

**ORDINANCE AND OUTLINE OF TESTS SYLLABI AND COURSES OF READING
FOR
DIPLOMA IN PHYSICAL EDUCATION (D.P.ED) TWO YEAR COURSE
PART-I (SEMESTER-I & II)
(2014-2015 & 2015-2016)**

1. An examination for the Diploma course in physical education (D.P.Ed. two year) shall be held in two parts to be known as Part-I and Part-II and shall be held semester wise in the month of November and May and consists of four semesters, two in each year or on supplementary examination for candidates placed under reappear shall be held in the month of September or on such other dates as may be fixed by the Academic Council.

2. (A) The first year (Semester-I) examination shall be open to any candidates who

(i) Has been enrolled in a college admitted to the privileges of the university in the faculty of education and information science for the D.P.Ed. course during the academic year preceding the examination.

(ii) Has passed +2 examinations from the Punjab School Education Board or any other examination recognized as equivalent to.

(iii) Has his name submitted to the Registrar by the Principal of the college, he has most recently attended; and produces the following certificates:

a) Of good character

b) Having attended not less than 75% of the total number of lectures delivered in each paper/ subject and 75% of the periods held in practical in each activity Provided that a deficiency in attendances may be condoned for special reason as per rules made by the university from time to time.

c) Of having fulfilled all the requirements pertaining to the teaching practice and officiating.

d) Of having satisfactorily performed the work of the class.

(B) A candidate who has attended the prescribed number of lectures, does not appear in the examination after completion of his lectures or having appeared in the examination has failed may be allotted to appear at any subsequent examination within a period of two years without attending a fresh course of lectures.

3. (i) Every candidate shall submit through the principal of the college, he has most recently attended, his application on the prescribed form accompanied by examination fee as prescribed by the university time to time and a statement showing the subject (s) in which he/ she to be examined.

(ii) Every candidate would be required to produce the following certificate signed by the principal of the college recently joined before his/ her name is submitted to the Registrar to sit in the University examination.

“Of having obtained, at the house examination held in December/ January, at least 40% marks in the aggregate of all subject and 25% marks in each of the prescribed subject.

In case a candidate could not appear in the house examination owing to unavoidable circumstances and fails to secure the required marks in the internal examination as a regular student, the principal may at his discretion hold a special test for the candidate (s). Such a candidate would be required to obtain at least 40% marks in aggregate of all subjects and 30% marks in each of the subjects prescribed in special exams.

4. The last date by which admission form and fee must reach the Registrar as notified by the university from time to time..

5. The medium of Examination in all the subjects shall be English, Punjabi or Hindi. In the case of Punjabi and Hindi the medium shall be Punjabi in Gurumukhi script and Hindi Devnagari script(as the questions shall be set in English and Punjabi).

Provided that the use of English technical terms shall be permissible in setting the question papers as well as in answering the question.

6. The examination shall consist of three parts:

Part-I Theory

Part-II Skill and Prowess

Part-III Practice of Teaching and Officiating.

The scheme of education and syllabus for the course shall be prescribed by the Academic Affairs council from time to time. Provided that the following Categories of candidates shall be allowed /disallowed to clear the paper of History and Culture of Punjab in lieu of Punjabi as per rules mentioned herein.

I Candidate who have passed the Matriculation examination from a school located outside the State of Punjab may be allowed to take up the subject of History & Culture in lieu of Punjabi Compulsory.

II Candidate who has passed their Matriculation examination from a school located in the State of Punjab compulsory at the graduate level. This clause will not apply to student covered by clause no. (iii) given below.

III Children of Defense Personnel Para Military Personnel (Serving as well as retired) will be allowed to take up the subject of Punjab History and Culture , provided the father or the mother /guardian (in case father is deceased) of the candidate gives an affidavit that the candidate has not studied Punjabi at the school level.

7. The minimum number of marks required to pass the examination shall be as under

(a) 40% marks in each paper of Part-I

(b) 40% marks in aggregate of all papers of Part-II

(c) 40% marks in Part-II (Skill and Prowess)

(d) 40% marks in Part-III & IV (Education, Cultural and Social Projects and Practice of Teaching & Officiating.)

8. A candidate who fails in one part of examination at one and the same attempt shall be permitted to appear at any subsequent examination in the part in which he/she failed an payment of prescribed fee on each occasion without being required to attend fresh classes. In he/she fails in not more than one theory subject/ papers and secures at least 40% marks in the aggregate of the remaining theory papers/subjects he /she shall be allowed exemption in such paper's /subjects. In case a candidate fails in more than one theory paper his result shall be declared as Fail in theory part of the examination.

A candidate who is granted exemption shall be allowed to join the next higher class provisionally and the result of the higher class of such a candidate will be kept in abeyance till he/she clear the lower examination provided that a candidates placed under reappear shall

be allowed a maximum two subsequent consecutive additional chance to clear the Reappear theory paper failing which his result for the examination de-novo.

Provided further that a candidate failing in skill will be required to undergo further training in the college for another term of six months.

A candidate failing in skill shall however be allowed to join Part-II. The result of the part-I examination shall be declared after the declared of the result in skills of Part-I. In case he/she fails in skills, the result for the Part-II examination shall be cancelled. Students undergoing a two year integrates certificate courses in Physical Education shall be awarded the degree on the basis of their combined scores of Part-I and Part-II examination.

Successful candidates who obtain 60% or more of the aggregate number of marks shall be placed in the first division.

9. After the termination of the examination or as soon as may be the Registrar shall publish a list of candidate who has passed. Each successful candidate shall be granted a certificate of having passed the examination.

