter under the skin, eyes, ears etc.
  - (d) Snake-bite.
10. The carrying of injured persons, and
11. Common athletic injuries.

Hygiene and Sanitation. Problems of water Supply-Food stuffs, air and Ventilaton- Disposal of refuse- Dumping-Conservancy and water carriage system.

### Books Recommended :

- 1 Hand-book of Hygiene and Public Health by V. P. Bedi
- 2 The School Hygiene Service by Leff Vera and Lett. S.
- 3 A Text-book of Health Education : Denis Prirries and A. J. Delzeltward.
- 4 Health Education and Health Hygiene : Dr. Ramesh Chand Kanwar
- 5 Health Education : Dr. S. P. Chaubey.
- 6 Health Education and Hygiene : B. C Rai.
- 7 Anatomy Physiology for Nurses by Evely Pearce.
- 8 Furneaux's Human physiology, Edited by William A. M. Smart;
- 9 First :Aid : Joltn Ambulance.

Object :- The object of this paper will be to develop the ability of expression in Hindi Marathi or English amongst the students. The students should be able to teach in either of these gauges.

Time : 3 Hours

(Total Marks

:80)

या विषयाची एक प्रश्नपत्रिका राहिल.

अभ्यासाकरीता नेमलेले पाठयपुस्तक

साहित्य सुधार भाग-1 नागपूर विद्यापीठ प्रकाशन

प्रश्न 1 पाठयपुस्तकावर आधारित निबंध (गद्यापाठावर)

20

प्रश्न 2 दिर्घोत्तरी (पद्यावर)

20

प्रश्न 3 लघुत्तरी (अ) 4 चा एक गट किंवा 4 चा दुसरा गट (गद्यावर)

20

प्रश्न 4 लघुत्तरी (अ) 4 चा एक गट किंवा 4 चा दुसरा गट

20

(दोन गद्यावर व दोन पद्यावर आधारलेले)

प्रश्न 5 अतिलघुत्तरी एकंदर 2 प्रश्न विचारावेत प्रत्येकी 5 गुण

20

(दोन गद्यावर व दोन पद्यावर आधारलेले)

एकूण 100 गुण

सुचना :

1. अतिलघुत्तरी प्रश्न चारही गटातून राहतील.
2. या प्रश्नपत्रिकेत 50 गुण (गद्यावर ) आणि 30 गुण (पद्यावर) अशी गुणांची विभागणी आहे.
3. शुध्दलेखन मराठी साहित्य महामंडळाच्या नियमानुसार असावे

हिंदी.

अंक 80

1. गद्य विविधा-संपादक -परमानंद गुप्त
2. काव्य केशर- डॉ.संसारचंद्र  
लिखित कवी रहेंगे
1. मैथिलीशरण गुप्त 2. श्रीमती महादेवी वर्मा 3. श्रीमती सुभद्राकुमारी वर्मा
4. रामधारीसिंह दिनकर

3. सामान्य विषय पर निबंध

घटक 1 के लिये

- |   |        |
|---|--------|
| घटक 1 सामान्य निबंध (5 विषयों में से कोई एक)  | 20 अंक |
| घटक 2 गद्य विविधा में से दिर्घोत्तरी प्रश्न में से एक निबंध                         | 20 अंक |
| घटक 3 गद्य विविधा में से दिर्घोत्तरी प्रश्न (कहानी) एकाकी संस्करण, जीवन 2 में से एक | 20 अंक |
| घटक 4 काव्य केशर में लघुत्तरी प्रश्न 4-4 प्रश्न में 2 संचो में से एक संच            | 20 अंक |
| घटक 5 मद्य विविधा एवं काव्य केशर पाठय पुस्तको में अति लघुत्तरी अनिवार्य             | 20 अंक |

घटक 2 के लिये

1. मधुर भाषण
2. प्रतिक्रिया एक जीवन कसोटी
3. गपशप
4. नेता नहीं. नागरिक चाहिये
5. तुलसी या संसार में
6. उड़ी हुई दीवार

घटक 3 के लिये

1. बैलगाडी
2. स्मृति
3. नशा
4. राखी का मूल्य
5. गोविंदा मेरा अनुज

## ENGLISH

Time : 3 Hours

(Full Marks : 80)

Books Prescribed :

1. Prose :- English Prose Selections- Edited by Dr. Shiv Kumar and M.M. Bhalla (Orient Longman)

The following lessons are prescribed-

- (A) a) Socrates – K.B.Nelson,  
b) Ashoka - Jawaharlal Nehru,  
c) The Purple Jar- Maria Edge worth,  
d) Mr. Collins- Jane Austin  
e) Engine Trouble – R.N. Narayan.  
f) Man an in the Future – Bill Williams  
g) The Rule of the Road – A.G.Gardiner  
h) On Reading in Relation to Literature – Lafcadio Hearn.

2. Poetry:- Wings of Poesy – Edited by N.K. Mishra and Mukherji (S.Chand and Com.Ltd.)

The following poems are prescribed

4. Solitude – Alexander Pope
6. The Village School Master – Oliver Goldsmith
11. A Psalma of Life – Henry Wards worth Longfellow
15. The Toys – Coventry Petmore
22. Laugh and Be Merry – John Masefield
24. O what is that sound – W.H.Auden

### Books Recommended:

- 1 Longman Dictionary of Contemporary English - Paul Procter (O. L.)
- 2 Higher Course of grammar & Composition - L. N. D. Series (S. Chand)
3. Modern English N, Krishnaswamy (Mac)
4. Macmillan Grammar - A Handbook (Mac)

(A) Unitization:

UNIT-I	:	First Four prescribed Lessons.
UNIT-II	:	Remaining four prescribed Lesson.
UNIT-III	:	Prescribed Six Poems and Grammar.
UNIT-IV	:	Letter Writing and Comprehension,

(3) Distribution of Marks:

	LAO	SAQ	VSAQ	TOTAL
UNIT-I	: 8	8	4	20
UNIT-II	: 8	8	4	20
UNIT-III	: 8	8	8	24

UNIT-IV	8	8	--	16
	Total 32	32	16	80

**(C) Pattern of the Question Paper :**

Long Answer Question (Answer in about 125 words each)

- Q.1 (A) One question out of two based on first four prescribed lessons. - Unit - 1,  
(B) One, question, out of two based on the remaining four prescribed lessons  
Unit- II
- Q.2 (A) One question, out of two, based on the prescribed poems.-Unit - 3.  
(B) Letter Writing;- Personal or Official - One question out of two, Unit-IV. Short Answer Questions (Answer in about 35 words each)
- Q.3 (A) Four questions, out of eight, on the first four prescribed lessons (Unit-1) with internal choice.  
(B) Four questions, out of eight, on the remaining four prescribed lessons (Unit-II) with internal choice,
- Q.3 (A) four questions, out of eight, on the prescribed poems (Unit-III) with internal choice.  
(B) A Comprehension passage for answering four questions. (Unit-IV).

**Short Answer Questions:**

All the questions are compulsory.

- Q.5 (A) Eight very short answer questions to be answered in not more than two lines each (four on Unit-I and Four on Unit-II).  
(B) Eight very short answer questions, two each concerning narration. Prepositions, articles and tenses.

**PART – II  
SKILLS**

The syllabus under skills will include the following and the examinees will be examined in syllabus prescribed below

**Group -I : Major Games:**

(80 Marks)

- (a) Basket Ball, Badminton, Ball Badminton, Cricket, Foot Ball Hockey, Hand Ball, kabaddi, Kho-Kho, Atya-Patya, Volley Ball.
- (a) Production of game book (Two games of candidate's choice). The game book shall include the following points:
- History of the game.
  - Ground Measurement and Equipments with diagram.
  - Player and their attire.
  - Rule and Regulations with interpretations.
  - Fundamental skills.

- (vi) Lead up games.
- (vii) Official signals and score shed.

**Group-II Formal Activities:**

(45Marks)

Lazium, Dumbbells', Indian Clubs, Mass P. T. and Exercise Tables, Drill and Marching, Surya Namaskar, Ashtang Dand.

Annual Examination in Lazium, Mass P. T. Tables, Surya Namaskar and Drill and Marching shall be completed as per following syllabus,

**(A)(Sada Lazium) ;**

(i)

- Char Awaj
- (ii) Aath Awaj
- (iii) Aadi Lagaos,
- (iv) Ek Jag he
- (v) Pavitra.
- (vi) Do Ruth,
- (vii) Chau Mukhi.
- (vi) Cbau Mukhi Baithak.
- (ix) Aage Phalang.
- (x) Peeche Phalang.

