

**CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA**

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# **DEGREE OF B. P. E**

**BACHELOR OF PHYSICAL EDUCATION**

**(CHOICE BASED CREDIT AND SEMESTER SYSTEM FOR UNDERGRADUATE CURRICULUM)**

**UNDER THE FACULTY OF SCIENCE**

## **SYLLABUS**

**(FOR THE STUDENTS ADMITTED FROM THE ACADEMIC YEAR 2019 – 20 ONWARDS)**

**BOARD OF STUDIES IN PHYSICAL EDUCATION (UG)**

***CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA - 680125, KERALA, INDIA***

**JUNE, 2019**

REGULATIONS FOR THE DEGREE OF  
**BACHELOR OF PHYSICAL EDUCATION (BPE)**  
(Choice Based Credit and Semester System for Under Graduate Curriculum 2019)  
EFFECTIVE FROM THE ACADEMIC YEAR 2019-20

## NATURE OF THE COURSE

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It is a residential programme of four years duration open for both sexes. Theoretical knowledge, acquisition of skills in different games and sports, specialization in a sport and teaching practice (Activity and Theory) along with Internship programme are the five main areas of course. The students are equipped in these five areas in order to make them ideal leaders in the field of Physical Education and sports. The course of the study is through English Medium.

## PROGRAMME OBJECTIVE

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- (i) To impart professional training for teaching physical education, sports and health education in high and higher secondary schools.
- (ii) To develop expertise in supervising teaching of physical education by classroom teachers in Elementary Schools.
- (iii) To develop competence in assisting the conduct of sports programmes in higher education institutions.
- (iv) To develop knowledge, physical fitness and sports skills incidental to the objectives mentioned above (i, ii, and iii)
- (v) TO develop management skill in organizing and conducting sports meets and mass demonstrations of Physical Education activities.
- (vi) To develop the competence of officiating in sports competitions.
- (vii) To promote mass participation in sports and inculcate interest in sports activities.

## ELIGIBILITY FOR ADMISSION

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The candidates of both sexes are eligible to seek admission for B.P.E. Degree course if they fulfill the following conditions.

1. Candidates should not have completed 23 years of age as on 1<sup>st</sup> July of the concerned academic year.
  - (i) In service candidates having good sports record who are deputed and are below 30 years of age as on 1<sup>st</sup> July of the concerned academic year can also seek admission.

(ii) The candidate should have passed the HSE/VHSE examination of Board of Secondary Education (HS board or VHS Board Govt. of Kerala) or an examination considered as equivalent there to by the University.

(iii) The candidates should have passed SSLC or equivalent examinations and a certificate course in Physical education of at least two years duration from a recognized institution of Physical Education approved by the Calicut University.

2. The candidate produces a medical certificate of organic fitness for daily heavy load of physical work, absence of physical defects, and medical history of absence of disability and congenital diseases. The recommendation of the panel of medical doctors commissioned by the institution conducting the course, with the approval of the University will be final.

However, merit of the candidates with diverse qualification will be determined by the admission test prescribed by the University. Preference will be given to applicants with proven interests and talents in sports skills, as evidenced by participation records. A candidate who passed/appeared/discontinued I/II/III year of any other degree course as recognized by this University or equivalent is also eligible to seek admission to BPE course.

## DURATION OF THE COURSE

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The course of study for the BPE Degree shall extend over a period of four academic years with a minimum 200 working days per year consisting of four parts BPE –I, BPE- II, BPE-III and BPE- IV. The course of studies consists of 5 parts.

A – Theory

B – Physical Activity Skills

C – Teaching Ability

D – Sports Specialisation

E – Internship

Each working day shall consist of three hours of theory and four hours of practical (Skill) work.

## ATTENDANCE

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Each academic year shall be taken as a Unit for the purpose of calculating attendance and a student shall be considered to have satisfied the requirement of attendance for the year, if he/she has attended not less than 85% of the number of working periods in each of the papers under theory and each of the heads under activities. A candidate who does not satisfy the requirements of attendance shall not be permitted to take the University examination. However, shortage of attendance to the extent of 10 % subject to a maximum of two

times during the whole period of Course, may be condoned by the University on the recommendation of Head of the Institution/Department, on genuine grounds on payment of fees, as prescribed by the University.

In addition to the above provisions, a candidate in order to be eligible to appear for the BPE-IV examination should have attended a leadership training camp of at least 10 days and an internship of not less than two months.

A student who is to miss any period on being assigned for other engagement by the institution at that time (e.g. to take part in sports or co-curricular competitions) will be marked “Present on other duty” on written authority from the concerned member of the Staff and approved by the Head of the Department.

## MINIMUM FOR PROMOTION/PASS

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A student failing in any paper in Part A – Theory, Re-examination in the failed paper will be taken at the next subsequent University Examination. Candidates failed in Practical Skills (Part B, C, D) are allowed to take up theory Examinations. In Practical (Part B, C and D), re-examination for failed candidate in the concerned part, will also be conducted.

A student failing in any paper/subject/activity of part A, B, C, D, E in BPE-IV may appear as ex-student at the examinations in subsequent years. He may also seek re-admission subject to the recommendation and approval of the Head of the Department.

A student having completed the course of study fails to pass in all the papers/subjects/activities of Part A, B, C, D of BPE –I, II III and IV within a period of 8 years from the date of first admission to BPE – I, shall forfeit the right to get the degree of BPE.

A student permitted to take re-examination in subsequent years, will carry forward the sessional marks originally secured.

### **CLASSIFICATION OF SUCCESSFUL CANDIDATES:**

Total marks in all parts (A, B, C and D) of Four years will be taken into account for classification of successful candidates.

- a) 40% and above but less than 50 % - III class
- b) 50 % and above but less than 60 % - II class
- c) 60 % and above\* - I class

\*A candidate who passes successfully I/II/III/IV years’ examinations in first attempts and scores 75% and above marks shall be placed in First class with distinction.

The achievement/distinction of the candidate to be mentioned separately in the marks/degree certificate.

**NOTE:**

- i. There will be no minimum for a pass in Internal (sessional) assessment in Part A – Theory.
- ii. Provision for betterment (part A – Theory)

A candidate should be permitted to reappear for betterment of marks (retaining his/her original marks) subject to the following conditions.

- a) Re-appearance for betterment of marks obtained in part A theory papers of first year will be allowed only once along with the subsequent second year examinations.
- b) Re-appearance for betterment of marks obtained in the Part A theory papers of second year examination should be allowed only once along with the subsequent III year examinations.
- c) Re-appearance for betterment of marks obtained in the Part A theory papers of Third year examination should be allowed only once along with the subsequent IV year examinations.
- d) There will be no provisions for re-appearance for betterment of marks obtained in Part A – theory papers of IV year.
- e) There is no provision for improvement in other parts i.e., B, C, and D

**PART A**

Each theory paper will carry maximum of 75 marks for University examination and 25 marks for internal assessment.

A candidate who gets 35% marks in each paper and gets 40 % aggregate marks in Part A in each year will be declared to have passed in the part. There will be provision for paper – wise pass also if gets 40% of marks. A candidate who gets 40 % marks in a paper under part A but could not get the paper minimum for a pass in the part will be declared to have passed in that paper in which he gets 40% of marks.

Internal assessment for 25 marks in each paper in part A shall be on the basis of internal examinations, assignments and evaluations conducted by the concerned teacher.

**PART B :Physical Activity Skills**

Under Part B, ten activities shall be chosen for each year from the total number of activities specified for BPE – I/II/III years to suit administrative convenience of the center concerned limiting it to the working hours. Internal test for 50 marks shall be conducted for 5 activities each out of 10 activities chosen for a total mark of 250 for each year. Students shall maintain a record book which shall be presented at the time of evaluation at the conclusion of instruction in each activity to the concerned teacher. Minimum for pass in Part B are 40 % of marks each activity. The details of activities to be

chosen under part B for BPE –I/II/III are given in the table under the head of “Part B, Activities BPE – I/II/III”.