10. The candidates after successfully completing the Two Year Diploma in Physical Education (D.P.Ed) is eligible for the lateral entry to the B.P.Ed IV Year Course provided the college should get the permission from NCTE. The admission in lateral entry will be given in third year of the above mentioned class. Further the candidate has to qualify the deficit subjects only after he/she will be declared successful in completing the Bachelor Degree in Physical Education (Four Year). For the lateral entry only 20% seats will be reserved provided the college has vacant seats in the above said class for lateral entry. The number of seats should not exceed as per the norms of NCTE. The college should send the copy of lateral entry candidates to the Controller Examination Punjabi University and Chairman, Board of Studies in Physical Education, Dept of Physical Education for verification and approval.

PART-II (SEMESTER-III & IV)

1. An examination for the Diploma course in physical education (D.P.Ed. two year) Part- II shall be held in two semesters to be known as semester-III and semester-IV and shall be held semester wise in the month of November and May or on supplementary examination for candidates placed under reappear shall be held in the month of September or on such other dates as may be fixed by the Academic Council.

2. (A) The Second year examination shall be open to any candidates who

(i) Has been enrolled in a college admitted to the privileges of the university in the faculty of education and information science for the D.P.Ed. Part II course during the academic year preceding the examination.

(ii) Has passed D.P.Ed Part -I examination from the Punjabi University or any other affiliated colleges of Punjabi University as equivalent to.

(iii) Has his name submitted to the Registrar by the Principal of the college, he has most recently attended; and produces the following certificates:

a) Off good character

b) Having attended not less than 75% of the total number of lectures delivered in each paper/ subject and 75% of the periods held in practical in each activity

Provided that a deficiency in attendances may be condoned for special reason as per rules made by the university from time to time.

- c) Of having fulfilled all the requirements pertaining to the teaching practice and officiating.
- d) Of having satisfactory performed the work of the class.

(B) A candidate who have attended the prescribed number of lectures, does not appear in the examination after completion of his lectures or having appeared in the examination has failed may be allotted to appear at any subsequent examination with in a period of two years without attending a fresh course of lectures.

3. (i) Every candidate shall submit through the principal of the college, he has most recently attended, his application on the prescribed form accompanied by examination fee as prescribed by the university time to time and a statement showing the subject (s) in which he/ she to be examined.

(ii) Every candidate would be required to produce the following certificate signed by the principal of the college recently joined before his/ her name is submitted to the Registrar to sit in the University examined.

“Of having obtained, at the house examination held in December/ January, at least 40% marks in the aggregate of all subject and 25% marks in each of the prescribed subject.

In case a candidate could not appear in the house examination owing to unavoidable circumstances and fails to secure the required marks in the internal examination as a regular student, the principal may at his discretion hold a special test for the candidate (s). Such a candidate would be required to obtain at least 40% marks in aggregate of all subjects and 30% marks in each of the subjects prescribed in special exams.

- 4. The last date by which admission form and fee must reach the Registrar as notified by the university from time to time..
- 5. The medium of Examination in all the subjects shall be English, Punjabi or Hindi. In the case of Punjabi and Hindi the medium shall be Punjabi in Gurumukhi script and Hindi Devnagari script(as the questions shall be set in English and Punjabi).
Provided that the use of English technical terms shall be permissible in setting the question papers as well as in answering the question.
- 6. The examination shall consist of three parts:

- Part-I Theory
- Part-II Skill and Prowess
- Part-III Practice of Teaching and Officiating.

The scheme of education and syllabus for the course shall be prescribed by the Academic Affairs council from time to time. Provided that the following Categories of candidates shall be allowed /disallowed to clear the paper of History and Culture of Punjab in lieu of Punjabi as per rules mentioned herein.

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 - III Children of Defense Personnel Para Military Personnel (Serving as well as retired) will be allowed to take up the subject of Punjab History and Culture , provided the father or the mother /guardian (in case father is deceased) of the candidate gives an affidavit that the candidate has not studied Punjabi at the school level.
7. The minimum number of marks required to pass the examination shall be as under
- (a) 40% marks in each paper of Part-I
 - (b) 40% marks in aggregate of all papers of Part-II
 - (c) 40% marks in Part-II (Skill and Prowess)

8. A candidate who fails in one part of examination at one and the same attempt shall be permitted to appear at any subsequent examination in the part in which he/she failed an payment of prescribed fee on each occasion without being required to attend fresh classes. In he/she fails in not more than one theory subject/ papers and secures at least 40% marks in the aggregate of the remaining theory papers/subjects he /she shall be allowed exemption in such paper's /subjects. In case a candidate fails in more than one theory paper his result shall be declared as Fail in theory part of the examination.

A candidate who is granted exemption shall be allowed to join the next higher class provisionally and the result of the higher class of such a candidate will be kept in abeyance till he/she clear the lower examination provided that a candidates placed under reappear shall be allowed a maximum two subsequent consecutive additional chance to clear the Reappear theory paper failing which his result for the examination de-novo.

Provided further that a candidate failing in skill will be required to undergo further training in the college for another term of six months.

A candidate failing in skill shall however be allowed to join Part-II. The result of the part-I examination shall be declared after the declared of the result in skills of Part-I. In case he/she fails in skills, the result for the Part-II examination shall be cancelled. Students undergoing a two year integrates certificate courses in Physical Education shall be awarded the degree on the basis of their combined scores of Part-I and Part-II examination.

Successful candidates who obtain 60% or more of the aggregate number of marks shall be placed in the first division.

9. After the termination of the examination or as soon as may be the Registrar shall publish a list of candidate who has passed. Each successful candidate shall be granted a certificate of having passed the examination.

10. The candidates after succesfully completing the Two Year Diploma in Physical Education (D.P.Ed) is eligible for the lateral entry to the B.P.Ed IV Year Course provided the college should get the permission from NCTE. The admission in lateral entry will be given in third year of the above mentioned class. Further the candidate has to qualify the deficit subjects only after he/she will be declared successful in completing the Bachelor Degree in Physical Education (Four Year). For the lateral entry only 20% seats will be reserved provided the college has vacant seats in the above said class for lateral entry. The number of seats should not exceed as per the norms of NCTE. The college should send the copy of lateral entry candidates to the Controller Examination Punjabi University and Chairman, Board of Studies in Physical Education, Dept of Physical Education for verification and approval.