**(B) Mass P. T. Tables & Surya Namaskar:**

Mass P. T. Tables shall be taught as per prescribed in N. F. C. syllabus for Vth to Xth classes.

Surya Namaskar shall be taught in 10 counts.

**(C) Drill & Marching:**

- (i) Savdhan & Vishrasn.
- (ii) Aramse.
- (iii) Dahine Saj,
- (iv) Samne Dekh
- (v) Ginti Kar.
- (vi) Saj Ja.
- (vii) Quadam tal
- (viii) Tahm
- (ix) Dahine Mur
- (x) Bahine Mur
- (xi) Peeche Mur
- (xii) Tej chal and tham
- (xiii) Samne siloot
- (xiv) Dahine and bahine Dekh (chalet chalet)

- (xv) Dahine siloot.
- (xvi) Dhire Chal and Dhirre Chalse tej Chal.
- (xvii) Dhire chalse Bahine Mur and Dahine Mur.
- (xviii) Tej Chal se Bahine mur, dahine mur and pechhe mur
- (xix) Tej Chal se Dahine Ghum, Bahine Ghum.
- (xx) Qudam badal
- (xxi) Qudam Tal se age badh.

GROUP-III: Athletics:

(Marks :100)

Performance in Track and Field event and Preparation of Athletics Note on running events only. The athletics note book shall include the following:

- (i) Marking and Diagram of running track with start and finish lines of different races.
- (ii) Apparatus and their measurements and weights.
- (iii) Rules and regulations.
- (iv) Style and Techniques.
- (v) Officials and their duties.
- (vi) Score sheets and records.

**Group IV Gymnastics:**

(Marks: 20)

The candidate shall be examined in the following practices .of gymnastics at the Annual Examination.

- (a) Ground Gymnastics Practices (stunts) (for men) Forward Roll from sitting and standing position, straddle forward roll, sitting backward roll, Astride Backward roll, Backward roll to hand stand, Frog balance and Roll, ,No hand forward roll, Neck spring, Head spring, Hand Spring, Dive (Long and High) Fly Spring Carl wheel, Double Roll Somarsault.

Ground Gymnastics Stunts for Women:

Forward Roll from sitting and standing positions, sitting backward roll, astride backward roll, Frog balance and Roll, No hand forward roll, Knee dip dive, Head spring.

- (b) Parallel Bars for Men:

Single March with straight Arms (Forward and Backward) Double March with straight Arras (Forward & Backward) Shoulder balance, Chest balance forward roll screw, Frog balance, Straddles Sit, Tiger balance, Backward roll, short. And Long Arm Balance, Hammock Hang, Dips, Rabit chasing.

- (c) Beam Practices. For Women:

Mounting and dismounting, Basic walk, run skip Turns, Pivot Turn, Squat Turn Swing Turn, Leg Squat Pose, Arabesque, Kneeling back ward pose, V-sit, Lung Pose.

**Group -V: Yogasana:**

The candidate shall be examined in the following Asanas; with their effects 'on the bod and advantages of Yogasanas to human beings-

1. Padmasana.
2. Badha Padmasana.
3. Paschimottanasana.
4. Siddhasana. .
5. Bhujangasana. .
6. Paripurna Navasana.
7. Gomukhasana
8. Tolasana.
9. Akarna Dhanurasana.
10. Mahamudra.
11. Janu Sirasasana.
12. Ardha Shalabhasana.
13. Shalabhasana.
14. Dhanurasana.
- 15- Chakrasana
16. Vakrasana.
17. Tolangulasana.
- 18, Kukkutasana.
19. Ardha Machhandrasana.
20. Bakasasna
21. Salvangasana.
22. Haiasana.
23. Mats asana.
24. Tad asana
25. Garudasana.

**Group-VI; Recreational Activities:**

- i) Minor Games,
- ii) Lead up Games,
- iii) Picnic
- iv) Participation in Intra murals.
- v) Community singing.

**FIRST B.P.E.**

**Procedure of Examination in Part- II Skills & Distribution of marks**

Distribution of Marks	Internal Assessment	Annual Examination	Total Marks
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	Marks		
Group – I Major games (any four)	30	50	80
Group – II Formal Activities	15	30	45
Group – III Major Athletics	30	70	100
Group – IV Major Gymnastics	--	20	20
Group – V Yogasana	--	30	30
Group – Vi recreational Activities	25	--	25
Total	100	200	300

### Procedure for Annual Examination:

Group-I: Major games: (80 Mark)

- (a) The college shall provide instructions in any four games of which the candidate shall select two games (One Indian Game) as specialization for Annual Examination Each game shall be of 25 Marks.
- (b) Distribution of marks for Annual Examination for each of the game of Specialization
  - (i) Demonstration of fundamental skills 10 Marks
  - (ii) Playing Efficiency 5 Marks.
  - (iii) Viva voce (Rules and Regulation) for officiating efficiency 10 Marks.
- (c) Candidate shall prepare a game book of the same two games which he has selected for annual examination for internal assessment. 30 Marks are allotted for internal assessment

Note: The candidate shall produce the game book to the examiners at the time of annual examination for Viva-Voce

Group- II Formal Activities: (45 Marks)

- (a) Annual Examination will be conducted only in Lazium, Mass P.T. Tables, Surya Namaskar and drill and Marching.
- (b) Other activities will be assessed internally for 15 Marks.

### Lazium -

1. (a) Two exercises of Examiner's choice (10Marks)
- (b) Two exercises of Candidate's choice 6Marks
2. Mass P. T. Tables and Surya Namaskar 4Marks
  - (a) Two Mass P. T. Tables under the command of Leader 10Marks
  - (b) Surya Namaskar 12 6Marks
3. Drill & Marching: (10Marks)
  - (a) Drill & Marching Movements under the leader 5Marks
  - (b) Drill & Marching Movements and word of commands by Individual student

<b>Group III:- Athletics:</b>	100 Marks
(a) candidate shall maintain a Athletic Book on running events i .e Sprints Middle Distance Running and Long Distance Running only This Athletics book will be assessed internally for	30Marks
(b) Annual Examination.	70 marks
1. The candidate shall be examined in any two out of the three running events of his choice. The distribution of at marks Annual Examination for running events is as under.	
(i) Demonstration of Technique & Style	10 Marks
(ii) Viva –voice Competition rules and Regulation for Officiating efficiency	10 Marks

*Note:* The candidate shall produce Athletics Book to the Examination at the time of Annual Examination for Viva –voce.

2. Athletic Performance:	
(i) 100 Meter Run	10Marks
(ii) 200 Meter/400 Meter Run	10Marks
(iii) Long Jump	10Marks
(iv) Short Put / Discus	10Marks
(v) Pull Ups/Dips for boys and modified Pull ups for girls.	10Marks

**Group IV Gymnastics:** (20Marks)

(a) Ground Gymnastics (For Men and Women both)	
(i) Two exercises of Examiner s choice.	6Marks
(ii) Two exercises of candidate s choice.	4Marks
(b) Parallel Bar for Men/Beam for Women	
(i) Two exercises of examiner s <i>choice</i> .	6Marks
(ii) Two exercises of candidate s choice.	4Marks

**Group-V Yogasanas & Their Effects:** (30Marks)

(i) Four Asanas of examiner's choice	16 Marks
(ii) Two Asanas of candidate's choice	8marks
(iii) Viva-Voccc (the effects of Asana performed by the candidate) on the body	6Marks

**Group-VI Recreational Activities (Internal Assessment):** (25Marks)

Internal Assessment based on the participation and organization of the activities.

- (i) Minor games,
- (ii) Lead up Games.

- (iii) Picnic.
- (iv) Intra Murals (Participation)
- (v) Community Songs.

## S Y L L A B U S

Prescribed for

# THE SECOND EXAMINATION FOR THE DEGREE OF BACHELOR OF PHYSICAL EDUCATION

## Part-1: THEORY

### Paper-I

#### PHYSIOLOGY OF EXERCISES AND Kinesiology

- A. Physiological concept of Health and Fitness :  
Hygienic and aesthetic value of exercise.
- B. Exercise and its Classification :  
Passive, assistive, time resistive-isometric-isotonic, static, concentric eccentric.
- C. Functioning of different systems of the body during exercise.
- D. Difference between secondary and active individuals,
- E. Effects of training on. Following systems :
  - 1 Cardio respiratory
  - 2 Muscular
  - 3 Excretory
- F. Role of Muscular System *in* Exercise:-
  - (a) Microscopic structures of striated muscle.
  - (b) Contractile elements in muscle and the changes in. muscle during Contraction:
    - 1. Physical, 2. Chemical.
  - (c) Nerve Control of muscle contraction, Agonist and Antagonistic muscle groups. Reciprocal innervations.
  - (d) Glycogen cycle and Fuel for Work.
  - (e) O<sub>2</sub> utilization, O<sub>2</sub> debt, Aerobic and Anaerobic phase of exercise, Second wind, Lactic acid formation and disposal.
  - (f) Fatigue and staleness.
  - (g) Relaxation and Rest
  - (h) Muscle Stitch, cramp, pull, tear, strain.
  - (i) Aging changes in muscle
- G. Physiological study of warming-up, conditioning and training, effect of allude on training
- H. Energy consumption and its measurement.