### **PART C : Teaching ability**

Candidates should take 10 internal and 10 external lessons at different schools in the neighbourhood and should maintain a record book, to be evaluated for a total mark of 150 (sessional mark). University examination should be conducted for a total mark of 100 by internal and external examiners. Minimum for a pass in Part C is 40 % aggregate.

### **PART D: Sports Specialization**

A candidate shall specialize in sports disciplines in each year as follows.

BPE- I	Track & Field
BPE -II	Track & Field
BPE -III	Track & Field
BPE- IV	Optional Game

#### **NOTE:**

1. Track and Field activities can be classified as Running Events, Throwing & Jumping events and taught in BPE-I/II/III years according to the administrative convenience of the Centre.
2. Major games for optional game can be chosen from the list under the head of “Major Games – Optional “.
3. A record book is to be maintained for evaluation during University Practical examination for 25 marks, to be assessed by internal and external examiners.

## **COURSE AND SCHEME OF EXAMINATION FOR BPE (FOUR YEARS)** **DEGREE**

### **BPE I year**

***PART – A: Theory Papers – 600 Hours***

Maximum Marks -500

Paper	Subject	University Examination mark maximum	Sessional mark maximum	Total	Duration of University Examination
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Paper I	English	75	25	100	3 hours
Paper II	Basic and Systemic Anatomy	75	25	100	3 hours
Paper III	Sociology	75	25	100	3 hours
Paper IV	History of Physical Education	75	25	100	3 hours
Paper V	Fundamentals of computers and Information Technology	75	25	100	3 hours

**NOTE:**

Paper Minimum for Pass 35% and aggregate 40% of the total marks.

Paper wise pass 40 %

***PART- B : Physical Activity Skill:***

Total hours – 400 – Total marks – 250.

Sessional assessment will be after conducting sessional exam in any five of ten learnt and recorded in the Record Book.

***PART – D : Sports Specialization :***

160 hrs. – Maximum marks : 75

**Paper A : Track and Field**

		Sessional marks	Total marks
I	Rules and Interpretations	25	75
II	Skill Proficiency	25	
III	Record Book	25	

**BPE II year**

***PART – A : Theory Papers – 600 Hours***

Maximum Marks -500

Paper	Subject	University Examination mark maximum	Sessional mark maximum	Total	Duration of University Examination
Paper VI	Teaching methods in physical education	75	25	100	3 hours
Paper VII	Physiology and physiology of exercise	75	25	100	3 hours
Paper VIII	Foundation of physical education	75	25	100	3 hours
Paper IX	Educational and sport psychology	75	25	100	3 hours
Paper X	First aid and safety education and life skill education	75	25	100	3 hours
Paper XI	Environmental studies	75	25	100	3 hours

***PART B : Physical Activity Skill:***

Total hours – 400 – Total marks – 250.

Sessional assessment will be after conducting sessional exam in any five of ten learnt and recorded in the Record Book.

***PART – D : Sports Specialization :***

160 hrs. – Maximum marks : 75

**Paper A : Track and Field**

		Sessional marks	Total marks
I	Rules and Interpretations	25	75
II	Skill Proficiency	25	
III	Record Book	25	

**BPE III year**

***PART-A : Theory Papers*** – 600 Hours

Maximum Marks -500

Paper	Subject	University Examination mark maximum	Sessional mark maximum	Total	Duration of University Examination
Paper XII	Kinesiology	75	25	100	3 hours
Paper XIII	Health education	75	25	100	3 hours
Paper XIV	Tests and measurement in physical education	75	25	100	3 hours
Paper XV	Scientific principles of coaching	75	25	100	3 hours
Paper XVI	Sports medicine	75	25	100	3 hours

***PART-B : Physical Activity Skill:***

Total hours – 240 – Total marks – 150.

Sessional assessment will be after conducting sessional exam in any three of ten learnt and recorded in the Record Book.

***PART-C : Teaching ability***

Total hours – 160 – Total marks – 250.

***PART – D : Sports Specialization :***

160 hrs. – Maximum marks : 75

**Paper A : Track and Field**

		Sessional marks	Total marks
I	Rules and Interpretations	25	75
II	Skill Proficiency	25	
III	Record Book	25	

**BPE IV year**

***PART – A : Theory Papers – 600 Hours***

Maximum Marks -500

Paper	Subject	University Examination mark maximum	Sessional mark maximum	Total	Duration of University Examination
Paper XVII	Corrective physical education	75	25	100	3 hours
Paper XVIII	Management of physical education and sports	75	25	100	3 hours
Paper XIX	Biomechanics	75	25	100	3 hours
Paper XX	Adapted for physical education	75	25	100	3 hours
Paper XXI	Health and fitness management	75	25	100	3 hours

***PART – D : Sports Specialization :***

400 hrs.\* – Maximum marks : 250

**Paper A : Theory of Optional Game**

160hrs. max. marks – 100

**Paper B : Optional Game**

skill proficiency and coaching ability – 240 hrs. max. marks - 150

		Sessional marks	University Exam Maximum marks	Total marks
I	Rules and Interpretations	25	50	150
II	Skill Proficiency	25		
III	Coaching ability	25		
IV	Record Book	25		

\*Note: 400 hrs. for single discipline, maximum of five disciplines may be provided as optional game, in each institution.

***PART- E : Internship / Teaching assistance*** (one area to be chosen)

1. Teaching of Physical education in schools

2. Gym and Health club management
3. Aerobics/mass demonstration
4. Teaching Physical activities for differently abled children
5. Sports journalism and management

The duration of internship shall not be less than two months.

## SCHEME AND PATTERN OF BPE DEGREE COURSE

### I year

Subject	Teaching hours	Duration of exam	Maximum marks		Total
			Sessional exam	University exam	
<b>Part A- Theory</b>					
Paper I	120	3hrs.	25	75	100
Paper II	120	3hrs.	25	75	100
Paper III	120	3hrs.	25	75	100
Paper IV	120	3hrs.	25	75	100
Paper V	120	3hrs.	25	75	100
<b>Part B- Physical Activity skill</b>	400		250	---	250
<b>Part D – Sports Specialisation</b>					
Paper A : Track and Field	160	---	75	---	75
<b>Intramural and match practice</b>	240	---	---	---	---
Total	1400	---	---	375	825

### II year

Subject	Teaching hours	Duration of exam	Maximum marks		Total
			Sessional exam	University exam	

<b>Part A- Theory</b>					
Paper VI	120	3hrs.	25	75	100
Paper VII	120	3hrs.	25	75	100
Paper VIII	120	3hrs.	25	75	100
Paper IX	120	3hrs.	25	75	100
Paper X	120	3hrs.	25	75	100
Paper XI	---	3hrs.	25	75	100
<b>Part B- Physical Activity skill</b>	400	---	250	---	250
<b>Part D – Sports Specialisation</b>					
Paper A : Track and Field	160	---	75	---	75
<b>Intramural and match practice</b>	240	---	---	---	---
Total	1400	---	---	450	925

### III Year

Subject	Teaching hours	Duration of exam	Maximum marks		Total
			Sessional exam	University exam	

<b>Part A- Theory</b>					
Paper XII	120	3hrs.	25	75	100
Paper XIII	120	3hrs.	25	75	100
Paper XIV	120	3hrs.	25	75	100
Paper XV	120	3hrs.	25	75	100
Paper XVI	120	3hrs.	25	75	100
<b>Part B- Physical Activity skill</b>	240	---	150	---	150
<b>Part C – Teaching ability</b>	160	---	150	100	250
<b>Part D – Sports Specialisation</b>					
Paper A : Track and Field	160	---	75	---	75
<b>Intramural and match practice</b>	240	---	---	---	---
Total	1400	---	---	475	975