**SYLLABUS FOR
DIPLOMA IN PHYSICAL EDUCATION
OUTLINE OF TESTS**

PART-I	THEORY	1600 MARKS
PART-II	SKILL And PROWESS	340 MARKS
PART-III	EDUCATIONAL, CULTURAL AND SOCIAL PROJECTS	20 MARKS
PART-IV	PRACTICE OF TEACHING AND OFFICIATING	240 MARKS

TOTAL MARKS : 2200 MARKS

**SYLLABUS FOR
DIPLOMA IN PHYSICAL EDUCATION (D.P.Ed) PART-I
OUTLINE OF TESTS
SEMESTER-I**

The course of instructions for D.P.Ed. Part-I (Semester-I) consist of the following parts:

PART-I	THEORY	400 MARKS
PART-II	SKILL And PROWESS	110 MARKS
PART-III	EDUCATIONAL, CULTURAL AND SOCIAL PROJECTS	10 MARKS
PART-IV	PRACTICE OF TEACHING AND OFFICIATING	30 MARKS

TOTAL MARKS : 550

Note:-

- Examination in skill and prowess shall be conducted by internal examiner. All the activities to be conducted by internal examiner. All the activities to be conducted examined be clubbed into 4-5 groups and each group of activities be examined by examiner immediately after the termination of activity .The principal will form groups of activities and intimate the same to the university.
- Examination in practical teaching and officiating shall be conducted jointly by one internal and one external examiner.
- If a candidate who fails to qualify or who misses the examination in any activity in the first term. It is obligatory for him to appear in the activities of the first term along with the final examination.

PART-I: THEORY

400 MARKS

PAPER	SUBJECT	EXTERNAL	INTERNAL
PAPER-I	PRINCIPLE AND HSITORY OF PHYSICAL EDUCATION IN INDIA	76	24
PAPER-II	PSYCHOLOGY IN PHYSICAL EDUCATION	76	24
PAPER-III	METHODS IN PHYSICALEDUCAITON	76	24
PAPER-IV	ANATOMY	76	24

Note: Each Theory paper will be of three hrs duration.

PART-II SKILL AND PROWESS**110 MARKS****(a) Athletics (3 Events)****30 Marks**

EVENTS	INTERNAL MARKS
SPRINT	10
LONG JUMP	10
SHOT PUT	10

(b) Games (3)**30 Marks**

EVENTS	INTERNAL MARKS
GYMNASTICS	10
FOOTBALL	10
VOLLEY BALL	10

The contents of teaching for each game/athletic event are as follows:

- a) History of the game
- b) Measurement of the field and preparation of the field.
- c) Equipments and materials of the game.
- d) Fundamental skills and lead up game.
- e) Techniques, strategies and system of play.
- f) Rules and Regulations of the game.
- g) Tournaments played at National.
- h) Records(World, Olympics, Asian and National Games)
- i) Award in the game.
- j) Books and magazines related with Physical Education and sports.
- k) Methods of Coaching.
- l) Officiating
 - Duties of officials.
 - Knowledge of scores sheet
 - Signals of officiating.
 - Technical equipment for officiating.

(c) CALISTHENICS AND RHYTHMIC**30 MARKS**

EVENTS	INTERNAL MARKS
DRILL MARCHING	10
EXERCISE TABLES	10
MASS P.T	10

(d) YOGA and INDIGENOUS ACTIVITIES**20 Marks**

ACTIVITY	INTERNAL MARKS
YOGA ASANAS (5 ASANAS)	10
LEZIUM	10

PART-III EDUCATIONAL CULTURAL AND SOCIAL PROJECT 10 Marks

ACTIVITY	INTERNAL MARKS
FOLK DANCE	10

PART-IV PRACTICE OF TEACHING AND OFFICIATING 30 Marks

PRACTICAL	INTERNAL
FORMAL LESSON (05 INTERNAL LESSON)	10
MOVEMENT LESSON (05 INTERNAL LESSON)	10
NOTE BOOK(05GAME & 05ATHLETIC LESSONS)	10
TOTAL MARKS	30 MARKS

**SYLLABUS FOR
DIPLOMA IN PHYSICAL EDUCATION (D.P.Ed) PART-I
SEMESTER-II**

Outline of Tests

The course of instructions for D.P.Ed. Part-I consist of the following parts:

PART-I	THEORY	400 MARKS
PART-II	SKILL And PROWESS	110 MARKS
PART-III	EDUCATIONAL, CULTURAL AND SOCIAL PROJECTS	10 MARKS
PART-IV	PRACTICE OF TEACHING AND OFFICIATING	90 MARKS

TOTAL MARKS: 610 MARKS

Note:-

- Examination in skill and prowess shall be conducted by internal examiner. All the activities to be conducted by internal examiner. All the activities to be conducted examined be clubbed into 4-5 groups and each group of activities be examined by examiner immediately after the termination of activity .The principal will form groups of activities and intimate the same to the university.
- Examination in practical teaching and officiating shall be conducted jointly by one internal and one external examiner.
- If a candidate who fails to qualify or who misses the examination in any activity in the first term. It is obligatory for him to appear in the activities of the first term along with the final examination.

PART-I: THEORY**400 MARKS**

PAPER	SUBJECT	EXTERNAL	INTERNAL
PAPER-V	RECREATION	76	24
PAPER-VI	HEALTH EDUCATION	76	24
PAPER-VII	EDUCATIONAL TECHNOLOGY	76	24
PAPER-VIII	OFFICIATING AND COACHING	76	24

Note: Each Theory paper will be of three hrs duration.