## Kinesiology

1. Definition, Aims and objectives, brief story, scope and limitations, importance in coaching and physical medicine.
2. Anatomic Fundamentals Terminology of various types of movement, lever and its Kinds-importance in mechanical action, bony levers in the body, Muscle and bone relationship, Joints, their kinds and movements, planes and axes of body.
3. Structural and Functional classification of Muscles, Direction of muscle fibers and relation to muscle action, angle of pull.
4. Location and Actions of the muscles acting on following points in their corresponding movements:-
  - (i) Shoulder girdle and joint,
  - (ii) Neck joint
  - (iii) Trunk joint
  - (iv) Hip joint,
  - (v) Knee joint,
  - (vi) Ankle joint
  - (vii) Elbow joint,
  - (viii) Wrist joint
5. Movement and its patterns :—  
Efficient movement, factors causing efficient movements, Rhythm Co-ordination, Practice, body positioning Factors affecting the efficient movement-friction, density of water and air, resistance, body surface force of gravity.
6. Physical principles concerning motion
  1. Principle of inertia.
  2. Principle of equilibrium.
  3. Principle of giving - impetus to external objects.
  4. Principle of receiving the forceful object.
  5. Principle of moving one's own body in the air, water and on the ground.
  6. Principle of pulling, pushing and lifting the heavy objects.
7. Body positioning in sport especially in running, throwing, jumping, walking, ascending and descending movements, Importance of posture,
8. Application of Kinesiology:-
  - (i) Technique of analysis and evaluation of human motion in sport activities:-(ii)  
Application of kinesiology to the teaching of sport movement.

## PRACTICAL

I. Body measurements, pulse rate, blood pressure, nerve muscle, Preparation twitch, tetanus, fatigue, vital capacity:

**List of Books for Reference :**

1. Physiology of Exercises by Macurdy and Mekenzie.
2. Muscular Exercise by Eggleton M. Grace
3. Efficiency of Human Movements by N. B. Jauneler.
4. Physiology of Exercises & Kinesiology by Dr. Maya S. Madiwale (Amit Brothers Publications, Nagpur)
5. Kinesiology and the Anatomy Motion by E. N. Dural.
6. Psychology of Coaching by W. D. Lawther,
7. Scientific Basis of Athletic- Training by Morehous and Rasch.
8. Efficiency of Human Movement by Brown (W. B. Saunders Co.).
9. Kinesiology and Applied Anatomy by Rasch, Burke Lee and Febiger.

**Paper-II**

**EDUCATIONAL PSYCHOLOGY AND COUNSELLING AND GUIDANCE**

1. Psychology as a Science, its meaning, its bearing on Education and Physical Education.
2. Mental Process: Body mind relationship, Neuro-Muscular skills.
3. General Inmate Tendencies: Motives, Needs, Drives, Sympathy, Imitation, Suggestion, Play, Play way in Education and sublimation of Inmate Tendencies.
4. Stages in Development: The Nature of Growth and Development Characteristics at various stages of Development.
5. Products of Developments : Habits complexes, Sentiments and Character.
6. Heredity. And Environment
7. The Learning Process ; Nature laws of learning, Motivation in Learning, Attention and interest, Learning curves, Transfer of training.
8. Efficient Training : Memory, Motor Memory and their Training.
9. Intelligence : Its Nature, and Development.
10. Mental Hygiene: Meaning, its importance, handling of exceptional children. Role of Physical Education in preventing adjustment and promotion of proper health.
11. Fatigue : Physiological and Psychological aspects of Fatigue,
12. Personality: Its meaning. Development of Personality, Adjustment through Physical Education.

13. Discipline and Behavior.
14. Individual Differences,
15. The Psychology of the conscious and its bearing.
16. The Psychology of the Group.

Counseling and Guidance : Only Elementary Knowledge :

1. Meaning, importance and scope of the subject.
2. Basic concepts of Counseling and Guidance,
3. Psychological basis of guidance and counseling, individual differences, Psychological Testing.
4. Objectives of guidance.
5. Qualities and Qualification of a Counselor.

Group Work : Only Elementary Knowledge :

1. Meaning of Group Work
2. Nature and Objective of group work.
3. Group dynamics : Some general principles.
4. The role of the leader in. the group.
5. Responsibilities and, qualities of a leader.

**Books for Reference:**

1. Psychology of Adjustment by Shafer.
2. General Psychology by Garrett.
3. Educational Psychology by Gats.
4. Educational Psychology by Skinner.
5. Educational Psychology Guidance & Councelling by Dr. Ramesh Chand Kanwar
6. Solving Personal Problems. By Elliot.

**Paper-III**

YOGA

Preliminary:

- 1) Yoga— Meaning, concept, mis-conceptions about Yoga-Relationship with Physical Education
- 2) Historical Background of Yoga-Yogic Texts.
- 3) Yoga as a discipline of life Mode of living. Cults of Yoga (Only Central

Ideas) :

- (i) Raj Yoga,
  - (ii) Bhakti Yoga,
  - (iii) Karma Yoga,
  - (iv) Gyan Yoga.
- 4) Hatha Yoga Philosophy,
  - 5) Astanga Yoga with special reference to :
    - (1) Yama,
    - (2) Niyama,
    - (3) Asan
    - (4) Pranayama

Types of Asanas and Pranayamas.

6. *Shat armas*-Personal hygiene of Yoga: (*Six purifactory Methods of Yoga*-Neti, Dhauti, Basti, Nauli, Gajkarni, Kimjal).
7. Bandhas, Mudras and Chakras of Yoga,
8. Recent advances in Yoga education. Yoga as a Science.
9. The therapeutic and corrective values of Yogic Practices.

**Reference Books:**

1. Asanas: & Pranayam—Swami Kunalayanand.
2. Yoga Personal Hygiene—Sri Yogendra.
3. Yogic Exercises by the Fit and the Ailing- S. Mazumdar.
4. Yoga by Dr. Anil Karwande
5. Yogic Asanas for Health and Vigour - Dr. Role.
6. Hatha Yoga—Go swami, S. S.
7. Practical Yoga : Ancient *and* Modern Wood, E,
8. Raj Yoga—Swami Vivekananda.
9. Bhakti Yoga—Swami Vivekananda.

**Paper-IV**

**METHODS OF PHYSICAL EDUCATION**

1. Scope and Importance of Methods: Methods of teaching different Physical Activities-Their different patterns, General and special activities such as Athletics, Gymnastics. Game, etc. Their importance and purpose,
2. Classification: Classification of pupils for routine Physical Education activities and competitions-various methods of Classifications; Their advantages and disadvantages.
3. Lessons Planning.
4. Tournaments and Competitions: Group competitions and their importance methods of organizing Group competitions-types of Tournaments-Methods of conducting tournaments-mural and Extra-mural Competitions, Games of Law, Organization of sport meets.
5. Methods of organizing picnics and Hikes- Planning of programme for various stage groups, organization of excursions.
6. Construction and markings of play-field for various games, laying out of running, Track, construction of jumping's pits-Preparing and markings of different lay-fields. There, measurements and requirements.
7. Publicity and public relations methods of preparing :
  - (i) Demonstration,
  - (ii) Displays,
  - (iii) Exhibitions,
  - (iv) Play days.
8. Measurement and Measurement Qualities of good test type and procedure in Physical Education-Individual and standard Physical efficiency test. National Physical efficiency test, procedure of conducting test and examination in Physical Education-Evaluation of Physical Education and its progress.

Reference Books :

1. Methods in Physical Education by Dambach J. C. Williams J. F. N. Schwendener
2. Methods in Physical Education by Dr. Deepak Kavishwar (S. M. Publisher)
3. Methods in Physical Education by Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)
4. Physical Education Lesson by Dr. J. P. Thomas.
5. The Sports Organizers Hand Book by Dr. Walthana (Weeks and H. A. Winkles.)
6. Methods in Physical Education by Kosman Cassidy Jackson.



