

Detail Syllabus
Semester – I
Part – A: Theoretical Section

Core Course

CC- 101, SPORTS PSYCHOLOGY

Unit -I: Educational and Sports psychology

- Meaning and scope of Educational and Sports Psychology
- Importance of Educational and Sports Psychology
- Nature of human growth and development; general characteristics of Various Stages of growth and development
- Types and nature of individual differences; Factors responsible -Heredity And environment

Unit-II: Learning and Personality

- Nature of learning, theories of learning, Laws of learning,
- Plateau in Learning; & transfer of training
- Meaning and definition of personality, characteristics of personality,
- Dimension of personality, Personality and Sports performance

Unit-III: Motivation and Mental Preparation Strategies

- Nature of motivation: Factors influencing motivation;
- Motivation and techniques and its impact on sports performance.
- Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imaginary.
- Aggression and Sports

Unit-IV: Anxiety, Stress and Sports Performance

- Meaning and nature of anxiety
- kinds of anxiety
- Meaning and nature of stress; Types of stress
- Anxiety, Stress, Arousal and their effects on sports performance.

Unit – V: Leadership in Sports

- Meaning, Definition of leadership
- Qualities of a Leader
- Importance & needs of leadership in Physical Education & Sports.
- Group dynamics, Cohesion and Leadership in sports

Book Recommended for Reference:

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. Skinner, Charles. E., Education Psychology. Prentice Hall of India, N. Delhi, 1984.

CC-102, ANATOMY, PHYSIOLOGY & HEALTH EDUCATION

Unit – I Different System.

- List of Muscles Muscular skeletal system & its type
- Muscular type - Voluntary, Involuntary and cardiac
- Gross structure of the skeleton muscle
- Physical Changes during muscle construction
- Bones ,Function of Bone, Joints, its classification & anatomy of it
- Effects of Exercise on muscular system.

Unit – II Circulatory Systems:

- Structure & Function of the Heart
- Heart rate, HR max & THR
- Changes during exercise
- Blood circulation
- Effect of exercise on circulatory systems.

Unit – III Respiratory system.

- Organs function of respiration structure
- Mechanism of respiration, vital capacity, Exchanges of gases Oxygen debt
- Aerobic and anaerobic capacity, second wind changes in respiratory systems during exercises
- Effect of training on respiratory system

Unit - IV Nervous system

- Location and functions of Organs, Brain and its parts.
- Centers of Localization, spinal cord Reflex action Autonomous nervous system
- Importance of Endocrine glands location & functions
- Role in growth, health development and emotional make-up of an individual.
- Special senses Ear, Nose, Eyes, Tongue, Skin & Their functions,

Unit – V Health Education

- Definition of Health Education, Health Instruction, Health Supervision,
- Health Service and guidance instruction in personal hygiene
- Detection of defects of common ailments, medical Examination, follow up work
- Schools Hygiene schools building, Ventilation light & seating arrangements, water supply facilities, play ground

Book Recommended for Reference:

1. Anatomy & Physiology - J.F. Williams.
2. Anatomy & Physiology - Dr. L.K. Govindarajlu
3. Good Health Personal & community - Miller & Miller

4. School Health Education -Colander
5. Dietetic and Nutrition - A.Z... Brakar
6. sports Injuries & Athletic Problem morij B Molenium

CC-103 Management of Sports Injuries

Unit-I: - Sports Injuries –

- Need and Importance of the study of sports injuries in the field of Physical Education
- Prevention of injuries in sports – Common sports injuries – Diagnosis –
- First Aid - Treatment - Laceration – Blisters – Contusion - Strain – Sprain – Fracture – Dislocation and Cramps –
- Bandages – Types of Bandages – trapping and supports.

Unit-II: Physiotherapy

- Definition – Guiding principles of physiotherapy, Importance of physiotherapy – Electrotherapy – infrared rays – Ultraviolet rays –short wave diathermy – ultrasonic rays.

Unit-III: Hydrotherapy:

- Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation – Massage: History of Massage – Classification of Manipulation (Swedish System) physiological Effect of Massage.

Unit-IV: - Therapeutic Exercise:

- Definition and Scope – Principles of Therapeutic Exercise – Classification, Effects and uses of Therapeutic exercise – passive Movements (Relaxed, Forced and passive - stretching) – active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints – Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises.