PART-II SKILL AND PROWESS**110 MARKS****(a) Athletics (3events)****30 Marks**

EVENTS	INTERNAL MARKS
LONG DISTANCE	10
HURDLES	10
JAVELIN THROW	10

(b) Games (3)**30 Marks**

EVENTS	INTERNAL MARKS
WRESTLING/ TABLE TENNIS	10
BASKETBALL	10
KHO-KHO	10

The contents of teaching for each game/athletic event are as follows:

- a) History of the game
- b) Measurement of the field and preparation of the field.
- c) Equipments and materials of the game.
- d) Fundamental skills and lead up game.
- e) Techniques, strategies and system of play.
- f) Rules and Regulations of the game.
- g) Tournaments played at National.
- h) Records(World, Olympics, Asian and National Games)
- i) Award in the game.
- j) Books and magazines related with Physical Education and sports.
- k) Methods of Coaching.
- m) Officiating
 - Duties of officials.
 - Knowledge of scores sheet
 - Signals of officiating.
 - Technical equipment for officiating.

(c) CALISTHENICS AND RHYTHMIC**30 MARKS**

EVENTS	INTERNAL MARKS
RHYTHMIC ACTIVITIES (Exercise with Music)	10
BAND	10
MASS P.T	10

(d) INDIGENOUS ACTIVITIES**20 Marks**

ACTIVITY	INTERNAL MARKS
DUMBELLS	10
MINOR GAMES	10

PART-III EDUCATIONAL CULTURAL AND SOCIAL PROJECT**10 Marks**

PRACTICAL	INTERNAL
FOLK DANCE	10

PART-IV PRACTICE OF TEACHING AND OFFICIATING**90 Marks**

PRACTICAL	INTERNAL	EXTERNAL
FORMAL LESSON (05 INTERNAL LESSON)	10	30
MOVEMENT LESSON (05 INTERNAL LESSON)	10	30
NOTE BOOK(05 GAME & 05 ATHLETIC LESSONS)	10	-
TOTAL MARKS	30 MARKS	60 MARKS

Note: Evaluation in Part IV group B shall be done by Board of the examiner (one internal and one external)

**SYLLABUS FOR
DIPLOMA IN PHYSICAL EDUCATION (D.P.Ed) PART-II
SEMESTER-III**

Outline of Tests

The course of instructions for D.P.Ed. Part-I consist of the following parts:

PART-I	THEORY	400 MARKS
PART-II	SKILL And PROWESS	60 MARKS
PART-III	PRACTICE OF TEACHING AND OFFICIATING	30 MARKS

TOTAL MARKS: 490 MARKS

Note:-

- Examination in skill and prowess shall be conducted by internal examiner. All the activities to be conducted by internal examiner. All the activities to be conducted examined be clubbed into 4-5 groups and each group of activities be examined by examiner immediately after the termination of activity .The principal will form groups of activities and intimate the same to the university.
- Examination in practical teaching and officiating shall be conducted jointly by one internal and one external examiner.
- If a candidate who fails to qualify or who misses the examination in any activity in the first term. It is obligatory for him to appear in the activities of the first term along with the final examination.

PART-II: THEORY**400 MARKS**

PAPER	SUBJECT	EXTERNAL	INTERNAL
PAPER-XI	YOGA	76	24
PAPER-X	MANAGEMENT OF SPORTS INJURIES	76	24
PAPER-XI	KINESIOLOGY	76	24
PAPER-XII	SPORTS TRAINING	76	24

Note: Each Theory paper will be of three hrs duration.

PART-II SKILL AND PROWESS**60 MARKS****(a) Athletics (3 Events)****30 Marks**

EVENTS	INTERNAL MARKS
HIGH JUMP	10
DISCUSS THROW	10
RELAY	10

(b) Games (3)**30 Marks**

EVENTS	INTERNAL MARKS
SOFTBALL	10
JUDO	10
HOCKEY	10

The contents of teaching for each game/athletic event are as follows:

- History of the game
- Measurement of the field and preparation of the field.
- Equipments and materials of the game.
- Fundamental skills and lead up game.

- e) Techniques, strategies and system of play.
- f) Rules and Regulations of the game.
- g) Tournaments played at National.
- h) Records(World, Olympics, Asian and National Games)
- i) Award in the game.
- j) Books and magazines related with Physical Education and sports.
- k) Methods of Coaching.
- l) Officiating
 - Duties of officials.
 - Knowledge of scores sheet
 - Signals of officiating.
 - Technical equipment for officiating.

PART-III PRACTICE OF TEACHING AND OFFICIATING

30 Marks

PRACTICAL	INTERNAL
GAME LESSON (05 INTERNAL LESSON)	10
ATHLETIC LESSON (05 INTERNAL LESSON)	10
NOTE BOOK(05GAMES AND 05ATHLETIC EVENTS)	10
TOTAL MARKS	30 MARKS

**SYLLABUS FOR
DIPLOMA IN PHYSICAL EDUCATION (D.P.Ed) PART-II
SEMESTER-IV**

Outline of Tests

The course of instructions for D.P.Ed. Part-I consist of the following parts:

PART-I	THEORY	400 MARKS
PART-II	SKILL And PROWESS	60 MARKS
PART-III	PRACTICE OF TEACHING AND OFFICIATING	90 MARKS

TOTAL MARKS : 550 MARKS

Note:-

- Examination in skill and prowess shall be conducted by internal examiner. All the activities to be conducted by internal examiner. All the activities to be conducted examined be clubbed into 4-5 groups and each group of activities be examined by examiner immediately after the termination of activity .The principal will form groups of activities and intimate the same to the university.
- Examination in practical teaching and officiating shall be conducted jointly by one internal and one external examiner.
- If a candidate who fails to quality or who misses the examination in any activity in the first term. It is obligatory for him to appear in the activities of the first term along with the final examination.

PART-I: THEORY**400 MARKS**

PAPER	SUBJECT	EXTERNAL	INTERNAL
PAPER-XIII	SPORTS SOCIOLOGY	76	24
PAPER-XIV	PROFESSIONAL PREPERATION	76	24
PAPER-XV	COMPUTER APPLICATIONS	76	24
PAPER-XVI	BIOMECHANICS	76	24

Note: Each Theory paper will be of three hrs duration.