## Paper –V

### HISTORY

#### (History of India from 1761 A.D. to 1947 A. D.)

Effect of the Third Battle of Panipat, 1761.  
Peshwa Madhaorao I — Nana Fadnavis. .  
Mahadaji Scindia— Anglo-Maratha Relations (1775-1818)  
Downfall of the Marathas  
Lord Clive Establishment of British rule in Bengal.  
Dual Government established by Lord Clive.  
Warren Hastings — Lord Cornwallis— Anglo-Mysore Relations (1761-1799).  
Lord Wellesley — Lord Hastings— Lord Amherst.  
Lord William Bentinck — Lord Auckland — Ellenborough.  
Rise of the Sikh Power under Ranjit Singh. AngloSikh Relations Lord Dalhousie War of Independence 1857 — Queen's Proclamation— Lord Hutton Lord Ripon.  
Anglo-Burmese Relations — Lord Curson — Religions and Social movements in India.  
Raja Rammohan Roy, Swami Dayanand Saraswati — Swaiai Yivekanand, Dr. Annie Besent  
Indian Nationalism-Indian Revolutionary Movements (1858-1945)  
Indian National Movement (1885-1947).  
Dadabhai Naoroji -Gopal Krishna Gokhaie — Lokmanya Tilak—Mahatma Gandhi, Acts, 1773, 1784, 1858, 1909, 1919, 1935 and 1947.

#### Books recommended :

1. Thompson and Garrett :Rise and Fulfilment of British Rule in India.
2. S. R. Sharma : The Making of Modem India.
3. Modern History of India 1761 – 1947 : Smt. Archna Rana
4. R. C, Mujundar: Advanced History of India.
5. Cambridge Shorter History of India.
6. S. C. Sarkar & K, K. Datta ; Modern Indian History, Vols. I & 2 (1951 Edition)
7. सत्यनारायण दुबे : आधुनिक भारत का इतिहास
8. ईशवरीप्रसाद : आधुनिक भारत का इतिहास
9. आर. आर. सेठी : आधुनिक भारत का इतिहास

10. गो. से. सरदेसाई : ब्रिटीश रियासत (पूर्वार्ध)
11. गो. से. सरदेसाई : ब्रिटीश रियासत (उत्तरार्ध)
12. C. Davies : Historical Atlas of India
13. G. S. Sardesai ; New History of the Marathas (Vols. I and II).
14. A History of India from the earliest time to the present Day by Micbal Edwards (Asia Publishing House, Bombay).
15. प्रा. श. गो. कोलारकर : भारताचा इतिहास 1761 ते 1935 ,भाग दुसरा (आनंद प्रकाशन, नागपूर)
16. के. मु. केशरीवार : अर्वाचिन भारत (पडगिलवार प्रकाशन, महाल नागपूर)
17. एस. जी. कोलारकर : युरोपचा इतिहास.

Note :- Maps on relevant topics showing important places, kingdom etc, are to be studied.

### **B.P.E. II : Skills**

#### **Group – I Major Games :**

(90-Marks)

- a) Basket Ball, Badminton, Ball Badminton, Cricket, Football, Hockey, Hand Ball, Kubbad, Kho-Kiio, Atya patya, Table Tennis, Lawn Tennis, Volley Ball.
- b) Preparation of Game book (in any two games of candidate's choice).  
The should include the follpwing :
  - (i) History of the game
  - (ii) Ground measurements arid equipments (with diagrams).
  - (iii) Players and their attire
  - (iv) Rules and Regulations (with interpretations).
  - (v) Fundamental skills
  - (vi) Lead up games.
  - (vii) Officials and their duties
  - (viii) Official signals and score sheet.

#### **Group-II Athletics:**

(90 Marks)

- (a) Performance in track and field events,
- (b) Preparation of Athletic note book in jumping events (Long Jump, High Jump and Triple jump). The Athletic note book shall include the following :
  - (i) Brief Historical review
  - (ii) Marking, measurement and location of jumping Pit or areas in track. , (iii) Rules and Regulations.
  - (iv) Styles and Techniques of each events.
  - (v) Officials and their duties

(vi) Score sheets and records

**Group-III Gymnastics :**

(30 Marks)

The candidate shall be examined in the following practices of gymnastics at the annual examination.

(a) Valuating Horse Practices (For Men) :

Knees on jump off, Star Vault, Flank Vault, Rear Vault, Straddle Vault, Wolf Vault, Thief Vault, Neek Spring, Squat Vault (Long Horse) Stoop Vault (Long horse), Hand Spring.

**Ground Gymnastics (For Women) :**

Forward Roll, Straddle Forward Roll, Backward Roll, Straddle Backward Roll, Backward Roll to hand stand (back extension roll) No hand forward roll, neck spring, Head spring, Hand spring, Dive and Forward roll, Cart wheel.

(b) Simple Malkhamb (For Men):

Salami, Bandar Udi, Khanda Udi, Sadi Udi, Bagali Udi, Do Hati Udi, Koka Pakad Udi, kan Pakad Udi, (kan Chipp Naki Kas, Tedhi, Kamani Udi, Ghoda Udi, Sada Dasrng, Single Sui-dor, Tobak Phad, Fararas and balances).

**Beam (For Women) :**

Mounting and dismounting. Basic walk and run, skip Turns, (Types) Cruise, Slag Arch pose, Shoulder stand, forward roll, Lunge, pose, Battement tourney, running and dancing movements, various balances.

**Group-IV Yogasanas:**

(20 Marks)

The candidate shall be examined in the following Yogasanas and their effects and advantages. Swastikasana, Padmasana, Yog Mudrasana, Badha Padmasana, Vajrasana, Supta Vajrasana, Bakasana, Sidhasana, Utthi Padmasana, Halasana, Karanpidasana, Sarvangasana, Rakkutasana, Shirasana, Vatayanasana, Chakrasana, Tolasana, Dhanurasana, Bhujangasana, Konasana, Tadasana Garudaasana, Viprcet Karni

**Group-V Combatives :**

(20 Marks)

Wresiling/Judo/Boxing (For Men) and Judo/Jambia (For Women)

1. Wrestling Practices:

1. Salami.
2. Kala Jang,
3. Dhobi Pachhad.

4. Nikal.
5. Bangadi.
6. Andhitr ki Tang
7. Bahar ki Tang
8. Half Nelson.
9. Full Nelson.
10. Baitha Dasrang.
11. Sakhi.
12. Janeu.
13. Ghissa
14. Latna,
15. Dastiya
16. Dankl Dhakel
17. Doob
18. Ukhad.
19. Khadi Dstiya.

## **2 Judo Holds and Practices (For Men) :**

- (a) Grips :
  - (i) Sleeve and Lapel Grip.
  - (ii) Gripping near the Arm Pit.
  - (iii) Gripping both Lapels.
- (b) Falls:
  - (i) Back Fall.
  - (ii) Side Fall. .
  - (iii) Front Fall.
- (c) Throw Skills:
  - (i) Inner Ankle Throw,
  - (ii) Shoulder Throw,
  - (iii) Body Drop,
  - (iv) Sweeping Ankle Throw.
  - (v) Major Hip Throw,
  - (vi) Rear Throw.
  - (vii) Inner Thigh Throw
  - (viii) Rear Dash Throw.
  - (ix) Knee Wheel Throw.
  - (x) One Hand Shoulder Throw.
  - (xi) Stomach Throw.
  - (xii) Hack Throw
- (d) Counter Throws (Defence) :

- (i) Forward Defence,
- (ii) Standing Arm Locks.
- (iii) Freeing an Arm
- (iv) Countering a Hip Throw,
- (v) Countering Inner Thigh and Ankle Throw,
- (vi) Inter posing a Foot,
- (vii) Holding a Thigh.
- (viii) Liftng the Opponent.
- (ix) Counter Stomach Throw.

### **3 Judo Practices for women :**

#### **(a) Grips:**

- (i) Sleeve and Lapel grip,
- (ii) Gripping near the Ampit.
- (iii) Gripping both Lapels.