Unit-V: - Posture:

- Meaning and Values of Good Posture – Causes of poor posture – Postural Examination – New York State Posture Rating Chart Test. Some Common Deviations in Posture – Normal Curvature of the Spine and its utility, Scoliosis, Lordosis and Scoliosis Flat back, [C and S Curve] round shoulder, Knock Knees, Bow Legs, Flat Foot, Causes for Deviations and corrective exercise.

Book Recommended for Reference:

1. Dolan: “Treatment and Prevention of Athletic Injuries”. The intestate Danville, Illinois
2. Edward Donald: Physiotherapy, Occupational therapy and Gymnastics:. London Publishers.
3. Sundarajan: “Sport Medical Lecturers” Rashan Publication. Rathborne Corrective Physical Education: J.I.W.B. Saunders and Co., London: 1965.
4. E.M. Naru, Manual of Massage and Movement, Faberr and Faber Ltd.,
5. William Mareiam and Catherrine Worthingham, Therapetuic Exercise for Body alignment and Education, W.B., Saunders and Co., 1965.
6. M.C. Lace Massage and Medical Gymnastics: J & A Chruchil Ltd., 1915

7. Stafford and Kolly, Preventive and Corrective Physical Education, New York, The Ronald Press, 1

Foundation Course (Any one)

FC- 101, FOUNDATION OF PHYSICAL EDUCATION AND SPORTS

Unit – I: Education

- Meaning & Definition
- Aims ,objectives and importance of education
- Physical education meaning & definition
- aims, objectives and importance of physical education

Unit – II: Biological Foundation of Physical Education

- Growth and development
- Principles of growth & development
- Differences between growth & development
- heredity and environment

Unit – III: Psychological Foundation

- Meaning of psychological
- Psychological factors effecting physically performance
- learning meaning, laws of learning
- Learning curves & implications of learning curve in physical education & sports

Unit – IV: Sociological Foundation

- Meaning & Concept of social Institutions.
- Various Institutions which effect man & his group
- Role of games & sports in Socialization
- Role of games & sports in national integration

Unit – V: Philosophical Foundations

- Meaning of Philosophy
- Types of Philosophy
- Idealism & Physical Education
- Pragmatism & Physical Education Naturalism & Physical Education

Book Recommended for Reference:

1. Bucher C.A., Foundation of Physical Education, (St. Louis : C.V. Morbi Co. 1987)
2. Frost Reuben B., Physical Education Foundation Practices – Principles,, (London : Wesby Publishing)
3. Singer Robber N., Physical Education, Foundation, (New York : Halt Rinehatr and Winston)

FC- 102, HISTORY OF PHYSICAL EDUCATION

Unit: I History of Physical Education in ancients India

- Ramayana and Mahabharata Period
- Epic Age
- Mohammedan Period
- British Period
- Influence of Great Britain and its contributions; teacher training in Physical Education.

Unit II History of Physical Education in Ancients Greece & Rome

- Physical Education in Sparta
- Physical Education in Athens
- Pelestra & Gymnasium
- National sports Festival of Greece

Unit – III History of Physical Education in Ancients Rome

- Physical Education in Rome
- Roman stadiums & Theaters
- Gladiatorial Combats
- Contribution From Claudius Galan

Unit – IV Physical Education in India during 20th century

- Physical Training for teacher working in school & college.
- Movement of Akhadas & Vyayam Shalas.
- Central Advisory Board of Physical Education, All India council of sports.
- NSNIS, LNIPE, SAI, NYK, SAG, IOA
- Awards at National & state level.

Unit – V Modern Olympic Games

- History of Modern Olympic Games
- IOC (International Olympic committee)
- Olympic Protocol (Opening & Closing ceremony)
- Olympic Flame, Olympic Flag, Olympic Slogan
- Olympic Calendar

Book Recommended for Reference:

1. Manual of Physical Education of India - D.G. Wakharkar
2. A World History of Physical Education - Van Ten Micher
3. History of Physical Education C.W. Hyensmith
4. A Brief History of Physical Education - Emmel A Rice & John L Hutchinson
5. Physical Education in ancient India - Dr. S.H. Deshpande.

Elective Course
EC-101, ENVIRONMENTAL STUDIES

Unit – I Introduction;

- Definition, Scope and Importance of environmental studies.
- Concept of environmental education.
- Historical background of environmental education..Need of environmental education for public Awareness.
- Management of environment and Govt. policies.
- Important day and National Awards.