#### IV Year

Subject	Teaching hours	Duration of exam	Maximum marks		Total
			Sessional exam	University exam	

<b>Part A- Theory</b>					
Paper XVII	120	3hrs.	25	75	100
Paper XVIII	120	3hrs.	25	75	100
Paper XIX	120	3hrs.	25	75	100
Paper XX	120	3hrs.	25	75	100
Paper XXI	120	3hrs.	25	75	100
<b>Part D - Sports Specialisation</b>					
Paper-A: Optional game Theory	160	3hrs	25	75	100
Paper B : Optional Gam-coaching ability	240	---	100	50	150
<b>Part-E Internship/teaching assistance</b>	160	---	---	---	---
<b>Intramural and match practice</b>	240	---	---	---	---
Total	1400			500	750

### WORK LOAD AND STAFF PATTERN

	I BPE	II BPE	III BPE	IV BPE	Total
Part A	600	600	600	600	2400

Part B	400	400	240	---	1040
Part C	---	---	160	---	160
Part D	160	160	160	400*	880
Part E	---	---	---	160	160
Intramural	80	80	80	80	320
Match Practice	160	160	160	160	640
Total	1400	1400	1400	1400	5600

**NOTE:**

\* PART D – Sports Specialisation – Optional Game work load depends on number of discipline provided by the institution. Each Optional Game carries 400hrs. of teaching per year. Maximum of five options can be provided by the Institution.

**PART – B Activities BPE I/II/III**

I Year	II Year	III Year
Basket ball	Wrestling	Yoga
Football	Weight lifting/ Power lifting	Badminton
Aerobic dance/Rhythmics	Baseball	Table Tennis
Calisthenics/Bharathium	Ball Badminton	Tennis
Minor Games	Volley Ball	Hand Ball
Kabadi	Cricket	Hockey
Kho-Kho	Gymnastics	Soft Ball
Marching	Swimming	Judo
Weight Training	Chess	Net Ball

Activities can be interchanged according to the convenience of the Centre.

**PART D : List of Optional Game**

1. Badminton
2. Basket Ball
3. Cricket
4. Foot Ball

5. Gymnastics
6. Hand Ball
7. Hockey
8. Kabadi/Kho-Kho
9. Track and field
10. Volley Ball

## **SEMESTER I**

### **English**

*Number of Contact Hours: 120 Hrs.*

**Course Evaluation: 75 Marks**

#### **Course Outline**

#### **UNIT I – Vocabulary**

- 1.1 **Synonyms**
- 1.2 **Antonyms**
- 1.3 **Common abbreviations in use**
- 1.4 **One Word Substitution**
- 1.5 **Words Commonly Confused and Misused**
- 1.6 **Similes**
- 1.7 **Word Formation by Prefix and Suffix**
- 1.8 **Idioms and phrases**

#### **UNIT-II - Common Errors & Transformations**

- 2.1 Common errors in sentences especially regarding number, gender, pronouns, prepositions, articles degrees
- 2.2 Kinds of sentences – Assertive, Interrogative, Exclamatory, Imperative, Optative
- 2.3 Transformation of Sentences
- 2.4 Tenses
- 2.5 Uses of Tenses

#### **UNIT –III - Grammar**

- 3.1 **Sequences of Tenses**
- 3.2 **Direct, Indirect**
- 3.3 **Active, Passive**
- 3.4 **Simple, Compound, Complex**

### 3.5 Punctuation

## UNIT – IV - Written Composition

- 4.1 Story – Writing (Outline Story)
- 4.2 Comprehension
- 4.3 Expansion of Proverbs and Passages

## UNIT – V - Correspondence

- 5.1 Personal Letters
- 5.2 Applications for leave, scholarship etc.
- 5.3 Invitations – Formal and informal with reply
- 5.4 Notice Writing
- 5.5 Social Letters

## UNIT VI - Descriptive Writing

- 6.1 Paragraph Writing (50 words)
- 6.2 Essay Writing (250 words)
- 6.3 Essay Writing (500 words)
- 6.4 Summary Writing

## UNIT VII - Comprehension of familiar & unfamiliar passages

- 7.1 Comprehension of familiar passage
- 7.2 Comprehension of unfamiliar passage
- 7.3 Précis writing
- 7.4 Critical appreciation based on various articles

## *Reference*

1. High School English Grammar – Wren & Martin
2. How to Write & Speak better English – John Elisson Kahn, D. Philip
3. A Remedial English grammar for foreign students – F.T. wood
4. English Vocabulary in use – Michael McCarthy, Felicity O'Dell
5. Advanced English Grammar – Martin Haurings
6. Common Mistakes at Intermediate, CUP – Driscoll, Liz, Cambridge
7. Common Mistakes at Upper- Intermediate CUP- Tayfoor, Suzanne
8. The Students companion – Wilfred D. Best
9. The technique of comprehension & Précis writing – R.N. Singh – Upkar Prakashan
10. Model Precise writing – H.S. Bhatia – Book Place Delhi
11. English Vocabulary in use – Michael Mc Carthy Felicity O'Dell – Cambridge University Press

# Basic and Systemic Anatomy

*Number of Contact Hours: 120 Hrs.*

**Course Evaluation:** 75 Marks

## Course Outline

### UNIT I- INTRODUCTION – Definition of Anatomy

Terminology used to describe Anatomical positions Importance of study of Anatomy in Physical Education

### UNIT II- BODY ORGANIZATION –

Cell, Tissue, Organ and System. Structure of a typical cell.

Structure and functions of cell organelles (Plasma membrane, Endoplasmic Reticulum, Golgi Apparatus, Lysosomes, Mitochondria, Centrioles, Nucleus, Nucleus Acids)

Tissues – Classification, structure and functions of each type

Body fluids - Blood – Structure and Functions.

Skin – Structure and Functions.

### UNIT III - SKELETAL SYSTEM –

Macroscopic and microscopic structure of a bone.

Functions of bones.

General Organization of skeletal system.

Axial and Appendicular Skelton.

Skull, Vertebral Column, Limb bones, Girdles.

Structure of a Pentadactyl limb.

Description and Structure of the following bones.

- a. Scapula
- b. Humerus
- c. Radius
- d. Ulna
- e. Hip bone
- f. Femur
- g. Tibia & Fibula
- h. Typical Vertebra
- i. Skull bones

j. Rib

#### UNIT IV- JOINTS DEFINITION, CLASSIFICATION

Structure of typical movable joint, types of movable and immovable joints. Movements around and the muscles

- a) Shoulder Joint
- b) Hip Joint
- c) Elbow Joint
- d) Knee Joint
- e) Ankle Joint
- f) Wrist Joint

#### UNIT V- MUSCULAR SYSTEM

Types and functions of muscles- Voluntary, involuntary and Cardiac, Structure of a typical voluntary muscle.

#### UNIT VI- RESPIRATORY SYSTEM :

Structure, Respiratory passages and lungs.

Structure of Larynx, Trachea, Lungs – Bronchial Tree.

Muscles of Respiration.

Tidal air, Residual air, Complemental air, Supplemental air, Vital Capacity of Lungs.

#### UNIT VII- CARDIO VASXULAR SYSTEM : General Plan

Structure of heart, working of heart, Heart, beat, heart rate, Cardiac Cycle, Cardiac Output, Heart sounds.

Structure of Arteries, Veins, Capillaries

Blood pressure - Systolic and diastolic

Pulse pressure - measurement of Blood

Pressure - Hypertension and Hypotension

Anemia - Types of Clotting of blood & its Chemistry.