#### **(b) Falls:**

- (i) Front Fall
- (ii) Side Fall
- (ii) Back Fall,

#### **(c) Throw .Skills :**

- (i) Inner Ankle Throw.
- (ii) Body Drop,
- (iii) Shoulder Throw
- (iv) Major Hip Throw,
- (v) Inner Thigh Throw
- (vi) Rear Throw,

#### **(d) Counter Throws (Defence) :**

- (i) Standing Arm Locks
- (ii) Forward Defence. .
- (iii) Freeing an Arm.
- (iv) Countering Hip Throw.
- (v) Countering Inner Ankle and Thigh Throw.
- (vi) Holding Thigh.
- (vii) Lifting the opponent

#### **Jambia Practices:**

- i) Hushyar.
- ii) Namaste
- iii) Shir War
- iv) Gala War
- v) Chhati War

- vi) Defence of Shir War and Front Wars, Defence, I, II, III, IV.
- vii) Tamacha and left side strokes

- (a) Temple war
- (b) Lift collar bone pet war,
- (c) Bargadi war.

- vii) Defence of Tamacha wars, Defence - Double doob defence.
- viii) Foot work in Hushyar position.
- ix) Dhobi Pachhad.
- x) Right side stroke.
- xi) Defence of right side strokes.
- xii) Abdomen stroke (Khoom) and its defence.
- xiii) Leg stroke and Its defence.
- xiv) Waist stroke and its defence.
- xv) Char War
- xvi) Pavitrakat

**Bixing Practices :**

**(a) Skills:**

- (i) left and Right straight to head punch.
- (ii) Right straight to stomach.
- (iii) Left hook to the head,
- (iv) Right hook to chin.
- (v) Double left hook to face.
- (vi) Left right left punch lo face.
- (vii) three hooks (combination).
- (viii) Upper cut to the body.

**(b) Defensive Techniques**

- (i) Left Hand block.
- (ii) Fright hand block.
- (iii) inside perry
- (iv) Sway back.
- (v) step back
- (vi) Outside perry
- (vii) side step
- (viii) Ducking

**Group VI Other Activities :**

**(50 Marks)**

- a) Lathi, Lazium, Benethi, Dand and Baithak (Types).
- b) Picnic, Cross Country, Participation in Intra- Murals.

Annual Examination will be held only in Lazium and all other activities will be assessed internally for 30 Marks. (5 Marks for each activity.)

Exercises of Lazium: (20 Marks)

- i) Aatha Awaj
- ii) Aage Paon.
- iii) Pichhe paon.
- iv) Chaupher
- v) Adha Chakkar
- vi) Tal se Kadam
- vii) Baithak Aadhi & Poori
- viii) Baitha Chakkar
- ix) Pavitra
- x) Ghoom Jao.

### Procedure & Distribution of Marks in Part- II skills

Distribution of Marks :

		Internal	Annual	Total
Group- I	: Major Games	40	50	90
Group- II	: Athletics	30	60	90
Group- III	: Gymnastics	-	30	30
Group- IV	: Yogasana	--	20	20
Group- V	: Combatives	--	20	20
Group- VI	: Other Activities	40	20	50
	Total	100	200	300

### Procedure of Annual Examination

Group- I Major Games : (90 Marks)

a) College shall provide instruction in any four games of which candidate will select games(the games not selected in first B.P.E.) for annual examination.

b ) Annual Examination in two games (selected by the candidate) 25 marks for each game

### Distribution of Marks :

(50 Marks)

- (i) Demonstration of fundamental skills 10 marks.
- (ii) Playing efficiency 10Marks
- (iii) Viva- voce(officiating efficiency) 5

Marks

(same procedure will be adopted for second game)

- c) The candidate shall practice a game book to the examiner at the time of annual examination and Viva- voce.

**Group- II Athletics :**

- a) The candidate shall prepare an Athletic note book of jumping events (long Jump, High Jump & Triple Jump) Athletic note book shall be internally assessed for 30 Marks
- (b) Annual examination in two out of three jumping events 20 Marks.  
(candidate's choice)
- (i) Demonstration of techniques & styles 10 Marks. (ii)  
Viva-Voce (Competition Rules and Regulations) 10 Marks.

Note : The candidate shall produce the Athletic book to the examiners at the time of Annual Examination for the purpose of Viva-Voce.

- (c) Performance: (40 Marks)
- (i) 100 Metre/200 Metre Run 10 Marks
- (ii) 400 Metre/800 Metre Run 10 Marks
- (iv) High jump 10 Marks
- (v) Javeline Throw 10 Marks

**Group-III Gymnastics: (30 Marks)**

- (a) Vaulting-Horse- (Men) Ground Gymnastics (Woman) : (15 marks)
- (i) Three practices of examiner's choice 9 Marks
- (ii) Two practices of candidate's choice 6 Marks
- (b) Simple Malkhamb (Beam for women)
- (i) Three practices of examiner's choice 9 Marks
- (ii) Two practices of candidate's choice 6 Marks.

**Group-IV Yogasana:**

- (a) Three Asanas of examiner's choice 9 Marks
- (b) Two Asanas of candidate's; choice 6 Marks
- (c) Viva-Voce (Benefits of Vogasanas to individual) 5 Marks.

**Group-V Combatives; (20 Marks)**

Candidate may select, any one item from the following

Men: wrestling, Judo Boxing,

Women : Judo, Jambia.

- (a) Three Practices of Examiner's choice 9 Marks
- (b) Two practices of candidate's choice 6 Marks.



(c) Bout with partner

5 Marks.

**Group-VI Other Activities:**

Except Lazium all other activities shall be assessed internally for Annual Examination performance in Lazium only (30 Marks)

(a) Lazium : (Ghati Lazium only) (20 Marks)

(1) Three exercises of examiner's choice 9 Marks.

(2) Two exercises of candidate's choice 6 Marks.

(3) Playing Lazium in a group under leader for 4 minutes 5 Marks.

**PART-III**

**PRACTICE TEACHING**

1) Ten supervised lessons taken throughout the year 100 marks

2) Two lessons to be given, at the Final Examination as follows :

(a) One lesson on Athletics of Games 50 marks

(b) One lesson on any of the other Physical Activities 50 marks

**SYLLABUS**

**PRESCRIBED FOR**

**THE FINAL EXAMINATION FOR THE DEGREE OF BACHELOR OF PHYSICAL EDUCATION.**

**PAKT-I**

**THEORY**

**Paper-I**

**PRINCIPLES AND HISTORY OF PHYSICAL EDUCATION**

(A) Principles of Physical Education :

1. Concept of Physical Education

2. Definition of Physical Education,

3. Scope of Physical Education.

4. Importance of Physical Education as Profession : A brief review of Physical Education in the Country.

5. Qualities of Physical Education Teacher, opportunities for Physical Teacher in service and employment

6. Aims and objectives of Physical Education

7. What are Principles?

8. Importance of Principles, Application of Principles

9. Principles governing growth and development, significance of age and sex.

(B) Physiological Principles : -

1. Principle of use, disuse and overuse.

2. Effect of Exercise.
3. Optimum amount of exercise for healthful living
4. Human energies and how they are spent.
5. Fatigue, stress and its effect on Physical and Mental health Relaxation. Tension, Flexibility, Rhythm and strength ,
6. Principles governing breathing exercises, Yogic exercises and Swedish exercises.

(C) Psychological Principles :

Personality, Raw material of character, Transfer of training, Laws of learning, Habit, Reflexion, Conditioned Reflex

Effect of emotions on health, role of fighting, Instinct competition, Co-operation, Competitive sports, Age and sex characteristics. Theories of play, Adjustment.

Educational Implications and opportunities of Physical Education.

(D) Sociological Principles :

Traditions. Tradition and its influence on behavior, Social values. Channels of recognition, Influence of Physical Education and recreation, as socializing factors.

(E) Historical;

Influence of experience of others, evaluation of experience in terms of results. Various systems of Physical Education. German, Swedish, America, English, Indian and Russian.

(F) Modern Trends in Physical Education, Problems in Physical Education, Discussion, and proposed solutions of Controversial issues. Selection of Problems and Method of Study,

### **HISTORY OF PHYSICAL EDUCATION**

1. Physical Education in Primitive Society.
2. Physical Education in Ancient India.
3. Physical Education in the Ancient Oriental Nations Persia, Egypt, China.
4. Physical Education in Ancient Greece with special reference to Olympic Games.
5. Physical Education among the Romans

6. Physical Education in Dark Ages
7. Physical Education in the Age of Chivalry
8. Physical Education during the Renaissance and 18th Century Society.
9. Physical Education in Germany, Denmark and Sweden.
10. Physical Education in France, Great Britain and other European Countries.
11. Physical Education in U.S.S.R.
12. Physical Education in America.
13. Physical Education in present India and modern trends in Physical Education with special reference to Modern Olympic Game, Youth Movement including Youth Hostel, Cadet Corps, etc.