Unit – II Natural Resources and related environmental issues:

- **Forest Resources:**
Use and over exploitation, deforestation
Timber extraction, mining, dams and their effects on forests and tribal people.
- **Water resources**
Use and over utilization of surface and ground water, floods, drought.
Dams-benefits and problems
- **flood resources:**
World food problems
Changes caused by agriculture and overgrazing
Effects of modern agriculture
Fertilizer-pesticide problems.
- **Land resources:**
Land as a source
Land degradation
Man induced land slides
Soil erosion and desertification

Unit-III.

- Role of school in environmental conservation and sustainable development.
- Celebration of various days in relation with environment.
- Plastic recycling & probation of plastic bag / cover.
- Role of pollution control board.

Unit – IV Environmental Pollution:

- Definition, effects and control measures of:
- Air Pollution
- Water Pollution
- Soil Pollution
- Noise Pollution

- Thermal Pollution

Unit – V. Social issues and the environment:

- Water conservation, rain Water harvesting, and Water shed management.
- Climate changes, global warming, acid rain, ozone layer depletion and holocaust.
- Environmental ethics: issues and possible solutions.
- Protection/conservation acts: environment, air, water, wildlife, forest.
- Environment and Human health.

Book Recommended for Reference:

1. Agrawal, K.C. environmental Biology (Bikaner: Nidhi publishers Ltd.) 2001.
2. Miller T.G.Jr., environmental science (Wadsworth publishing Co.)
3. Odum,E.P. fundamental of Ecology (U.S.A.: W.B. Saunders Co.) 1971.
4. Townsend C. and other, Essentials of ecology (Black well science)

EC-102, COMPUTING SKILL

Unit – I: Introduction to Computer

- Computer –Meaning and definition
- Components of computer
- input and output device
- application software used in Physical Education and sports

Unit – II: MS Word

- Introduction to MS Word
- Creating, saving and opening a document
- Formatting Editing features Drawing table ,
- page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes

Unit – III: MS Excel

- Introduction to MS Excel
- Creating, saving and opening spreadsheet
- creating formulas
- Format and editing features adjusting columns width and row height understanding charts.

Unit – IV: MS Power Point

- Introduction to MS Power Point
- Creating, saving and opening a ppt. file
- format and editing features slide show , design , inserting slide number
- picture ,graph ,table

Unit – V: Internet and World Wide Web

- General Introduction of Internet and World Wide Web
- Application of internet and multimedia in physical education and sports
- Construction & Operating of E-mail
- Operating World Wide Web & General Introduction of Web address

Book Recommended for Reference:

1. Jerry R. Thomas, Jack K Nelson and Steverman, Research Methods in Physical Activity, (New York ; Human Kinetics 2005)
2. Chris Gratton and Ian Johns, Research Methods for Sports Studies, (London : Rutledge Taylor & Francis Group, 2004)
3. Chauhan Sunil, Sexena Akash, Gupta Kartika, Foundation of Computer, (Firewall Media, 2006)

Part B -Practical Course

PC-101 Athletic

Running:-

- Short Distance Running : Start (....), Stride (Short, Medium, Long)Finishing (Run Throw, lung finish, torso finish)
- Middle : Distance running, Start (Standing), Strides, Finishing
- Long Distance Running : Start, Stride, Finishing
- Hurdles : Start, Cross the Hurdles, & Strides Finishing
- Relay Race : Holding the baton, start, skill of baton exchange, finishing

Jumping:

- Long Jump : Sail, Hang, Hitch kick method
- High Jump : Western, Fosbury Flop, Straddle Style
- Hop – Step – Jump : Skill Hop, Step, Jump, Hang Sail

Throwing Events:

- Shot put : Holding, Perry brain, Disco put
- Discus Throw : Holding, Swing of hand throw (standing), Balance
- Javelin Throw : Holding, Carry (Under arm over shoulder), Cross Step Throw, Release Balance
- Hammer Throw : Holding, Stance, Swing Throw, Balance

PC-102 Team Games & Wrestling

Kabbaddi, Volleyball, Football, Basketball, Table Tennis,

Kabbaddi:

- Skill of Game : Offending Skill : Raid, Kicking, Touching with the leg, Breaking the cover, Chasing, Cross the Buck & Bonus line,

Defensive Skill: Cover (Individual, more than one man cover) Catching (Leg Hand, Trunk)

- Conditioning Exercise
- Teaching & Tactics
- Measurement of Ground & Equipments
- Officiating

Volley Ball:

- Skill of Game : Service, Passing, Ball sat-ups, Smashing, Blocking, Net recovery
- Conditioning Exercise
- Teaching & Tactics,
- Measurement of Ground & Equipments & Officiating.