#### UNIT VIII- DIGESTIVE SYSTEM :

Structure of Alimentary Canal. Histological structure of glands.

#### UNIT IX- EXCRETORY SYSTEM

Structure of Kidney

Structure of Nephron

Role of skin in excretion

## **UNIT X- NERVOUS SYSTEM :**

Divisions – Central and peripheral, cerebrospinal and autonomous nervous system; Brain and spinal cord.

Structure of :

Cerebrum

Cerebellum

Pons

Medulla Oblongata

Spinal cord.

Maintenance of posture and equilibrium

## **UNIT XI- SENSE ORGANS :**

**Eye :** Structure, function of each part, mechanism of vision. Eye defects:

Myopia

Hyperopia

Presbyopia

Astigmatism

**Ear :** Structure. Structure of membranous labyrinth

function – equilibrium and hearing.

Nose : Structure - Smell.

Taste buds : Types and distribution.

## **UNIT XII- ENDOCRINE SYSTEM :**

**Location, Structure, Secretion.**

The roles of

a) Pituitary

b) Thyroid

c) Adrenal

d) Pancreas

e) Sex Glands.

**Abnormalities caused by Hypo and Hyper Secretion.**

## **LAB WORK**

Total duration 6 hours (included in theory hours)

Lab record book compulsory for evaluation

## ***References***

1. Pearce Evelyn C. Anatomy and Physiology for Nurses 15<sup>th</sup> edition, Oxford University Press, 978.
2. Wilson Kathleen. J.W. Anatomy and Physiology in Health and illness. 6<sup>th</sup> ed. Churchill Livingstone Edinburgh, 1987
3. Tartarinov V-Human Anatomy and Physiology. 2<sup>nd</sup>edn MIR publishers. Moscow. 1971. Translated from Russian by David A. Myshne
4. Chaurasia A.D. Human Anatomy 3 volumes. Published by SATish Kumar jain New Delhi 1979.
5. Winwood R.S. Smith J.L Sear's Anatomy and Physilogy for Nurses. 6<sup>th</sup>edn. London. WCIB 3 DQ Edward Arnold 1985

## **Sociology & Sociology of Sports**

*Number of Contact Hours: 120 Hrs.*

**Course Evaluation: 75 Marks**

### **Course Outline**

#### **UNIT I**

**Sociology and its basic concepts :**

**Nature, scope and methods of sociology,**

**Society, Community, associations, institutions, customs and folkways, values and norms.**

**Biological factors – Role of heredity and environment, race prejudice**

#### **UNIT II**

**Main features of Indian Society :**

**Religious pluralism (Hinduism ,Islam&Christianity)**

**Linguistic Pluralism**

**Indian Policy – Secularism, Democracy, Social Justice.**

**Socialization, Nature and techniques of social control and their social consequences :**

**Groups – Primary and Secondary crowds and publics; Family kinship and marriage, social stratification, class and caste.**

#### **UNIT III**

**Origin of the Community and Origin and growth of culture, individual and culture, Culture and civilization.**

#### **UNIT IV**

Concept of personality, and influence of group and culture in its formation

#### UNIT V

Social and cultural change : concept and factors of social change, sports as social phenomenon and a cultural product : Sports and Socialization.

#### UNIT VI

Social organization and disorganization.Characteristics of social disorganization; Distinction between Social organization and disorganization; Causes of social disorganization.

#### UNIT VII

Introduction to sports sociology

Nature and scope, Aim, Values of sports in the society, Influence of society on sports and vice- versa. Sports and Mass Media, Sports and Politics, Socio- Economic factors in sports.

#### *References*

1. Iver M.C. Society, London : MC Millan Co. 1962
2. Ogburn, William F and Ninkoff, Meyer F, Hand Book of Sociology, New Delhi Eurasis Publishing House 1964.
3. Mukherjee D.P.Sociology and Indian Culture: Jaipur. Rawat publications, 1979.
4. DASAT.A.R. Rural Sociology in India.Bombay : Popular Prakashan Private Ltd. 1969
5. Loy Jr. John W. Kenyon, Gerald and Mcpherson, Barry S. Sports Culture and Society. Philadelphia – Lea and Febiger, 1968.
6. Phonomyoy N.I. Sports and Society. Moscow : Progress Publishers 1981

### **History of Physical Education**

*Number of Contact Hours: 120 Hrs.*

**Course Evaluation:** Internal – 75 Marks

#### **Course Outline**

#### UNIT I

Meaning need and importance of Physical Education with preference to historical perspective of education, physical education in Ancient India – Vedic period, Epic period, Pre and Post Independent India.

## **UNIT II**

Physical Education in Ancient Greece, Sparta and Athens: Pan Hellenic Festivals : Physical education in Ancient Rome, Utilitarianism, the thermae, circus, Gladiatorial combats.

## **UNIT III**

Ancient Olympic Games : Origin, events, rules and values : Modern Olympic Games – Revival, Olympic oath, Olympic emblem, Olympic Flag, cavalcade of the games, Olympic motto,

## **UNIT IV**

Institutions and innovations in Physical Education ;

- i. Germany (Johan Basedow, Guts Muths, Friedrich Ludwig John (Turnverine Movement), Adolf Spiess)
- ii. Sweden (Per Henrik Ling, Lingiad)
- iii. U.S.A. (Dr. Dio Lewis; Dr. Dudley Allen Sargent. The Turnverine Movement in America, Springfield college of P.E. Origin of modern games and recreation movement).
- iv. U.S.S.R. (Physical education in schools and Industry, The Spartakiad)
- v. Japan (Before and after world war II)

## **UNIT V**

Physical Education in Contemporary India: Akharas and Vyayam – Shalas and their contributions. The British Influence on P.E. in India; Physical training, Gymkhanas and sports clubs. YMCA and its contributions to P.E. Teacher's Training Institutions in P.E. Indian Olympic Association, National Sports Federations and State Associations.

History of Physical Education in Kerala – G.V. Raja. Kalaripayattu – Boat races

## **UNIT VI**

Post-Independence developments in P.E. Various Commissions and Committees in P.E. (Adhoc Enquiry Committee 1958, Kaul Kapoor Committees, CAPBE.)

National Plan of P.E.; All India Council of Sports (AICS); National Physical Efficiency Drive (NPED/NPFP); national Discipline Scheme (N.D.S); National Fitness Corps (NFC); National Cadet Corps (NCC); National Social Service (NSS); National Sports Organisation (NSO)

Sports and Youth Programme : NetajiSubhas National Institute of Sports (NSNIS); Sports Authority of India (SAT) and its Schemes for promotion of Sports; Youth Welfare Programme (NYK, Youth Hostels PYKKA); National Sports Awards (Arjun Award, Dronacharya Award); Rajeev Gandhi KhelRatna – Dhyanchand.

## UNIT VII

Professional Organizations of physical Education and Sports : Indian Association of Teachers of Health, Physical Education and Recreation (IATHPER); Indian Association of Sports Scientist and Physical Educationalists (IASSPE); Sports Physiology Association of India (SPAI) ; National Association of Physical Education and Sports (NAPESS); Development of Sports Sciences; Future of Physical Education.

### *References*

1. Hackensmith, C. W. History of Physical Education, New York, Harper & Row Publishers, 1966.
2. Van Dalen, D.B. Bennet, B.C: A World History of Physical Education. Englewood Cliffs, N.J. Prentice Hall, Inc. 1973.
3. Arunnarayanan, C and Hariharan Sharma, S: An Analytical History of Physical Education, Karikudi (1978)
4. Khan, ErajAhamed : History of Physical Education, Patna Scientific Corporation (1964).
5. Kamallesh, M.L.: Physical Education Facts and Foundations, Faridabad P.S. Publication (pvt) Ltd. (1988).
6. Annual Report of Department of Youth Affairs and Sports from Ministry of Human Resource Development, Government of India.