### **Reference Books ;**

Principles of Physical Education:

1. Foundation of Physical Education by Charles A. Bucher
2. Introduction to Physical Education by J. P. Shaiman.
3. Physical Education by Oberteuffer, Delbert.
4. Modern Principles of Physical Education by J. R. Sharman
5. Principles of Physical Education by J.P. Williams
6. Physical Education, Interpretations and Objectives by Jay B. Nash.
7. Principles and History of Physical Education by Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)

History of Physical Education :

1. History of Physical Education by Eraj Ahmed Khan.
2. Brief History of Physical Education by Emmel A. Rice
3. Physical Education in India. National Association of Physical Education and Recreation, Association of Physical Education and Recreation, India.
4. History of Physical Education by F. E. Leonard and George B. Affleck.

## **Paper- II**

### **ORGANISATION AND ADMINISTRATION OF PHYSICAL EDUCATION**

1. Introduction: Definition of Terms, Importance, objection, :Guiding Principles.
2. Schemes of Organization N. F, C, N. C C, School Sport.
3. Facilities: Construction and care of Gymnasia, Swimming Pools, Playing Fields, Playing Grounds. -
4. Equipment: Need, purchase, maintenance issue and disposal.
5. Professional preparation : Qualities of a Teacher Training, Problems facing the Teacher, Students Leadership.

6. Programme Planning: Principles and Factors affecting the time-table, preparing time-tables, Scheduling School Sports, Problems of School Sports, Intra-murals Inter-Institutional.
7. Records and Registers; Attendance, Tests, Health and Character, Extra Curricular Activities.
8. Budget and Finance : Preparation of Budget, Administration, Rules of Expenditure, Forms and Routine of Payments and entries. Accounting and Auditing.
9. Organizations working in the field of Physical Education in India.
10. Evaluation. -
11. Camping ; Meaning, Educational Value and types of Camps Leadership, Location of Camps, Health and Safety, Food and Programme.

**Books recomffiesded :**

1. Voltmer and Hsslinger : Organization and Administration.
2. Joseph, P. M. : Organization of Physical Education
3. Organisation, Administration and Supervision (Hindi Medium) : Dr. Jitendra Kumar Thakur (Amrut Prakashan)
4. Organisation, Administration & Supervision : Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)
5. Hughes and French : Administration of Physical Education.
6. Thomas, J. P. : Organization of Physical Education.
7. Bucher : Administration of School Health and Physical Education,
8. Forsythe and Duncan : Administration of Physical Education.

Paper- III  
RECREATION

1. History of Early and Modem Recreation and Leisure.
2. Philosophy and Principles of Recreation.
3. Objectives of Recreation.
4. Scope and Significance of Recreation,
5. Rural, Urban and Industrial Recreation.
6. Recreation in Schools and Colleges.
7. Recreation for ill and disabled
8. Recreation for the aged.
9. Recreation Leadership.
10. Programme Planning in major areas of Recreation.
11. Recreational facilities.
- 12, Audio-visual Aid, Hiking Camping and Youth Leadership

### Books recommended:

1. Introduction to Community Recreation by G. D, Butler,
2. Community Recreation— A Guide to its Organization. by M. D Meyer and C K. Bright bill.
3. Camping by Drought.
4. Methods of Physical Education by Bucher,
5. Recreation by Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)
6. क्रिडा रंजन—लेखक – ल.पु.खोलापूरकर

(Kreeda Ranjan by Kholapurkar).

### Paper-IV HISTORY

(History of Europe 1789-1939)

Europe on the eve of French Revolution -Causes of the French, Revolution-course of the French Revolution-National Assembly and its achievements (1789-1791), New Assembly, 1791-92 Sept, Massacre-National convention and Its achievements (1792-1815)-Reign of Terror-Effects of the French Revolution-Importance of the French Revolution-Political Parties and personalities In the French Revolution- why the Revolution occurred only in France-Directory and its failure — Reasons for the rise of Napoleon Bonaparte Napoleon as the First consul- His achievements as first Counsel-Napoleon Bonaparte Napoleon as the First consul- His achievements as first Consul-Napoleon as Emperor (1804-1815)His achievements as an emperor- Downfall of Napoleon Bonaparte- Causes of his downfall- Congress of Vienna, 1815 Consort of Europe-Era of Congresses : Causes of its failure-Bra of Metternich,. Industrial Revoluuiion-July Revolution, 1830 and Revolution of 1848-Second Republic in France, 1848-1852-France, 1852-1870-Napoleop-III-Unification of Italy-Unification of Germany-Bismarck Kaiser William II, German Empire, Russia-Alexander II, Nicholas II-Eastern question, 1904-1914, First World War, 1914-1918, Causes and the course of the war and effects-Russian Revolution of 1917, Us causes and effects-League of Nations and its failure-Europe between two World Wars. Causes of the Second World War.

Books recommended :

1. G. W. Southgate : A Text Book of Modern European History,
2. R. M. Ray nor : A Concise History of Modern Europe 1889-1914.
3. F. Schevil : A History of Modern Europe (English and Hindi).
4. History of Europe 1789 – 1939 (Hindi Medium): Smt. Archana Rana
5. Ketelbey : A History of Modern Times (Third Education, Revised 1958).
6. Ramsey Muir, George Philip : New School Atlas of Universal History.
- 7 साऊथगेट : युरोपका आधुनिक इतिहास (अनुवाद)

8. चौधरी और मिश्र : आधुनिक युरोप का इतिहास
9. कालीशंकर भटनागर और रामगुलाम गुप्ता : अर्वाचीन युरोप.
10. प. ह. बर्वे : जगाचा इतिहास
11. ओतुरक आणि महाजन : जगाचा इतिहास ,भाग 2 रा
12. प. ह. बर्वे : इंग्लंडचा इतिहास
13. डॉ. सक्सेना : इंग्लंड का इतिहास
14. डॉ. के. एस.लाल : आधुनिक युरोप का इतिहास भाग 1 व 2
15. शेवडे, वेडेकर आणि भट्ट : अर्वाचीन युरोपचा इतिहास.
16. के.मु. केशट्टीवार : अर्वाचीन युरोप (पडगिलवार प्रकाशन, महाल नागपूर)

Note : Maps of relevant topics showing important places-and kingdoms, etc. are to be studied.

### Paper-V

#### OFFICIATING AND COACHING

- 1 Coaching :
  - (i) Coaching, Teaching and Training
  - (ii) Principles of Coaching
  - (iii) Personality of a Coach.
  - (vi) Methods of Presenting Skills.
  - (v) Principles of Conditioning,
  - (vi) Methodical Principles of Weight Training, Isometric Training, Circuit Training , g, Cross-Country, Fartlek Training, Pressure Training and Spriat Training.
  - (vii) Basic Principles and Planning of Training Schedule,
  - (viii) Maintenance of Fitness.
  - (ix) Selection of Players
  - (x) Measures for maintaining and stimulating the interest of students in Games and Sports.
  - (xi) Analysis of individual and Learn performance,
  - (xii) Sports hygiene.
2. Officiating
  - (i) Official - his qualities -and duties.
  - (ii) Factors influencing Officiating.
  - (iii) Record sheets, Facilities, Techniques, Strategies and Rules and their Interpretations of the following

Athletics, Foot-Ball, Hockey, Volley-Ball, Basket-Ball, Cricket, Kabaddi, Kho-Kho, Gymnastics and Wrestling, Also for girls Net-ball, Throw-ball, Badminton, Table-Tennis etc.

Reference Books:

1. Harold, Abraham, and Jack Crumps; Athletics (The Naldrett Press, London).
2. Doherty: Modern Track and Field,
3. Miller: Fundamentals of Track and Field.
4. D, B. Cromwell ; Championship Technique in Track and Field.
5. Breshnaham and Tuttle : Track and Field.
6. Officiating and Coaching : Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)
7. Meeley : Test and Measurements.
8. Webster : Scientific Principles of Coaching
9. Abraham C. C. : Basket-Ball for Women (Y. M. C,A, Publishing House Calcutta).
10. Allen C. Forrest : Better Basket-Ball, technique, Tactics
11. Bee Clair : The Service Coaching
12. Toby Dave : Basket-Ball Officiating
13. John Buna : Basket-Bali Methods.
14. Sir Pelham Warner : The Book of Cricket
15. H. S. Althaw and E, W. Swention : History of Cricket
16. Reg. Simpson : Cricket.
17. Dhanraj Hubert : Volley-Ball Hand Book,
18. C. P. Emery : Modern Volley- Ball.
19. Laneaga Robert : Volley-Ball.
20. Figon & Holard : Hockey
21. Milford ; Hockey Practice and Tactics.
22. Norwan F. Bonnet : Improving Your Hockey,
23. Dhyanchand : Gopal Sports and Pastime.
24. Casewell, E. : Soccer for Junior and Senior High Schools,
25. Coyen Herbert, E. : Coaching, of Soccer
26. The Foot-Ball Association : Reference Chart.
27. The Foot-Ball Association : How to Become a Referee.
28. The Foot-Bail Association : Coaching Manual.
29. John W.-Bunn : The Art of Officiating Sports.
30. E. C. Callaghev & Rex Perry : Wrestling.
31. Encyclopedia of Indian Physical Culture, Baroda,
32. S. S. Naval Institute : Wrestling.