Foot Ball:

- Skill of Game : Passing, Throwing, Trapping, Heading, instep kick, Dodging, & Tracking, Kicking, Drilling Shooting, Goal Keeping.
- Conditioning Exercise
- Teaching & Tactics,
- Measurement of Ground & Equipments
- Officiating.

Basketball:

- Skill of Game: Player Stance, Catching, Passing, Dribbling, Jangling, Shooting Rebounding : Defensive & Offending Rebounding ,Defense : Man to man & Zone Defense
- Conditioning, Exercise
- Teaching & Tactics, Measurement Ground & Equipments
- Officiating.

Table Tennis:

- Skill of Game: Counter, Topspin (Fore Backhand)Side Spin (For Backhand) For hand Drop Shot, hand Flick Drive (fore & Back hand)Service : (For hand top spin, back hand topspin, fore hand back spin, back hand back spin, fore hand side spin, back hand side spin, high top service (fore & back hand)
- Conditioning Exercise
- Teaching & Tactics
- Measurement of Ground & Equipments Officiating

Wrestling (Men, Women)

- Stance and Grip

- Dasrang Salami, Nelson, Kalajung, Ground Work, Jholi, Puch, Dhobi Pachad, Take down ,Leg Tackle

PC-103 & Indigenous Activity

Calisthenics Activities

Mass P.T. Table

- Madyamic P.T.Table: Kasarat 1 to 10 dav.
- N.D.S. P.T. Table: Kasarat 1 to 12 dav & Bethak dav 13 to 16.

Lazim

- (Hindustani) :Lezim lapet,Lezim hosiya,Lezim aram se, Charawaj, Ekjgah, Ati Cagav, Pavitra, Do Rukh, Age falang, Pisefalang,Chorukh ,Chorukh bethak, Gajvel,Domal.
- (Ghati) : Do Awaz, Char Awaz,Ath avaj, Bethak Awaz, Age Pau,Kadam tal, Pavitra, Uchek pavitra, Kudan pavitra, Pav chakra, Adha chakra, Purn chakra.

Lathi

- Sadhi, Ulti, Millat, Age Flang, Piche Flang, Dohriwel Jung, Salami Ek, Salami Do.

Dumbbells

- Upe niche thok, Kamarzuk thok, Daye Bahine thok, age pise thok, Adange age thok, Adanga baju thok, Pet guthan thok, Chofer thok.

Magdal

- Jodi lapet,jodi hosiya,Zole hast,Sina, Ekerisiri sidhe, Dohrisiri sidhe, Bahu ek, Bahu do, Ekeri vajedar sidhe, Doheri vajedar sidhe

Wand

- Wand hosiya, Wand lapet, Agebaju pav, Piseage pav, Bajupav aanti, Agepav kamerzuk, Pisepav paditan, Bajupav kamarzuk.

Drill &March

- Savdhan Vishram, Kadamtal, thum, Nikatline chal, Khuli line chal, Tejchal, Dehene Dekh, Bahe Dekh, Salute.

Dund (Only for Men):

- Sada dund, Sher dund 1, Sher dund 2, Mayur dund, Pavkasi 1, Pavkasi 2, Jordund, Sidhe dund, Vinchu dund, Sarak dund, Chakra dund.

Bethak (Only for Men):

- Sadi bethak, Panja bethak, Sarak bethak, Khadi bethak, Disafer, petguthan, Putki bethak ek, Putki bethak do, Kudan bethak, Lahera bethak.

Suryanamaskar (Only for women) Count 1 to 12.

Pull-ups (Only for Men)

Sit-ups (Only for women)

Semester – II

Part – A : Theoretical Section

Core Course

CC-104, Planning of Physical Education Program

Unit – I: Management, Administration, Organization,

- Meaning and importance of Management, Administration, Organization,
- Planning and their basic principles.
- Functions of sports management: Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.
- Personal: Qualification and Responsibilities of Physical Education teacher and pupil leader.

Unit- II: Office Management, Record, Register & Budget

- Office Management: Meaning, definition, functions and kinds of office management
- Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record.
- Budget: Meaning, Importance of Budget making,
- Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget.

Unit-III: Facilities, & Time-Table Management

- Facilities and equipment management: Types of facilities Infrastructure-indoor, out door.
- Care of school building, Gymnasium, swimming pool, Play fields, Play grounds
- Equipment: Need, importance, purchase, care and maintenance.
- Time Table Management: Meaning, Need, Importance and Factor affecting time table.