## **Fundamentals of Computers & Information Technology**

*Number of Contact Hours: 120 Hrs.*

**Course Evaluation:** 75 Marks

### **Course Outline:**

#### **UNIT – I - Introduction to Computers**

- 1.1 Brief history and development of computers

1.2 Generations of computers

1.3 Types of PCs-Desktop, Laptop, Notebook, Palmtop, Workstations

1.4 Basic components of a computer system

1.5 Memory –RAM, ROM, and other types of memory

1.6 Need of Software, Types of Software

1.7 Operating System

1.8 Types of Virus, Virus detection and prevention.

1.9 Binary Number system

## **UNIT II - Introduction to windows**

1.10 Using Mouse and moving icons on the screen

1.11 My Computer, Recycle Bin, Status Bar

1.12 Start –menu selection, running an application,

1.13 Window Explorer to view files, folders and directories, creating and Maximize forms of windows

1.14 Operating and Closing of different Windows, Minimize, Restore and Maximize forms of Windows.

1.15 Basic components of a window : Desktop, Frame, Title Bar, Menu Bar, Status Bar, Scroll Bars, Using right button of the Mouse,

1.16 Creating Shortcut, Basic Windows Accessories: Notepad, Paint, Calculator, Word pad, using Clipboard.

## **UNIT III - Introduction to Word Processor, Electronic Spread Sheet, Database and Multimedia Presentations**

Types of Word Processor

Basic Knowledge about free Software – Open Office

### **MS – Word**

1. Creating and Saving a documents, Editing and Formatting a Document including changing colour, Size, Font, alignment of text

2. Formatting paragraphs with line or paragraph spacing, adding headers and footers, numbering pages

3. Using grammar and spell check utilities, etc., Printing Document

4. Inserting Word Art, Clipart and Pictures

5. Page Setting, Bullet and Numbering, Borders, Shading Format Painter, find and replace

6. Inserting Tables, Mail Merge.

## **MS – Excel**

1. Creation of work book and work sheet
2. Saving a work book/file
3. Understanding work sheet – Row, Column and cell
4. Parts of excel screen : Title bar, Menu bar, Tool bars, Formula bar, Cell Address, Scroll bars  
Sheet tab, Status bar
5. Entering Formula
6. Inserting Graph and Chart

## **MS- PowerPoint**

1. Starting MS – PowerPoint
2. Components of a Presentation – Text, Pictures, Chart, Graphs, Tables, Bulleted list, Movie clippings, Sound clippings.
3. Different ways of viewing a presentation file
4. Slide show – Normal presentation, Presentation with customized animation effects, Action settings through buttons , Sound effects, Slide transition effects, Presentation timing setting
5. Saving and Quitting a file

## **Data base**

Use and importance of Data base

## **UNIT – IV - Introduction to Information & Communication Technology**

- 1.1 Concept, Importance, Meaning & Nature of Information & Communication Technology
- 1.2 Need and Scope of ICT in Education & Physical Education
- 1.3 Paradigm shift in Education due to ICT content with special reference to curriculum.
- 1.4 Change in Role of Teacher, Methods of Teaching, Classroom Environment, Evaluation procedure with new technologies

## **UNIT – V - Introduction to internet**

- 1.5 Internet
- 1.6 E- Mail
- 1.7 World Wide Web (WWW)
- 1.8 Web publishing concepts :

## **Practicals :**

The practicals will be conducted based on the syllabus

## **References**

1. Simmons Ian, Computer Dictionary, BPB Publications – 2005

2. V. Rajaraman, Fundamentals of Computers, Prentice Hall of India, New Delhi-2000
3. B.Ram, Computer Fundamentals, New Age International Publishers -2006
4. Pradeep K. Sinha, PritiSidonha, B.P.B. Publication, Computer Fundamental, Third Edition - 2005
5. B.Ram, New Age International Publication, Computer Fundamental, Third Edition -2006
6. Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office for ever one, Second Edition -2006
7. Brain Unders IDG Book. India (p) Ltd Teach Yourself Office 2000, Fourth Edition -2001
8. ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing – 2006
9. Simmons Ian, Computer Dictionary, BPB Publications 2006
10. Douglas E. Comer, The Internet Book, Purdue University, West Lofayette in 2005
11. S. Jaiswal Glagottia Publication PVT. Ltd. I.T (Today), Revised Edition 2004
12. Douglas E. Corner low price edition, The Internet Book, Third Edition – 2005
13. Shashank Jain & Satish Jain, B.P.B. Publication ‘O’ level Internet and web design, Edition 2003.
14. Intel & NCST, Intel Teach to the Future, Intel Corporation 2002
15. Douglas. E . Comer, The Internet Book, Prentice Hall of India Pvt. Ltd New Delhi, 2003

## **SEMESTER II**

### **Teaching Methods in Physical Education**

*Number of Contact Hours: 120 Hrs.*

**Course Evaluation: Internal: 75 Marks**

#### **Course Outline**

##### **UNIT I**

Meaning and scope of methods, Factors Influence the methods of teaching, formal and informal methods of teaching, basic and modern traits of teaching ; differences in class room teaching and teaching on the ground, teaching and learning process.

##### **UNIT II**

Age and sex characteristics, pre-school, primary, middle secondary, higher secondary and college levels; activity planning according to age and sex; influence of sex differences in teaching and learning physical, physiological and sociological needs.

##### **UNIT III**

Principles of teaching –Simple Complex learning, Individual and group- Motivation, feedback in learning, manner, materials, capacity of the learning frequency administration of teaching period recognition of learning and re-enforcement classification of students.

#### **UNIT IV**

Methods of teaching physical activities; calisthenics, rhythmic, aerobics, dances, light apparatus; gymnastics, individual and dual sports; lead –up and minor games, major games mass activities.

#### **UNIT V**

Presentation technique –steps in teaching motor skills, commands and their importance, types of class formation in teaching and learning process; class management, a good class management.

#### **UNIT VI**

Lesson planning – Importance and objectivities, various facets of lesson plan, teaching and coaching lesson plans in physical education, Evaluation of general and specific lesson plans.

#### **UNIT VII**

Audio –Visual aids, gadgets/in teaching physical activities need and importance, criteria and steps in selecting teaching aids, their purchase and maintenance.

#### **UNIT VIII**

Dimension and meanings of sports and games areas (track and field and major games). Tournaments and competitions in knock-out, league/ round Robin, Combination and challenge Systems, Organization and conduct of competition/ tournament in individual, dual team games and sports; and mass competition.

#### **UNIT IX**

Qualities of an ideal and successful teacher; evaluation of teaching methods and learning procedures; modification and innovations in teaching.

#### **UNIT IX**

Qualities of an ideal and successful teacher; evaluation of teaching methods and learning procedures; creativity, modification and innovations in teaching.

#### **References**

1. Tirunarayan C. Hariharan.S. Methods in Physical Education South India Press, Karaikudi (1986).
2. Charles A. Bucher and Constance R. Koenig, Methods and Materials for Secondary School Physical Education.The C.V. Mosby Company, Saint Louis (1978)

3. Linus G. Dowell, Strategies for teaching Physical Education Prention Hall (1975)
4. S.K. Kochhar Methods of Techniques of Teaching Sterling Publishers, Pvy (1985)
5. M.L. Kamlesh and M.S. Sangral. Methods in Physical Education prakash Brothers (Ludhiena(19850
6. Bucher and Wuest. Foundations of Physical Education and sport Time Mirror /Mosby, 1987).
7. Judith E. Rink. EachingPhusucal Education for learning. Times Mirror/Mosby (1985).
8. Arthur G. Miller and James S. Sullivan Teaching Physical Active activities to impaired youth. John and Willey and sons (1982).