**Paper-VI**

**HEALTH EDUCATION & REMEDIAL CORRECTIVE PHYSICAL EDUCATION**

**Part-I**  
**HEALTH EDUCATION**

1. Definition of Health Education, Meaning & Scope of Health Education.
2. Concept of Health and fitness. Characteristics of Healthy individual. The importance of individual, family, community and national health
3. Effect of Heredity and Environment on Health,
4. General Principles of Co-ordinate /School Health Programme :
  - (a) Health Services
    - (i) Appraisal aspect
    - (ii) Preventive aspect.
    - (iii) Remedial aspect
  - (b) Health Instructions for different age groups
  - (c) Health Supervision.
5. Evaluation of Health Programme. ;
6. World Health Organisation,

**Part-II**  
**REMEDIAL AND CORRECTIVE PHYSICAL EDUCATION**

1. Meaning, importance and scope of Posture.
2. Concept and Classification of Posture
  - (i) Correct and Incorrect Posture.
  - (ii) Static and dynamic Posture.
  - (iii) Body type and Posture.
3. Postural Deformities
  - (i) A study of Physical defects in Posture and the corrections to be arrived at
    - (a) Kyphosis
    - (b) Lordosis
    - (c) Scoliosis,
    - (d) Flat foot,
    - (e) Bowed Legs,



- (f) Knocked knees
- (ii) Corrective Exercise,
- (iii) Assessment of Posture-Posture Test.
- (iv) Therapeutic exercise and their classification
- 4. Principals of the Planning of the Programme of Corrective Physical Education in School
  - B
    - I.
      - (i) A brief History of Massage.
      - (ii) Principles of application, of Massage.
    - II. A Classification of the Manipulations used in Massage and the effects of each such type on different systems of human body.
      - (a) Stroking Manipulation,
      - (b) Pressure Manipulation,
      - (c) Percussion. Manipulation,
      - (d) Shaking Manipulation.
    - III. Indications and Contraindications of Massage movements.
    - IV. Massage in sport.
    - V. (a) Common Athletic injuries and their Treatment, First aid :
      - (1) Sprain
      - (2) Strain,
      - (3) Contusion
      - (4) Abrasion,
      - (5) Fractures, Dislocation
    - (b) Application of Heat, Cold, Exercise and Massage.

Books recommended:

#### PART-I

Health Education:

1. Health Education by Dr. S. P. Chaube.
2. Health Education and Hygiene by B. C. Rai.
3. Health Hygiene and Health Education by Dr. Ramesh Chand Kanwar (Amit Brothers Publications, Nagpur)
4. Health Education by Mess and Others (National Education Association of U. S. A. 1964).
5. School Health and Health Education: Turner, et al St, Louis, The C. V. Mosby Co. 1970.
6. School Health Education: Caber Teuffer, D.: Harper & Bros., New York, 1966,

## PART-II

1. Corrective Physical Education by Rathbone (J. I. H. B. Saunders and. Co)
2. Manual of Massage and Movement by Prof. E. M. Nero (Faber),
3. Therapeutic Exercises for Body Alignment and Function by William Maclimond. Catherine Worthinghaw (W. B. Saunders & Co.).
4. Massage and Medical Gymnastics by M. V, Lace (J. & A, Churchill Ltd.)
5. Preventive and Corrective Physical Education by Stafford and Kelly (Ronald Press Co. New York).
6. Tests and Measurements by McCoy and Young.
7. Principles of Exercise Therapy by Dana Garkinar (G. Bell & Son).
8. D. Tidy's Massage and Remedial Exercises for Medical and Surgical Conditions by Wale (Bristol, John Wright and Sons, Ltd.)

## PART-II: Skills

The syllabus under skills will include the following and the examinees will be examined only in the syllabus prescribed below

### **Group-I Specialization in Games :** (100 Marks)

- (a) Basket Ball, Badminton, Ball-Badminton, Cricket, Foot Ball, Hockey. Hand Ball, Kabbaddi, Kho-Kho Table-Tennis, Laws Tennis, Volley Ball.
- (b) Preparation of game book in two games. The book shall include following Points
  - (i) History of the game.
  - (ii) Ground measurements equipment with diagrams.
  - (iii) Players and their attitudes
  - (iv) Rules and Regulations with interpretations.
  - (v) Fundamental skills,
- (vi) Lead up –games.
- (vii) Officials and their duties.
- (viii) Official signals and score sheets,

### **Group-II Specialization in Physical Activities:** (100 Marks)

#### (A) Yogasanas

Padmasana. Mats asana, Pashchimottanasana, Shalabhasana, Akarna Dhanurasana, Gomukhasana, Mayurasana, Hansasana, Padahasthasana, Lshtrasana, Naukasana, Vrik-shasana, Trikonasana, Janushirasana, Sarvangasana, Halasana Kukkutasana,

#### Kriyas:

- (1) Dhauti.
- (2) Neti

- (3) Tratak.-
- (4) Nauii.
- (5) Kapala Bbati
- (6) UddiyanaBandh.

B) Gymnastics ;

- (a). Vaulting box or Roman rings (For men) Vaulting box (Low) for Women.
- (i) Vaulting Box Practices (For Men) :  
Star vault, wolf vault, between vault, thorough vault. thief **vault**, straddle flank vault, squat vault, Front vault, head spring hand spring, dive over the box.

Vaulting box Practices for Women:

Star vault, Knees on jump off, between vault thigh vault, Sank vault, straddle vault, squat vault, head spring

(ii) Roman Ring Practices

Chin up, Chin up with' LI position, skin the cat, birds nest straight arm support, dislocate, in locate, back up rise, rivers skip, flying rings.

(C) Malkhamb for Men and Ground Gymnastics for Women :

(1) Malkhamb Practices :

Sada Dasrang, Hathki and Pairkl, Firki, Guru Pakad, Doao Pairka Suidora, Bagli, Farara, Bagli, Tedhi, Jhap, Asanas onb, Malkhamb Machhali chain, Mayoorkpankhi, Eil Hathi, wel, Bajrang farara, Khanda Ud-Ek Hati Dasrang.

(2) Ground Gymnastic Practices (for women)

Forward rolls in standing and sitting position, Backward roll in sitting position, Astride , backward roll, no band forward roll, straddle forward roll, neck spring, head spring, hand spring, dive and forward roll, cart wheel.

Group-III Combative and Indigenous Activities;

(80Marks)

Combative, wrestling/ Judo for men and Rhythmic for women.

1. Combative:

(A) Wrestling Practices '-

Salami, Kala Jang, Dhobi Pac had, Nikal, Bangali, Underki tang, Baharki tang, Single Nelson, Double Nelson Latna, Ghissa, Janeu, Dhak, Dasrang, Sakhi Dosti. Dohbi.

JudoPractices:

- (a) Falls : Back Fall, side fail, front fall.

- (b) Grip.  
Sleeve and lapel grip, gripping near the armpit, gripping the jacket sleeve, gripping both lapels.
- (c) Throws;  
Shoulder throw, body drop, sweeping ankle throw, inner ankle throw, Major hip throw, rear throw, inner thigh throw, knee wheel throw, stomach throw.
- (d) Defence:  
Standing arm lock; forward defence freeing an arm, Inter posing a foot, countering a hip throw/ high throw, countering stomach throw, countering sweeping ankle throw, lifting an opponent, holding thigh,

2. Rhythmics:

College shall provide the facilities to teach two folk dances to women students; the candidate will select one dance for Annual examination. The college shall also provide facilities to teach five community songs to men and women students. The candidate will select one community song for annual examination. ,

2. Lazium : (N. F. C. Lazium only) :

Exercises :

Dahine Bayeu Hath Ki Harkat, Dahine Bayen Paunki Harkat, Ageki Harkat, Zukna Harkat, Ageki Zukna Harkat, Harkat Bharat Mata, Mochal, Ageki, Morchal Daheni Aur Bayne Chaumukhi for Mor chal. Chakkar Baithak.