PART-II SKILL AND PROWESS**110 MARKS****(a) Athletics (3 Events)****30 Marks**

EVENTS	INTERNAL MARKS
TRIPLE JUMP	10
COMPETITIVE WALK	10
MIDDLE DISTANCE	10

(b) Games (3)**30 Marks**

EVENTS	INTERNAL MARKS
BADMINTON	10
KABADDI	10
HANDBALL	10

The contents of teaching for each game/athletic event are as follows:

- a) History of the game
- b) Measurement of the field and preparation of the field.
- c) Equipments and materials of the game.
- d) Fundamental skills and lead up game.
- e) Techniques, strategies and system of play.
- f) Rules and Regulations of the game.
- g) Tournaments played at National.
- h) Records(World, Olympics, Asian and National Games)
- i) Award in the game.
- j) Books and magazines related with Physical Education and sports.
- k) Methods of Coaching.
- l) Officiating
 - Duties of officials.
 - Knowledge of scores sheet
 - Signals of officiating.
 - Technical equipment for officiating.

PART-III PRACTICE OF TEACHING AND OFFICIATING**90 Marks**

PRACTICAL	INTERNAL	EXTERNAL
GAME LESSON (05 INTERNAL LESSON)	10	30
ATHLETIC LESSON (05 INTERNAL LESSON)	10	30
NOTE BOOK(5 GAMES AND 5 ATHLETIC EVENTS)	10	-
TOTAL MARKS	30 MARKS	60 MARKS

PART-I: THEORY (400 MARKS) SEMESTER-I

PAPER-I: PRINCIPLES AND HISTORY OF PHYSICAL EDUCATION

Time: 3 hours

Maximum Marks: 76 External + 24 Internal

Pass Marks: 40 % External

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

UNIT –I

- 1) Definition, aims and objectives of physical education.
- 2) Importance of physical education in the modern age.
- 3) Relationship of physical education with Health Education and Recreation.
- 4) Meaning of terms Physical Culture, Physical Training, Drills, Games and Sports
Gymnastics.
- 5) Brief History of Physical Education in Ancient Greece.
- 6) Modern Olympic Games-A comparison with Ancient Olympics.
- 7) Asian Games.
- 8) Awards and Incentives: Arjuna Award, Daronacharya , Maharaja Ranjit Singh Award.
- 9) Sports Schemes in India.
 - a) Sports Authority in India.
 - b) Punjab Sports Department.
 - c) Punjab State Sports Council.

UNIT-II

- 1) Growth and Development
- 2) Effect of Heredity and Environment on Growth development.
- 3) Principal of use, disuse and overuse.
- 4) Effects of exercise (Muscular ,Respiration and Cardiovascular)
- 5) Chronological age, physiological age and anatomical age.
- 6) Physical education and sports as a need of society.
- 7) Traditional and their influence on behavior pattern (Social inheritance).
- 8) Youth Welfare Programme-N.C.C. Scouting and Guiding and Youth Festival.
- 9) Y.M.C.A. and its Contribution.

REFERENCES

- | | | |
|---|-----------------|--------------------------------|
| 1 | Khan-Eraj Ahmed | History of Physical Education. |
| 2 | D.C.Wakherkar | Manual of Physical Education |

3	Kamlesh,M.L. & Snagral	Principals and History of Physical Education.
4	Ministry of Education	A National Plan of Physical Education. Govt of India.
5	Sanyal Sardindo	India and Olympic Games.
6	Rajgopalan K.A.	Brief History of Physical Education in India ,Delhi Army Publisher Pvt. Ltd.

PAPER-II SPORTS PSYCHOLOGY

Time: 3 hours

Maximum Marks: 76 External + 24 Internal

Pass Marks: 40 % External

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

UNIT –I

- a) **Sports Psychology**: Its meaning, scope and importance. Concept and History of Development of Sports Psychology.
- b) **Growth and Development**: Role of Heredity and Environment in growth and Development Psychological changes at various age levels, individual difference and their implications in sports.
- c) **Emotions**: Define Emotions, its implications in Sports; Hazards of Emotions. Frustration, Aggression, Anger, Fear, Anxiety, Stress and Tension.
- d) **Motivation**: Its nature and scope in physical activities, Role in Psychological, Preparation of Sportsmen.

UNIT-II

- e) **Learning**: Nature of learning, Learning curve, applications of learning, Principals in Physical Education and Sports.
- f) **Motor Learning**: Reflex action and automatizing of motor skills: feedback. Through knowledge of results; factor affecting motor learning.
- g) **Attention and Concentration**: Definition and role of Attention. Role of Attention in Sports, Strategies to improve attention and concentration.
- h) **Relaxation Training**: Definition, Meaning and Type of Relaxation Training.

References

1	Bhatia H.R.	Elementry Education Psychology 1965.
2	Gill S.K.	Education Psychology ,1971-72
3	Sharma T.R.	Manovigyan
4	Sandhu I.K and Amrit Kaur	Education Psychology ,Punjabi University Paitiala.
5	Tanuja V.R.	Introduction to Guidance.

PAPER-III METHODS OF PHYSICAL EDUCATION

Time : 3 hours

Maximum Marks : 76 External + 24 Internal

Pass Marks : 40 % External

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

UNIT –I

1 Methods of Teaching

- (i) Meaning, importance and scope of teaching methods in Physical Education.
- (ii) Types of teaching methods.
- (iii) Factors which influence methods of teaching in physical education.
- (iv) Preliminary planning, personal preparation, technical preparation, presenting activities, orientation, verbal explanation, supervision and evaluation.

2 Tournaments

- (i) Meaning of types of competition.
- (ii) Knock-out Tournaments: Methods of fixing byes, methods of drawing fixtures, merits and demerits of knock out tournaments.
- (iii) League of Round Robin Tournaments: Meaning & Methods of drawing fixtures methods of deciding winner merits and demerits of league tournaments.
- (iv) Combination Tournaments: Meaning, Types merits and demerits of combination tournaments.