## **Physiology and Physiology of Exercise**

*Number of Contact Hours: 120 Hrs.*

**Course Evaluation: Internal: 75 Marks**

### **Course Outline**

## **PHYSIOLOGY**

### **UNIT I - MUSCULAR SYSTEM**

**Muscle contractile proteins**

**Physical and chemical change during contraction**

**Characteristics of muscle – Excitability, elasticity and Contracticity.**

**Neuromuscular functions :**

**Effects of exercise on muscles**

**Muscle tone and fatigue**

**Physiological aspects of warming up, conditioning and training.**

**Factors affecting speed, strength and endurance,**

**Acquisition of skill**

### **UNIT II - RESPIRATORY SYSTEM**

**Mechanism of respiration**

Respiratory rate – control

Gas exchange in the lungs

Pulmonary (external) respiration

Tissue (internal respiration)

### **UNIT III - CARDIO VASCULAR SYSTEM – General Plan**

**General Plan of Blood Circulation** – double circulation

## **UNIT IV - DIGESTIVE SYSTEM**

Accessory Glands – Salivary glands, Liver and Gall Bladder  
Pancreas. Their secretions and their actions. Functions of liver.

**Enzyme : Classification, Mode of action of digestive enzymes.**

## **UNIT V - EXCRETORY SYSTEM**

Excretion – Ionic and osmotic regulation  
Physiology of excretion – Ultrafiltration, selective .....reabsorption, secretion.

**Regulation of excretion – Ultrafiltration**

## **UNIT VI - NERVOUS SYSTEM**

Function of :

- Cerebrum
- Cerebellum
- Pons
- Medulla oblongata
- Spinal Cord.

**Functions of Autonomous nervous system Reflex action**

## **UNIT VII - METABOLISM**

**Catabolism and anabolism. Metabolism of Carbohydrates, Fats and Proteins.**

## **UNIT VIII - TEMPERATURE**

**Maintenance of constant body temperature:**

**Influence of temperature on metabolism.**

## **UNIT IX - DEMONSTRATIONS**

Stethoscope - Breathing, Heart Sounds  
Reading of Pulse rate during rest and exercise.

## **PHYSIOLOGY OF EXERCISE**

### **UNIT I**

**Effect of Exercise on respiratory, circulatory Digestive and muscular systems – Physiological aspects of warming up, conditioning and training – Physiological factors affecting speed strength, endurance and acquisition of skill – Relationship between duration and severity of exercise – stitch and cramps – aging changes in the body. Oxygen debt, second wind, Principles of use and disuse.**

## LAB WORK

Total duration 6 hours (included in theory hours)

Lab record book compulsory for evaluation

## Foundation of Physical Education

*Number of Contact Hours: 120 Hrs*

**Course Evaluation:** Internal – 75 Marks

### Course Outline

#### UNIT I – Introduction to Education

Meaning aims, scope, nature of education

Types of education :

Agencies of education and their roles;

**Role of education in National Integration and International relations.**

#### UNIT II - **Aim and objectives of physical education**

Meaning, aim and objectives, scope, nature of physical education, meaning of principles and their applications;

**Relationship between aims and objectives of physical education with education objectives of physical education at different educational levels;**

**Physical education as an athletic science : a body of knowledge as an art and science.**

#### UNIT III - **Philosophical Principles**

Philosophy, its meaning and nature, Educational philosophies as applied to physical education.

Naturalism, Idealism, Pragmatism, Relation, Existentialism, curriculum, role of philosophy in educational and physical education;

Contributions of the following educational philosophers – Rousseau Froebel, Montessori, Dewey, Gandhi & Tagore.

#### UNIT IV - **Biological Principles**

Evolution of man; biped position, its advantages and disadvantages;

Activities as the physical basis of life ;

Individual differences : heredity and environment, sex differences, body types, implication of individual, differences in physical education;

Growth and development ;Principles governing physical and motor growth and development ;

Chronological, anatomical, physiological and mental ages in individuals their role in developing and implementing programme of physical education

#### **UNIT V- Sociological Principles**

Physical activities (Games and Sports) as man's cultural heritage;

Physical education as a factor in socialization of individuals and groups ; role in national integration;

Brief description of theories of play

Role of physical education in context to social problems-unemployment, youth unrest, health related problems, mechanization, introduction to social stratification and sports.

#### **UNIT VI - Recreation**

Definition, characteristics, leisure, objective and misconception

Agencies providing recreation in India-Govt, Private, Voluntary commercial Criteria and principles for community recreation

Recreational programme of :

Special groups- physically and mentally handicapped;

Industrial workers ; senior citizens, rural and urban population

Financing community recreation

#### **UNIT VII**

Recent trends and problems in physical education; professional preparation in Leadership. Concept about sports for masses and physical education at grass root level.

#### **References**

1. Bhatia and Bhatia, Theory and Principles of Education, Delhi, Daba House, Book Sellers and Publishers , 1986.
2. Walia J.S. Principles and Methods of education. Jallander, Paul Publishers, 1985.
3. Agarwal J.C. Theory and Principles of Education, Philosophical and Sociological Bases of education: New Delhi, Vikas Publishing House, Pvt.Ltd. 1987.
4. Kamlesh. M.L. Physical Education Facts and Foundation Faridabad P.R. Publication Pvt.Ltd. 1988.
5. Bucher Charles. A. And Wuest Deborah, Foundations of Physical Education and Sports. 10<sup>th</sup>Edn. St. Louis, Times Mirror Mosby College Publishing ,1987.
6. Barrow Harold M, Man and Movement: Principles of Physical Education. Third Edn: Philadelphia, Lea and Febiger, 1983.

# Educational & Sports Psychology

*Number of Contact Hours: 120 Hrs*

**Course Evaluation: 75 Marks**

## **Course Outline**

### **UNIT I**

Definition, Meaning and Nature of Psychology: psychology as a Science Branches of psychology; Sport Psychology – an emerging discipline.

### **UNIT II**

Importance of psychology in Physical education and sports, Important methods of Psychology (Observation, Introspection, Experimentation, Testing, Case Study etc.

### **UNIT III**

The concept of Mind (Cognition, Affection and Conation); A brief description of the characteristics and powers of mind. Conscious unconscious, sub conscious and super conscious, stages of Mind Psychological unity of the human organism.

### **UNIT IV**

Growth and Development : General Principles; Factors affecting growth; stages of growth and development ( Infancy, childhood, adolescence) with special emphasis on perceptual sensory, cognitive, motor, moral, physical, social and emotional characteristics; Maximizing development effects through exercise and support.

### **UNIT V**

Learning : Meaning ,Nature and principles of learning, Traditional theories of learning (Trial and Error, Conditional Reflex, Learning by Insight Learning by Imitation( ; Laws of Learning (Readiness Effect, Exercise); Learning curve and its characteristics; Transfer of learning and training, its types conditions of transfer of training.

### **UNIT VI**

Motivation and performance : Meaning of Motivation; Motives unlearned(innate) and learned (acquired) motives, Drive, Need, Motive ; Incentive and achievement motivation; sustaining motivation in exercise and sport.

### **UNIT VII**

Personality; Meaning and structure of personality, influence of genetics and environmental factors in personality development. Personality traits of sports persons. Individual differences and their impact of learning and performance.

## **UNIT VIII**

**Guidance and Group Work :**

Meaning, Definition, Need and purpose of guidance; Counseling ,Team Cohesion, Leadership in group work.