Group-iv Athletics:

- (i) Performance in Track and field events.
- (ii) Preparation of athletics note book in throwing events only (Discus, shot, Javeline).The athletic note book shall include the following :
  - (i) Brief Historical review of each event.
  - (ii) Measurement, places of throwing events in the track and weight (with diagram)
  - (iii) Rules and Regulations.
  - (iv) Styles and techniques of each event.
  - (v) Officials and their duties.
  - (vi) Score sheets and Records.

Group- V .-Skills in Massage and First Aid: (20 Marks)

Massage:

Types of Massage and effects of massage on body system.

**First Aid:**

- (a) Bleeding wounds, fracture, dislocation, drowning.
- (b) Types of bandages, carrying injured players.

### Part –II Skills

#### Procedure of Part-II Skills Examination

Classification of Internal and External Marks for Part-II Skills examination.

	Internal	Annual	Total	
	Marks	Assessment Exam.	Marks	Marks
Group-I	: Special sation in Games	50	50	100
Grop II	: Special sation in Physical Activities	50	50	100
Group-III	: Combative and Indigenous Activities	40	40	80
Group-IV	: Specialization in Athletics	50	50	100
V	: Specialization in Remedial Massage and First Aid .	10	10	20
	Total	:200	200	400

Group-1 **Major Games** :

(A) Candidate shall select two games for specialization(one from those games which he has selected in First or Second B. P. E.) (For annual examination.)

**Performance :** **50 Marks**

1. Distribution of marks for Annual Examination.
  - (a) Demonstration of fundamental skills (Examiner's choice) 10 Marks.
  - (b) Playing efficiency 5 Marks.
  - (c) Officiating efficiency (and Viva-Voce for Coaching, rules und regulations and strategy) 10 Marks.

(Same procedure shall be adopted for 2nd game).

(B) **Internal Assessment :** (50 Marks)

Candidate shall prepare a game book of those specialized games which he has selected for Annual Examination, game book will be assessed internally for 50 marks.

(Note : Candidate shall produce the game book before the examiners at the time of Annual Examination for Viva-Voce).

	<b>Group-II Specialization in Physical Activities :</b>	(100 Marks)
(1)	Internal Assessment on Yoga and Gymnastics	50 Marks.
(2)	Annual Examination	50Marks,
(a)	Yoga	20Marks.
	(i) Two Asanas of Examiner's choice -	6 Marks.
	(ii) Two Asanas of candidate's choice -	6 Marks.
	(iii) Two Kriyas (One Examiner's choice and one candidate's choice)	8 Marks.
(b)	Gymnastics:	(15Marks)
	Vaulting box for men and women or Roman Rings (Boys)/Uneven Bars (Women)-	
	(i) Three practices of Examiner's choice -	9Marks.
	(ii) Two practices of candidate's choice -	6 Marks.
(c)	Simple or Hanging Malkbamb for Men and Ground Gymnastics for Women-	(15Marks)
	i) Three practices of examiner's choice	9 Marks
	ii) Two practices -of candidate's choice	6 Marks
	Group-III Combative and indigenous activities	(80 Marks)
	(1) Internal Assessment on Laihi, Benethi, Gudgafari, Dand Baithak and Surya Namaskar.	
	(2) Annual Examination in Combative* / Rhythmic and Lazium only. (40 Marks.)	
(A)	(I) Combative for Men only (Wrestling or Judo)	
(a)	Wrestling	20 Marks
	(I) Three practices of Examiner's choice	9 Marks
	(ii) Two practices of candidate's choice-	6 Marks
	(iii) Free fight for 2 Minutes or Judo	(20 marks):
	(i) Three holds of examiner's choice	9 Marks.
	(ii) Two holds of candidate's choice	6 Marks.
	(iii) Free fight for two minutes	5 Marks,
	(b) Community singing (Boys)	5 Marks.
(B)	Rhythmic for Women only-	25 Marks.
	(i) Two folk dances shall be performed by a group of 10 to14 women students (10 Marks for each dance)-	20 Marks,
	(ii) Community singing by the same group - .	5 Marks.
(C)	Lazium .N.F.C(Lazium only)	15 Marks,
	(i) Two exercises of examiner's choice	6 Marks,
	(ii) Two exercises of candidate's choice	6 Marks,
	(iii) Continuous Lazium demonstration for 3 minutes under the	

command of group leader

3 Marks

**Group-IV Athletics:**

- (1) Internal Assessment: 50 Marks  
Candidate shall prepare an Athletic .Note book on the following events only (Discus, Javelined and Shot-put), This book will be assessed internally for 30 Marks and 20 Marks on style and techniques throughout the year.
- (2) Annual Examination (Performance): 50 Marks
- (i) 200 M/400 Mt Run 10 Marks,
  - (ii) 800 MT. Run 10 Marks,
  - (iii) High jump, Long jump, Hope-step and Jump 10Marks.
  - (iv) Shot/ Discus /Javelin Throws- 10Marks.
  - (v) Two styles or any two throws - 10 Marks.
- Candidate's choice and Viva-voce (5 Marks for each style)

(Note: Candidate shall produce Athletic note book to the examiners for Viva-voce at the time of Annual Examination in style).

**Group-V Skills in Massage and First Aid:**

- (a) Internal Assessment based on assignments and practical's - 10 Marks, (b)  
Annual Examination 10  
Marks
- 1) Two types of Massage of Examiner's choice- 5 Marks.
- (2) (a) First aid for any two of the following- 5 Marks.
- (i) Bleeding
  - (ii) Wounds
  - (iii) Fracture.
  - (iv) Dislocation.
  - (v) Drawing
- (c) Types of Bandages or carrying the injured players, 2 Marks

**Part-III Practice Teaching**

The Part-III Practice Teaching Examination shall be divided into two sections.

Section-I

Two lessons to be given at the tune of Annual Examination and from each of the following groups:

- (1) Major Games 75 Marks
- (2) Athletics 75Marks.

Section II:

- Test in officiating in two games (Practical) 50 Marks.

Total:200Marks.

The following factors shall be observed while assessing Practice Teaching Lessons.

(1) Preparation of the Teacher and his positions:

- (1) Plan of the lesson.
- (2) Suitability of equipment and formation of the class.
- (3) Teacher's personal turn-out and demonstrations. ,
- (4) Report (Approach and Relationship).

(2) Leadership and teaching ability;

- (1) Self confidence and self responsibility. .
- (2) Self Development and Initiative.
- (3) Command and Control of the class. .
- (4) Instructional techniques, i.e. Sequence of Teaching.

(3) Maintenance of the interest and spirit of the lesson and total impression, impact and effect of the lesson. .

- (1) Activity, Enthusiasm
- (2) Knowledge about the subject and maturity.



## MODEL OF GENERAL LESSON

Sr.No. .... Name of the School .....  
 Name of the Public Teacher .....  
 ..... Class : .....  
 Roll No. .... Average age of students.....  
 Subject: .....  
 Teaching Activity : ..... Date : .....  
Duration : 35 Minutes.

General Aim of the Lesson :- .....  
 Specific aim of the lesson :- .....  
 Previous knowledge of the students: - .....  
 Teaching Aids : .....

Sr. No.	Teaching steps and Duration	Subject Matter	Class Organisation	Methodology
1)	Introductory a) Assembly b) Roll Call c) Report(2 Minutes)			
2)	Warming Activities (4 Minutes)			
3)	Developmental Activities (6 Minutes)			
4)	Teaching Activities (8 Minutes)			
5)	Recreational Activities (8 Minutes)			
6)	Dismissal a) Assembly b) Roll call c) Evaluation d) Report (5 Minutes)			

## MODEL OF SPECIFIC LESSION PLAN

Sr.No. .... Name of the School .....  
 Name of the Pubil Teacher .....  
 ..... Class : .....  
 Roll No. .... Average age of students.....  
 Subject: .....  
 Teaching Activity : ..... Date : .....  
Duration : 35 Minutes.

General Aim of the Lesson :- .....  
 Specific aim of the lesson :- .....  
 Previous knowledge of the students: - .....  
 Teaching Aids : .....

Sr. No.	Teaching steps and Duration	Subject Matter	Class Information	Methodology
1)	Introductory d) Assembly e) Roll Call f) Report(2 Minutes)			
2)	Specific Warming up (5 Minutes)			
3)	Teaching Fundamental Skill (10 Minutes)			
4)	Practice of the skill (8 Minutes)			
5)	Lead up game (5 Minutes)			
6)	Dismissal e) Assembly f) Evaluation g) Roll call &Report (5 Minutes)			