UNIT –II

3 Lesson Planning & Classification.

- (i) Meaning and type of lesson plan, preparation of lesson plan, Advantages of lesson plan, characteristics of lesson plan.
- (ii) Classification of Pupils: Meaning importance and criteria for pupil classification.
- (iii) Commands: Types and techniques of commands methods of arranging the class for formal exercise.
- (iv) Class formation: Types and techniques.

4 Test, Measurement and Evaluation.

- (i) Meaning and importance of test measurement and evaluation in physical education and criteria of test selection.
- (ii) Description of physiological variables, anthropometric variables motor fitness and psychological variables.
- (iii) Personality tests.

- (iv) Different types of tools used in test and their uses- Skin fold caliper, Anthropometric rod, Goniometer, Spirometer, Stethoscope, Sphygmomanometer and Weighing Machine.

REFERENCE

- 1 Kozmee B. : Methods in Physical Education
Cassidy Rosalind and Jackson, C.O. : London, W.B. Saunders Co. 1960.
- 2 Tirunarayanan, C. Methods in Physical Education.
Hriharan S. Karakudi, South India Press, 1962.
- 3 J.P. Thomas: Organisation and Administration of Physical Education.
- 4 P.M. Joseph: Organisation of Physical Education .
- 5 Voltmeer & Eolinger : Organisation and Administration of Physical Education Programme.
- 6 William J & Others: The Administration of Health and Physical Education

PAPER –IV: ANATOMY

Time: 3 hours

Maximum Marks: 76 External + 24 Internal

Pass Marks: 40 % External

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

UNIT –I

- 1 (a) **Anatomy and Physiology:** Meaning and its Importance.
(b) **Human Cell:** Structure and its function.
(c) **Tissue:** Structure and its types.
- 2 (a) **Bones:** General structure of the bone, various kinds of bones, function of bones.
(b) **Structure of Bones:** Scapula, Upper limbs, Lower limbs, Sternum and Ribs.
(c) **Joints:** Its types, structure and movement.
- 3 (a) **Muscles:** Meaning and Structure of various kinds of Muscles and their functions.
(b) **Classification of muscles:** Classification of muscles according to their structure.
- 4 **Circulatory System:**
(a) Organs
(b) Structure of Heart, Artery and Vein and their functions.
(c) Blood, its constituents and functions.

UNIT-II

- 5 Respiratory System:**
- (a) Organs of Respiration and their structure.
 - (b) Mechanism of respiration.
 - (c) Exchange of gases.
 - (d) Oxygen debt.
- 6 Digestive System:**
- (a) Organs, Structure and Functions of Digestion.
 - (b) Structure of stomach, small intestine and large intestine and their function.
 - (c) Absorption and assimilation of food.
 - (d) Metabolism.
- 7 Excretory System:**
- (a) Organs of Excretion.
 - (b) Structure of function of skin, kidney and lungs.
- 8 Nervous System:**
- (a) Central Nervous System.
 - (b) Structure of Brain and Spinal Column
 - (c) Neuromuscular Co-Ordination.

REFERENCES

- | | | |
|---|-----------------|--|
| 1 | Ross and Wilson | : Anatomy and Physiology in Health and illness ,Ninth Edition; Elsevier Churchill Livingstone. |
| 2 | B.D. Chaurasia | : Handbook of General Anatomy ,Third Edition ;CBS Publishers and Distributes, New Delhi (2005) |
| 3 | Kohli and Rehal | : Anatomy and Physiology :Lotus Publishers Jalandhar(2004) . |
| 4 | Evelyn Pearce | : (16 th Edition) Anatomy and Physiology for Nurses, Jaypee Brothers, New Delhi, 2001 |
| 5 | Singh Ajmer | Essentials of Physical Education Kalyani Publishers, Ludhiana ,2004. |
| 6 | Guyton A.C. | : Functions of the Human Body , London W.B. Saunders (Latest Ed.) |

PAPER-V: MANAGEMENT OF PHYSICAL EDUCATION.

Time: 3 hours

Maximum Marks: 76 External + 24 Internal

Pass Marks : 40 % External

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

UNIT –I

1 Management:

- (a) Meaning and Definition.
- (b) Scope Functions and Principles of Management.
- (c) Importance of Sports Management.
- (d) Qualities and Qualifications of Manager.

2. Organization:

- (a) Meaning and Types of Organizations.
- (b) Importance of Organizations in Physical Education.

3 Administration:

- (a) Meaning and importance of Administration in Physical Education
- (b) Sports Administration in India.
- (c) Qualities, Duties of Good Administration.

4 Planning:

- (a) Meaning and Importance
- (b) Man Power Planning
- (c) Steps of Planning.

UNIT-II

5 Budget:

- (a) Meaning, Importance of Budget in Physical Education
- (b) Principles of preparing Budget.
- (c) Procedure of Preparing Budget.

6 Leadership:

- (a) Meaning and Importance of Leader in Physical Education
- (b) Personnel Management.
- (c) Principles of Personal Management.

7 Organizing Special Program:

- a) Meaning and General Guidelines.
- (b) Playday, Display, Picnic, Camping and Hiking.

8. Management of Facilities:

- a) Introduction.
- b) Construction and Management of play fields, indoor, facilities, Gymnasium, Swimming pool.
- c) Time table Physical Education.
- d) Co-Curricular Activities.

REFERENCES

- 1 Barnard, Chester I: Organizing and Management Cambridge Massachusetts, 1949.
- 2 Jain, Deepak : Administration in Physical Education, Sports Publication , Delhi.
- 3 Charles A Bucher: Administration of Physical Education and Athletic Programme Mosley , C. London.
- 4 Darle f Zeigler and Management Competency, Development in Sports and
Garg W. Bowie Physical Educationist Lea and Fibeger Philadelphia.
- 5 Bonnie I Park The Management of Sports Mosbey Year Book Toronto.