## **LAB WORK**

Total duration 6 hours ( included in theory hours)

Lab record book compulsory for evaluation

## ***References***

1. Gratty, B.J. Psychology in Contemporary Sport. (Third Edition); Prentice Hall, NJ (1969)
2. Kamlesh, M.L. psychology in Physical Education and sports (second Edition), New Delhi Metropolitan Book Co. (1989)
3. Mangal, S.K. : Psychology An Introduction to Human Behavior New Delhi, Sterling Publishers Pvt. Ltd
4. Bhatia, K.K. and Purohit, Trinath : Educational Psychology and Methods of teaching (Second Edition) New Delhi; Kalyani Publishers, (1985)
5. Crow, L.D. and Crow, A: Introduction to Guidance New Delhi :Euroasia Publishing House.
6. Jones A.J. Principles of guidance, New York (fifth Edition) MC

## **First Aid & Safety Education and Life Skill Education**

*Number of Contact Hours: 120 Hrs.*

**Course Evaluation:** Internal – 75 Marks

## **Course Outline**

### **FIRST AID**

#### **UNIT 1**

1. Definition and purposes of First Aid
2. Principles and Ethics of First Aid
3. First Aid – General Procedure
4. First Aid Kit

## **UNIT II**

1. Wounds- Types and its management
2. Fractures – Types and management
3. First Aid for : Burns, Scalds, Animal bites, Snake bite, Poisoning, Chocking and Electric shock, Heat stroke, Snow bite, Drowning
4. CPR

## **UNIT III**

1. First Aid for specific injuries
  - a. Eye, Head, Neck, Abdomen, Organs, Blisters and Burns
  - b. Strain, Sprain, Contusion, Abrasion, Laceration and dislocation
2. Bandaging techniques
3. Techniques of carrying injured persons

## **SAFETY EDUCATION**

### **UNIT IV**

1. Definitions and aims of safety education
2. Traffic safety
3. Safety at Home – falls, fire, suffocation, poisoning by solids and liquids

### **UNIT V**

1. Recreational safety – Fishing, Swimming, Camping
2. Safety at school – School building, school grounds laboratory
3. Safety in Sports and Physical Education – Play fields, Gymnasium, Swimming pool

### **UNIT VI**

1. Disaster Readiness
2. Natural disasters – Cyclone, Tsunami, Floods, Earthquakes, Hurricanes, Blizzards

## **LIFE SKILL EDUCATION**

### **UNIT VI**

1. Sports and Socialization
2. Physical activity and sport – Emotional Adjustment and Wellbeing
3. Substance Abuse among Youth – Preventive Measures and Remedies
4. Yoga, Meditation and Relaxation
5. Sports and Character Building

## 6. Values in Sports

7. Sports for World Peace and International Understanding

### **Reference**

1. W. Wayne Worick, Safety Education – Man, his machines, and his environment, Prentice hall Inc.
2. St. John Ambulance, St. Andrew's Ambulance Association & British Red Cross, First Aid Manual, Dorling Kindersly Limited
3. Peggy. A. Hougum, Therapeutic Exercise for muscles, Skeletal injuries.

## **Environmental Studies**

*Number of Contact Hours: 120 Hrs.*

**Course Evaluation: 75 Marks**

### **Course Outline**

#### **UNIT I**

The multidisciplinary nature of environmental studies Definition, Scope and importance, Need for public awareness.

#### **UNIT II : Natural resources and associated problems.**

- a. Forest resources
- b. Water resources
- c. Mineral resources
- d. Food resources
- e. Energy resources
- f. Land resources

#### **UNIT III : Ecosystem**

Concept of an ecosystem, structure and function of an ecosystem, Producers, consumers and decomposers, Energy flow in the ecosystem. Food chains, food webs and ecological pyramids.

Introduction, types, characteristics features, structure and function of the following ecosystems.

- a. Forest ecosystem
- b. Grassland ecosystem
- c. Desert ecosystem
- d. Aquatic ecosystem

#### **UNIT IV : Biodiversity and its conservation**

Introduction – Definition : genetic and ecosystem diversity. Biodiversity at global, national and local levels. **Threats to Biodiversity : habits loss, poaching of wildlife, man wildlife conflicts**

#### **UNIT V : Environmental Pollution**

Causes, effects and control measures of:

- a. Air pollution
- b. Water pollution
- c. Soli pollution
- d. Marine pollution
- e. Noise pollution

#### **UNIT VI : Social issues and the Environment**

Water conservation, rain water harvesting, watershed management. Resettlement and rehabilitation of people, its problems and concerns. Climate change, global warming, acid rain, ozone layer depletion, nuclear accidents and holocaust. Wasteland reclamation, Consumerism and waste products, Public awareness.

#### **UNIT VII : Human population and the environment**

Population growth, variation among nations, population explosion – family welfare programmes  
Environmental human health.

#### **References**

1. Agrawal, K.C. Environmental Biology (Bikaner : Nidhi Publishers Ltd.) 2001
2. Cunningham, W.P., and others. Environmental Encyclopedia (Mumbai :Jaico Publishers Home) 2001.
3. Hawakins, R.E. Encyclopedia of Indian Natural History (Bombay : Natural History Society)
4. Heywood, V.H. and Watson V.M., Global biodiversity Assessment (U.K : Cambridge University Press), 1995.

### **SEMESTER III**

#### **Kinesiology**

*Number of Contact Hours: 120 Hrs.*

#### **Course Outline**

##### **UNIT – I Introduction**

- a. Definition of kinesiology

- b. Role of kinesiology

## **UNIT – II Anatomical and mechanical fundamentals**

- a. Fundamental and anatomical position
- b. Orientation of planes and axes of motion
- c. Fundamental joint movements
- d. Terminology of muscular attachments
- e. Structural classification of muscles
- f. Functional classification of muscles
- g. Types of muscle contractions

## **UNIT – III Physiological fundamentals**

- a. Gradation of muscle contraction
- b. Reciprocal innervations and inhibition
- c. All or none law
- d. Stretch reflex

## **UNIT- IV Major characteristics of shoulder Joint, Location, attachments, and actions of muscles acting on shoulder joint.**

- a. Pectoralis major
- b. Coraco brachialis
- c. Subscapularis
- d. Biceps brachii
- e. Deltoid
- f. Supra spinatus
- g. Teres minor
- h. Latissimusdorsi
- i. Teres major
- j. Triceps brachii

## **UNIT- V Major characteristics of shoulder girdle, Location, attachments, and actions of muscles acting on shoulder girdle joint.**

- a. Pectoralis major
- b. Serratus anterior
- c. Subclavius
- d. Levator Scapulae
- e. Rhomboids

f. Trapezius.

**UNIT- VI Major Characteristics of Elbow joint, Location, Attachments, and actions of muscles acting on elbow joint.**

a. Biceps Brachii

b. Brachialis

c. Brachioradialis

d. Supinator

e. Pronator Teres

f. Pronator Quadratus

g. Triceps Brachii

h. Anconeus

**UNIT- VII Major Characteristics of Hip Joint. Location, attachments, and actions of muscles acting on hip joint.**

a. Iliopsoas

b. Pectineus

c. Rectus Femoris

d. Sartorius

e. Tensor Faciei late

f. Adductor Brevis

g. Adductor Longus

h. Adductor Magnus

i. Gracilis

j. Biceps Femors

k. Semimebranosus

l. Semitendinosus

m. GlutiusMximus

n. Gluteus medius

o. GlutiusMinimus

**UNIT- VIII Major Characteristics of Knee joint. Location, attachments, and actions of muscles acting on knee joint.**

a. Rectus femoris

b. Vastusintermedius

c. VastusLaterails

- d. VastusMedialis
- e. Sartorius
- f. Biceps Femoris
- g. Semi membranosus
- h. Semi tendinosus
- i. Popliteus
- j. Gracilis
- k. Gastrocnemius.