Unit IV – Program Planning

- Program planning: Meaning, Importance, Principles of program planning in physical education.
- Importance of Tournament
- Types of Tournament, Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament.
- Organization of Athletic Meet/Sports Event Intramurals & Extramural Tournament planning

Unit- V – Camp, Hikes & Others Planning

- Organization & Conduct of Camp
- Excursions, Exhibition, Picnic, Flag Hoisting, Play Days
- Organization & Conduct of Hikes, Tours
- Organization of National Days programme (Republic Day & Independent Day)
- Awards & Incentives

Book Recommended for Reference:

1. Barr, Rachpal and Joshi, R. Sports Management, Kalyani Publisher: New Delhi, 2007.
2. Charles A. Bucher, Management of Physical Education and Athletic Programmes, Louis C.B. Mosby.Co. 1987.
3. Charles E. Forsy, Administration of High School Athletic, Sixth Edition, Prentice Hall, Inc.Englewood, New Jersey, 1979.
4. M.L. Kamlesh and M.S. Sangral, Methods in Physical Education, Prakash Brothers, 516, Book Market Ludhiana (19865).
5. Tirunarayan and Hariharan, Methods in Physical education M.S C.T. & S. H. Allagappa College of Physical Education, Karaikuddi U. (1985).

CC-105, Methods of Physical Education

Unit –I Teaching Methods in Physical Education

- Introduction & Meaning of Teaching Methods
- Importance of teaching methods
- Bases of teaching methods, Factors affecting teaching methods
- Types of teaching methods Orientation, Demonstration, Imitation, Command, Exploration, Set Drill, Progressive Part, Observation, Verbal Explanation, Whole- Part- Whole, Formal, Informal.

Unit –II Lesson Planning

- Meaning of Lesson planning
- Importance of lesson plan
- Types of lesson - General & Specific
- Micro Teaching - importance and skill

Unit -III Teaching Presentation Technique

- Personal Preparation & Technical Preparation.
- Steps in presentation-Orientation-Explanation Demonstration experimentation- Correction and repetition-discussion-evaluation.
- Principle of classes Management.
- Factors affecting class management.
- Types of Class Formations
- Classification of students, methods of classification

Unit - IV Teaching Aids

- Meaning and importance of teaching aids
- Typs of teaching aids
- Values of teaching aids,

- Criteria for selecting teaching aids
- Steps to be followed in using teaching aids
- Users of audio – visual aids

Unit V - Teaching of Physical activities -

- Game of high organization (Major Games)
- Game of low organization (Minor Games)
- Track and field events and individual games.
- Calisthenics & Rhythmic
- Gymnastics
- Comparatives and Defensive activities

Book Recommended for Reference:

1. Method in Physical Education - Kamlesh And Sangral
2. Physical Education Lesson - J. P. Thomas
3. Method in Physical Education - Tiranarayanan and H. Hariharan
4. Modern Methods of Teaching
5. Bucher, Charles A. and Koeing II Methods Materials for Secondary School Physical Education, (St. Louis: The C.V. Mosby Company 1978)
6. Kamlesh M.L. Scientific Arts of “Teaching Physical Education” (New Delhi: Metropolitan Book Company Ltd. 1994)
7. Knapp Olyde and Hagman E.P. Teaching Methods for Physical Education, (New York M.C.Graw Hill Book Co. 1948)

CC-106, SPORTS TRAINING

Unit -I: Sports Training

- Meaning and definition of sports training
- Aims of sports training
- Characteristics of sports training
- Principles of sports training
- Scope of sports training

Unit – II Teaching and Coaching

- Concept of Teaching, Training and Coaching
- Qualities, Qualifications of a coach
- and responsibilities of a coach
- Professional preparation of coaches

Unit – III Training Program

- Strategies of success of coaching programmes
- Warming up – Types, Significance, General Guidelines

- Methods & duration of Training Program
- Cooling down, significance and guidelines for cooling down

Unit – IV Training

- Aims, objectives & definitions of training
- Principles of training concern to fitness & sports.
- Types of different training method
- Circuit training method
- Fartlek training
- Interval Training
- Weight Training
- Muscle Contraction, Training Methods (Isometric, Isotonic, Isokinetic)

Unit –V: Components of Physical Fitness

- Speed
- Strength
- Endurance
- Flexibility
- Coordinative Abilities
- Means and methods of developing fitness components

Books Recommended for Reference:

1. Matveyew, L.P. Fundamentals of Sports Training, (Moscow : Mir Publishers, 1981)
2. Singh, H. Sports Training General Theory and Methods, (Patiala : NSNIS 1984)
3. Dick, F.K. Sports Training Principles, (London : Lepus, 1980)
4. Warner V.K. Moeger, Fitness and Wellness, (Wadsworth : Thomas Learning)
5. Bouchard, C. ET. Al. Exercise, Fitness and Health (B.D.(Eds), 1990)
6. Aahper, Sports Safety, (Washington D.C.)
7. St. John's Ambulance, First Aid by Red Cross Society of India)

Foundation Course

FC-103, KINESIOLOGY

UNIT-I Structural Kinesiology

- Introduction: Definition, Aims and Objectives of structural Kinesiology
- Brief history of kinesiology
- Understanding skeletal system and human movement: Brief understanding structure of skeletal muscle and structural classification, concept of terminology for muscular attachments.
- Types of muscle, contractions -Isotonic, Isometric, Isokinetic, Roles of muscles, Agonists,
- Antagonists, Stabilizers, Neutralizers, Synergists

UNIT-II Basic Concepts of Ontology and Anthology

- Types and kinesiological importance of bones - Mechanical axis-articulations structure

- Classification –functions -movement of skeletal units - centre of gravity-line of gravity fundamental movements of the major segments of the body.
- Types and kinesiological importance of joints,
- the planes and axes of joint movements

UNIT-III Principal Actions of Various Muscles

- sternomastoid, trapezius, latissimus dorsi, erector spinae, serratus anterior, pectoralis minor and major,
- abdominal groups, deltoids, biceps, triceps brachii, gluteal groups, quadriceps,
- hamstring groups, sartorius, gluteus groups, tibialis anterior and posterior,
- Flexor and extensor hallucis longus, flexor and extensor, Tensor Fasciae Late, iliopsoas, Psoas, digitorum longus, gastrocnemius, soleus.

Unit – IV POSTURE

- Modern Concept of balanced posture
- Common postural deformities i.e., flat foot, bow legs, knock knees, lordosis, scoliosis, Kyphosis and round shoulders, their causes and remedial measure
- Causes of bad posture
- Common sports injuries- their classification and their care and prevention
- Therapeutic exercises (Active, Passive, Resistive and Stretching and their application for rehabilitation)
- Application of Kinesiology in Physical Education and Sports

Unit- V Exercise programme for the development of the various parts of the body with special reference to the following:

- Muscles of the Chest.
- Muscles of Abdomen.
- Muscles of the Back
- Muscles of Neck.
- Muscles of the upper Arm & Muscles of the Fore-Arm.
- Muscles of the Thigh & Muscles of the Calf.

References

1. Brower Marion R., "Efficiency of Human Movements, Philadelphia, W.B. Saunders Co., 1978.
2. Cooper and Glesco, "Kinesiology" St. Louis C.V. Mosby. Co., 1968.
3. Jensen, Clayton, Schultz Gordon. W., Bangerter Blavert, Applied Kinesiology And Biomechanics. 3rd Edition, Mc-Crow Hill International book Company, Singapore. 1984.
4. Rasch and Burk, "Kinesiology and applied Anatomy" Lee and Febiger, 1975.
5. Scoot. M. Gladys, "Analysis of Human Motion" New York, 1970.

FC-104, TEST & MEASUREMENT IN PHYSICAL EDUCATION

Unit- I Introduction to Test & Measurement & Evaluation

- Meaning of Test & Measurement & Evaluation in phy.Edu
- Need & Importance of Test & Measurement & Evaluation in phy.Edu
- Principles of Evaluation

Unit- II Criteria; Classification and Administration of test

- Criteria of good Test
- criteria of tests, scientific authenticity (reliability , objectivity, validity and availability of norms)
- Meaning and purpose of classification indices.
- Type and classification of Test
- Administration of test, advance preparation – Duties during testing – Duties after testing.