**DIPLOMA IN PHYSICAL EDUCATION (D.P.Ed) PART-I
Semester-II**

Outline of Tests

The course of instructions for D.P.Ed. Part-I consist of the following parts:

PART-I	THEORY	400 MARKS
PART-II	SKILL And PROWESS	110 MARKS
PART-III	EDUCATIONAL, CULTURAL AND SOCIAL PROJECTS	10 MARKS
PART-IV	PRACTICE OF TEACHING AND OFFICIATING	90 MARKS
TOTAL MARKS:		610 MARKS

Note:-

- Examination in skill and prowess shall be conducted by internal examiner. All the activities to be conducted by internal examiner. All the activities to be conducted examined be clubbed into 4-5 groups and each group of activities be examined by examiner immediately after the termination of activity .The principal will form groups of activities and intimate the same to the university.
- Examination in practical teaching and officiating shall be conducted jointly by one internal and one external examiner.
- If a candidate who fails to quality or who misses the examination in any activity in the first term. It is obligatory for him to appear in the activities of the first term along with the final examination.

PART-I: THEORY

400 MARKS

PAPER	SUBJECT	EXTERNAL	INTERNAL
PAPER-V	RECREATION	76	24
PAPER-VI	HEALTH EDUCATION	76	24
PAPER-VII	EDUCATIONAL TECHNOLOGY	76	24
PAPER-VIII	OFFICIATING AND COACHING	76	24

Note: Each Theory paper will be of three hrs duration.

PART-II SKILL AND PROWESS

110 MARKS

(a) **Athletics (3events)**

30 Marks

EVENTS	INTERNAL MARKS
LONG DISTANCE	10
HURDLES	10
JAVELIN THROW	10

(b) **Games (3)**

30 Marks

EVENTS	INTERNAL MARKS

WRESTLING/ TABLE TENNIS	10
BASKETBALL	10
KHO-KHO	10

The contents of teaching for each game/athletic event are as follows:

- j) History of the game
- k) Measurement of the field and preparation of the field.
- l) Equipments and materials of the game.
- m) Fundamental skills and lead up game.
- n) Techniques, strategies and system of play.
- o) Rules and Regulations of the game.
- p) Tournaments played at National.
- q) Records(World, Olympics, Asian and National Games)
- r) Award in the game.
- j) Books and magazines related with Physical Education and sports.
- k) Methods of Coaching.
- n) Officiating
 - Duties of officials.
 - Knowledge of scores sheet
 - Signals of officiating.
 - Technical equipment for officiating.

(c) CALISTHENICS AND RHYTHMIC 30 MARKS

EVENTS	INTERNAL MARKS
RHYTHMIC ACTIVITIES (Exercise with Music)	10
BAND	10
MASS P.T	10

(d) INDIGENOUS ACTIVITIES 20 Marks

ACTIVITY	INTERNAL MARKS
DUMBELLS	10
MINOR GAMES	10

PART-III EDUCATIONAL CULTURAL AND SOCIAL PROJECT 10 Marks

PRACTICAL	INTERNAL
FOLK DANCE	10

PART-IV PRACTICE OF TEACHING AND OFFICIATING 90 Marks

PRACTICAL	INTERNAL	EXTERNAL
FORMAL LESSON (05 INTERNAL LESSON)	10	30
MOVEMENT LESSON (05 INTERNAL LESSON)	10	30
NOTE BOOK(05 GAME & 05 ATHLETIC LESSONS)	10	-
TOTAL MARKS	30 MARKS	60 MARKS

Note: Evaluation in Part IV group B shall be done by Board of the examiner (one internal and one external)

PART-I (Semester: II) THEORY (400 Marks)

PAPER-V RECREATION

Time: 3 hours

Maximum Marks:76 External + 24 Internal

Pass Marks: 40 % External

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

UNIT-I

- Recreation:** Definition, its importance, characteristics and Misconceptions.
Importance of Recreation.
- Leadership of recreation:** Meaning and Objectives of Recreation
Leadership
 - Types and Functions of Recreation Leaders.
 - Qualifications, Qualities and Professional Training.
- Agencies Providing Recreation:**
 - Municipal Agencies.
 - Public Agencies.
 - Private Agencies.
 - Youth Serving Agencies.
 - Employee Recreation.
 - Commercial Recreation.
 - Recreation for Handicapped.

UNIT-II

1 Facilities for Recreation :

- (a) Planning Criteria and objectives of recreation facilities.
- (b) Different type of Indoor and Outdoor recreation facilities for urban and rural population.
- (c) Selection, use and care of equipment.

2 Programs in Recreation:

- (a) Criteria and Principles for community Recreation programmes.
- (b) Classification of Recreational Activities.
- (c) Arts and Crafts
- (d) Dancing
- (e) Dramatics
- (f) Literary Activities
- (g) Music.
- (h) Nature and Outing.
- (i) Social Events.
- (j) Indoor and Outdoor sports and Games.
- (k) Photography.
- (l) Gardening.

3 Hobbies: Meaning and Types of Hobbies.

4 Camping:

- (a) Importance of Camping
- (b) Aim and Objectives of Camping.
- (c) Organization of different types of Camps.
 - (i) Selection and layout of camp site.
 - (ii) Camping Leadership.
 - (iii) Camp facilities and program.

REFERENCES:

- 1 Butler G.D. Introduction to Community Recreation ,New York McGraw Hill Book Co. Incl. 1959.
- 2 Meyer .H.D. and C.K. Bright Kill; Community Recreation –A Guide to its Organzaion ,New Jersy ;Prentice Hall Incl,1961.
- 3 Mayer,H.D. and C.K. Bright Hill ;Recreation Administration Prentice Hall,1961.
- 4 Jenny,John ;Introduction to Recreation Education London ,W. B.Sgunders Company ,1956.