Unit- III Physical Fitness Tests

- AAHPER youth fitness test
- national physical Fitness Test
- Indiana Motor Fitness Test
- JCR test
- U.S Army Physical Fitness Test

Unit- IV Sports Skill Tests

- Lockhart and McPherson badminton test
- Johnson basketball test
- McDonald soccer test
- S.A.I volleyball test
- S.A.I Hockey test

Unit – V

- Measures of central tendency
- Mean, mode, median
- Characteristics of mean, mode median
- Methods of solving mean & Median

Book Recommended for Reference:

- Barrow, H.M. and McGee, R. A Practical Approach to Measurement in Physical Education, Lea dn Febiger, Philadelphia. 1964.
1. Bovard, J.F. Cozens, F., W. and Hagman, P.E., Test and Measurement in Physical Education. W.B. Saunders Company, Philadelphia, 1949.
 2. Campbell, W.R. and Tucker, N.M. An Introduction in Physical Education, G. Bell and Sons Ltd., London, 1967.

3. Cureton, T.K. Physical Fitness Appraisal and Guidance, The C.Mobsey Company, St.Louis, 1947.
4. Hunsicker, P.A. and Montoye, H.J. Applied Test and Measurements in Physical Education, Prentice Hall Inc., New York, 1953.
5. Meyers, C.R. and Belsh, E.T. Measurement in Physical Education, The Ronald press Company, New York, 1962.

Elective Course

EC-104, COMMUNICATION IN ENGLISH

Unit – I: Introduction to communication

- Meaning and significances of communication
- Types of Communication ,Methods of Communication
- Developing communications skills
- Barriers to effective communication
- Improvement in communication skills

Unit – 2: Written Communication

- Principles of effective communication
- Relevance of grammar
- Composition of sentence
- Mechanics of communication in writing
- Letter drafting

Unit – 3 Non-verbal communications

- Para Language, body language and its significance
- Area of influence and local culture
- Expression through palms, arms and legs
- Hands as medium expression ,Eyes-ultimate in expression
- Handshaking. Obstruction by arms and legs
- Common and popular postures
- Carbon copying and effective use to body parts in communication
- Indicators and pointers
- Chairs, Tables, and Office Setup

Unit – IV: Special Communication Skills

- Motivation Skills
- Interpersonal Skill
- Negotiation skill
- Interview Technique

Unit – V: Creative aspects of communicative skills

- Presentation
- Project work
- Seminar

Book Recommended for Reference:

1. Sharme R.C., Mohan Krishna, Business Correspondence and Report Writing (New Delhi : Tata McGraw- Hill Co. Ltd. 2002)
2. Bhattacharya, Indrajit, An Approach Communication Skill, (New Delhi : Dhanpatrai Co. Pvt. Ltd.)
3. Wright Chrissies, Hand Book of Practical Communication Skills, (Mumbai : Jaico Publishing House)

EC-104, Career Guidance and Counseling**Unit-1 Guidance and career guidance**

- Guidance (Meaning, Concept, Importance)
- Types of guidance (Educational, Vocational, Individual)
- Career guidance (Meaning, Concept, importance)
- Role of teacher in career guidance.

Unit-2 Process of career guidance

- Components of career information
- Sources : (Cumulative record card(CRC), Observation, rating scale)
- Psychological test (Meaning, importance, administration interpretation, tests available in Gujarat) : Aptitude tests & Interest inventory
- Guidance program : Role of school & teacher

Unit-3 Counseling

- Meaning, Concept, Principles of Counseling
- Types of counseling (Individual and group)
- Approaches to counseling (Meaning, Merits, Limitations) : Directive, Non-directive & Eclectic counseling

Unit-4 Career resource centre

- Concept
- aims & Importance in guidance and counseling
- Activities (normal students, student with special needs)

Unit-Agencies:

- Society,
- Gujarat Educational and vocational guidance institute, Ahmadabad,
- University Employment information and guidance burro
- Udisha (Initiate by Govt. of Gujarat)

Book Recommended for Reference:

1. Anastassi A (1982). Psychological Testing, (5th Ed.) New York; Macmillan

Publishing Co.

2. Bennett M.E. (1963). Guidance and counseling in groups, New York; McGraw Hill Book
3. Bernard H.W and Fulmer D.W. (1972). Principles of Guidance, A basic text, Bombay; Allied Publisher
4. Crow I.D. and Grow. A. (1962). An Introduction to Guidance, New Delhi;
Freeman F.S. (1972). Theory and Practice of Psychological Testing, New Delhi;
Oxford and IBH Co.
5. Nunnally J.C. (1972). Educational measurement and Evaluation, New York:
McGraw Hill.

Part-B Practical Course

PC-104, Teaching Lessons

- Internal (10 lesson :2 from track & field,2 from games, 2 from calisthenics activities, 2 from Gymnastic ,1 from Asana & 1from Wrestling or Judo.
- External (2 lesson : 1 from Formal Lesson and 1 from In Formal Lesson.

PC-105, Gymnastics & Yoga

Men	Women
Floor Exercise	Floor Exercise
Parallelel Bars	Uneven Bar
Vaulting Horse	Vaulting Horse
Roman ring	Roman ring
Malkhambh	Balancing Beam

Gymnastics (Man)

- **Floor Exercise** : Forward Roll, Backward Roll, Hand Stand Cart Wheel, Head Spring, Dive & Roll, Side Scale, V. Seat Scale
- **Parallel Bar** : Dips, Chest Balance, Shoulder Balance, Straddle Forward Roll, Swing Dismount, Forward Roll,
- **Vaulting Horse (Box)** :Astride vault, Whole vault, Face Vault, Side Vault, Between Vault
- **Roman ring**: Pull-ups, Circle under the ring, Next hang, Astride arm right & Left, Swing, L shape, Backward state line, Short arm line

- **Malkhambh** Sadi uddi,Skandh uddi, Do hatthi uddi, Bagal uddi, Naral uddi, Salami uddi, Soya doro uddi, Bandar uddi,Dhani uddi, Dasarang uddi, Hanuman pakad uddi, Mayurpankh uddi.

Gymnastics (Woman)

- **Floor Exercise:** Forward Roll, Backward Roll, Knee Scale, T Scale Cart Wheel Hand Stand V. Seat Scale One Knee Band-Balance, Walk with Action.
- **Uneven Bar :** Straight Arm Support on High Bar Support, V Seat Straddle, T. Scale, 'One Leg Square Balance' Simple & rear Dismount
- **Vaulting Horse (Box) :**Astride vault, Whole vault, Face Vault, Side Vault, Between Vault
- **Roman ring:**
Pull-ups, Circle under the ring, Next hang, astride arm right & Left, Swing, L shape, Backward state line, Short arm line.
- **Balancing Beam :** Straight Arm Mount T.Scale, Simple Walk, Turn with Action, Glide Walk m, V Scale, One Knee Scale, Jump Walk with Action

Yoga:

Asana:

- Padmasan, Halasan Vakrasan, Savasan, Chakrasan, Vajrasan, Bhujagasan, Pavanmuktasan, Garudasan, Dhanurasan, Pachimotasan, Mayurasan, Shirsasan.

Pranayama

- Anulome vilom-,purak.Kumbhak,Recheck, Suryabhedan, Chandrabhedan, Ujjaye, Sitkari, Shitli, Bhastika, Bharamari, Kapal bhati,

PC-106, Team Games & Judo

Kho-kho, Handball, Hockey, Cricket, Badminton,

Kho-Kho:

- Skill of Game: Chaser's Skill: Trapping at the Pole (Dick Marvi) (Touching Hand, Leg, or Both Judgment Kho, Tapping at 45 Angle, Dive Take the Correct Direction Runner Skill: Single Chain, Double Round, and Dodging, To Change the Direction.
- Conditioning Exercise
- Teaching & Tactics
- Measurement of Ground & Equipments
- Officiating

Hand Ball:

- Skill of Game :Throwing, Catching, Dribbling, Shooting, Power & Shot Goal Keeping
- Conditioning, Exercise
- Teaching & Tactics, Measurement Ground & Equipments
- Officiating.

Hockey:

- Skill of Game :Dribbling, Hitting , Pushing, Stopping, Doug ding, Shooting, Goal Keeping, Bully, Tackling
- Containing Exercise
- Teaching & Tactics
- Measurement of Ground & Equipments
- Officiating

Cricket:

- Skill of Game : Forward & Backward defense, Leg Glance, Half Volley, Hook Shot, Cover Drive, Straight Drive , Spin& Space Bowling, Throwing& Caching Wicket Keeping Running between the wicket
- Conditioning, Exercise,
- Teaching & Tactics
- Measurement Ground & Equipments
- Officiating.

Badminton:

- Skill of Game: **Service** (For single & doubles Shot (Over head, back hand, & fore hand, Placing, Dropping.
- Conditioning, Exercise
- Teaching & Tactics
- Measurement Ground & Equipments
- Officiating.

Judo (Men, Women)

- Posture (Natural & Defensive)
- Hold (Normal Grip, Kumikata – Belt, Reverse Hold)
- Advance Retreat (Sintai)
- Break the Balance (Kujusi)
- Body Drop, Floting, Belt Droop
- Hip Throw, Shoulder wheel. Ground Work, Stomach Throw,