Time : 3 hours

Maximum Marks :76 External + 24 Internal

Pass Marks : 40 % External

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

UNIT –A

1 Health Education:

- (i) Meaning, Definition and Concept of Health.
- (ii) Meaning, Definition and Scope of Health Education.
- (iii) Aim, Objectives and Importance of Health Education.
- (iv) Principles of Health Education.

2 School Health:

- (i) School Health Programmes
- (ii) Health Services.
- (iii) Health Supervisor.
- (iv) Health Instructions.

3 Posture:

- (i) Meaning of Posture.
- (ii) Ideal posture for sitting, Standing, Reading, Writing and Walking.
- (iii) Causes for poor Posture.
- (iv) Postural Deformities and their remedies.(Knock Knee, flat foot, Bow legs,)

4 Nutrition:

- (i) Balanced Diet: Carbohydrates, Fats, Proteins, Minerals, Vitamins and Water.

UNIT-B

5 Personal Hygiene:

- (i) Meaning of Personal Hygiene.
- (ii) Importance of Personal Hygiene.
- (iii) Care of Eyes, Ears Nose, Skin, Hands, Teeth and Hair.
- (iv) Role of exercise, Rest, Sleep & Relaxation maintaining health.

6 Environmental hazards:

- (i) Air Pollution.
- (ii) Noise Pollution.
- (iii) Water Pollution.

7 Communicable Disease: Mode of Transfer, Prevention and Control of

- (i) HIV/AIDS

- (ii) Malaras.
 - (iii) Tetanus
 - (iv) Typhoid
 - (v) Hepatitis(A and B)
- 8 Chemical Substances and their effects:**
- (i) Drugs and Narcotics
 - (ii) Alcohol
 - (iii) Smoking Tobacco.
- 9 Doping: Meaning and Methods of Doping**

REFERENCES

- 1 Irwin L.: The Curriculum in Health and Physical Education , Iowa :UMC
Brown Co.Publisher
2. Rob Johnson : Sports Medicine in Primary Care,London : W.B. Saunders Company.
3. Abhey : Sports Medicine ,Nagpur:Amrit Brother Publication
Shrevestava
- 4 R.Jain : Sports Medicine ,New Delhi:Khel Sahity Kendra
- 5 K. Part: Preventive and Social Medicine ,Jabalpur :M.S.Bararsi Dass Bhanot
Publishers.

Time allowed: 3 Hours

Max Marks: 100
(External: 76, Internal: 24)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

UNIT-I

1. **Educational Technology:** Meaning, Definitions, need and importance of Educational Technology for a teacher.
2. **Latest Technologies for the teachers:** EDUSAT (Satellite Teaching), Multimedia and Overhead Projector.
3. **Examination Process:** Types of Examination. Unit Test, Terminal Tests, Achievement Test, Diagnostic Tests and Aptitude Test.
4. **Evaluation Procedure:** Old Concept and New Approach. Tools of Evaluation: Rating Scales, Interview and check list.
5. **Types of lessons:** knowledge lesson and appreciation lesson.

UNIT-II

1. **Teaching Aids:** Meaning and importance of teaching aids, Audio-Visual aids, charts, models, films, boards (Simple, graphic and magnetic boards).
2. **Steps of Effective Teaching:** Personal Preparation, Technical Preparation, Organizing Subject Matter and Presentation of subject matter.
3. **Phases of Teaching:** Pre-active phase, interactive phase and post active phase and their operation or function.
4. **Levels of Teaching:** Memory level, understanding level and reflective level: relationship between learning and teaching with regard to class climate, types of learning, levels of learning.
5. **Micro teaching:** its concepts, phases, application, merits and demerits.

REFERENCES:

- Singh Ajmer and et al, “Essential of Physical Education” (2007) 3rd edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.
- Vaidhya, Rajesh and Ramakrishnan, K.S. “Lesson Planning in Education and Physical Education” (2007) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Anil and Daljinder , “Methods in Physical Education” (2005) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
- Dutta, A.K. and Magumder, Indu “Students Teaching in Physical Education” (2004) Janvani Prakashan Pvt. Ltd. 30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032
- Sandhu, Kiran “Professional Preparation and career development in Physical Education and Sports”(2004) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
- Gupta, A.K. “Research Methodology in Physical Education” (2003) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.

PAPER-VIII OFFICIATING AND COACHING

Time : 3 hours

Maximum Marks :76 External + 24 Internal

Pass Marks : 40 % External

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

UNIT-I

- 1 **Officiating:** Meaning, Need and Scope, Importance and Principles of officiating.
- 2 **Coaching:** Meaning, Principles responsibilities.
- 3 **Relation of Officials with Players and Coaches:**
 - a) Effect of spectator on officials.
 - b) Qualities and duties of officials.

- 4 **Duties of Officials:** Before, during and after duties of officials in different games and Athletics.

UNIT-II

- 5 **Measures for Improvement:** Detailed measures of improving the standard and moral of officials.
- 6 **Rules and Regulations of Games and Athletic events:**
- a) Hockey , Kabaddi ,Volleyball ,Basketball ,Kho-Kho
 - b) 100 M., 200 M., long jump, shot put, high jump and discuss throw.
 - c) Score sheets and officials of different games and athletics.
- 7 **Specifications of different Play Field :** Hockey, Kabaddi ,Volleyball , Basketball ,Badminton , Kho-Kho, Handball and Football.
- 8 **Marking and Lay Out:** Complete Marking and lay-out of Athletic Track.

REFERENCE:

- 1 Doherty J.Meeneth –Modern ,Track and Field ,Englewodd. Cliffs N.J. Prentice Hall,Inc.
- 2 Dr. Feeune Mezo – The modern Olympic Games ,Guda Pest ,Pennonia Press.
- 3 Singh Hardyal –Sports Training,New Delhi.
- 4 J.W. Bunn- Scientific Principles of Coaching.
- 5 Kamlesh M.L. Field Manual of Sports and Games Negeen Prakashan, Meerut, India.