**UNIT- IX Major Characteristics of Ankle Joint. Location, attachments, and actions of muscles acting on ankle joint.**

- a. Tibialis Anterior
- b. Extensor DigitorumLongus
- c. Extensor HallucisLongus
- d. Soleus
- e. Flexor DigitorumLongus
- f. Flexor HallucisLongus
- g. Tibialis Posterior

**References**

1. Katharine, F. Luttgens Kathryn, Kinesiology – Scientific Basis of Human motion Singapore : Mc. Graw Will International Book Company, 1984)
2. Broer, M.R. Efficiency of Human Movement (Philadelphia : W.B. Saunders Co. 1969
3. Rasch and Burke, Kinesiology and applied Anatomy (Philadelphia : Leaand Fiber, 1967)
4. James G. Hay, The Biomechanics of Sports Techniques. Prentice hall International Inc, New Jerssy 1993.
5. Roger Bartlett, Introduction to Sports Biomechanics. E& FN SponNewYork 1997
6. Gerry Carr, Mechanics of Sport Human Kinetics, 1997

**Health Education**

*Number of Contact Hours: 120 Hrs.*

**Course Evaluation: 75 Marks**

**Course Outline**

**UNIT I - HEALTH**

Definition of Health, Dimension of Health, Determinations of Health, Spectrum of Health

## **UNIT II - DISEASE**

Disease cycle, Epidemiological triad, Methods of disease transmission, Immunity.

## **UNIT III - HEALTH EDUCATION**

Definition of Health Education, Principles of health Education, Practice of Health Education.

## **UNIT IV - HYGIENE**

Concept of Hygiene, Care of hair, Care of mouth, Care of eyes, Care of ears, Importance of rest, sleep and exercise.

## **UNIT V - COMMUNITY HEALTH**

Sources of water, Sanitary well, methods of water purification, Disposal of garbage, Sanitary latrine, Septic tank, Sewage treatment.

## **UNIT VI - NUTRITION**

Classification of food, Proximate principles of diet – Carbohydrates, Fats, Proteins, Important sources and functions of Vitamins, Minerals, Balanced diet, Food guide pyramid

## **UNIT VII - SCHOOL HEALTH SERVICES**

Importance of school health services, Health problems in the school-going child, Brief description of role of school health services- Health appraisal, Nutritional services, Mental health, Playfield safety, First aid.

## **UNIT VIII**

International and National Health Organization and agencies

## ***References***

1. J. E. Park, K. park – Text book of preventive and social medicine, Banasidas Bhanot publishers, Jabalpur, Jabalpur ,1985
2. J.E. Park, K. Park, Text book of Community Health for Nurses, Asrani Publishers, Jabalpur, 1982

## **Tests and Measurements in Physical Education**

*Number of Contact Hours: 120 Hrs.*

**Course Evaluation: 75 Marks**

## Course Outline

### UNIT 1

1. Meaning of the terms test, measurement, evolution and statistics.
2. Need and importance of test, measurement and statistics in physical education
3. Meaning of terms population and sampling, importance and principles of sampling, Techniques of sampling (Random, Stratified, Cluster and systematic sampling)

### UNIT II

1. Meaning of Single Score and quantitative data; kinds of data – continuous and discrete
2. Construction of frequency tables
3. Measures of central tendency – mean, median and mode- meaning and uses
4. Measure of variability – range, quartile deviation and standard deviation- meaning and its use
5. Percentiles and quartiles – meaning, uses and calculations
6. Graphical representation of data frequency polygon, cumulative frequency polygon, smoothed polygon or give and bar diagrams and pie diagrams

### UNIT III

1. Criteria for test selection
  - a. Scientific authenticity of technical standards (reliability, Validity, objectivity, norms)
  - b. Administrative feasibility or economy
  - c. Developmental values (Physical, Social).
2. Administration of testing programme
  - a. Advanced preparation
  - b. Duties during testing.
  - c. Duties after testing

### UNIT IV

1. Anthropometric measurements. History and importance. Techniques of taking measurements
  - a. Weight
  - b. Height
  - c. Arm length
  - d. Leg length
  - e. Chest Circumference
  - f. Upper arm girth
  - g. Calf girth.

2. Classification - purposes and values, factors to be kept in mind for classification, general method of classification. Classification Indicates (McCloy's Nelson and Cozen's Thirunarayanan and Hariharan)
3. Somato typing : Kretclmer and Scheldon's body types and their characteristics.

## UNIT V

### 1. Concept of physical fitness and general motor ability.

### 2. Measurement of fitness components.

- a. Muscular strength (isometric, isotonic and isokinetic)
- b. Muscular endurance (sit ups, pull ups)
- c. Cardio- respiratory endurance (harward step stest, coopers 12 min. run/walk test)
- d. Agility (Sluttle run, squat trust)
- e. Speed (50m. dash, 4 sec. dash)
- f. Flexibility (Sit and reachgomiometry)
- g. Power (Medicine ball throw, vertica jump standing broad Jump)
- h. Balance (Stock Stand)

## UNIT VI

1. Fitness tests
  - a. Rogers physical fitness index battery
  - b. Aahperd Youth Fitness Test
  - c. Indiana Motor Fitness Test
  - d. J.C.R. Test
  - e. Kraus- Weber Test
2. Sports skill test
  - a. Lockhart and McPhersons badminton test
  - b. Johnson Basketball ability test
  - c. McDonalad Soccer test
  - d. Broer Miller Tennis test
  - e. Brady Volleyball test
  - f. Dribbling and goal shooting test in hockey

## UNIT VII

1. Selected (Snellan's Chart)
  - a. Vision (Snellan's chart)

- b. Vital capacity (spirometer)
- 2. Nutritional Status
  - a. Measurement of nutritional status (subjective and objective method), age, height, weight table, skin fold measures
- 3. Social efficiency meaning and importance BMI
  - a. Mc Clays behaviour rating scale
  - b. Self concept

### ***References***

1. Garrett, Henry E. Statistics in Psychology and Education.
2. Bombay, Vakils, Felter and Simons Ltd. 1981.
3. Mangal, S.K. Statistics in Psychology and Education, New Delhi, Tata Mc Grew Hill publishing Company Limited, 1987.
4. Clarke, H. Harrison and Clarke. David H. Application of Measurement to Physical Education. 6<sup>th</sup> edition Englewood Cliffs, N.J. Prentice Hall Inc. 1987.
5. Johnson Barry L. and Nelson Jack K. Practical Measurements for eEvaluation in Physical Education. Delhi :Surjeet Publications 1982.
6. Mathews Donald K. Measurement in Physical Education. London W.B. Saunders Company 1973.

## **Scientific Principles of Coaching**

*Number of Contact Hours: 120 Hrs.*

**Course Evaluation:** Internal – 75 Marks

### **Course Outline**

#### **UNIT I**

Meaning and definition of sports training. Qualities and qualification of a coach qualities of a champion, definition of conditioning, training and coaching, aims and objectives of sports training, principles of sports training.

#### **UNIT II**

Training load, different types of load, adaptation, super – compensation, significance of load components (volume, intensity, density, frequencies and recovery). Overload, symptoms of overload, fatigue and tackling of over load.

### UNIT III

Planning, Short term plan (school, college, District, State, University, Inter- Varsity ,National etc. Long term plan (Asian, Commonwealth, Olympic and World level); Periodization (single, double and triple training schedule).

### UNIT IV

Definition, types and Methods of physical fitness components.

Training means for the development of motor abilities (Strength, Endurance, Speed, Flexibility and Coordinative abilities)

Technical training - Definition, Importance & Methods

Tactical training – Definition, Importance and methods

### UNIT V

Psychological skill training of the players, pep-talks, self talk before, during and after the competition, analysis of individual, group and during the training and competition. Imagery  
Relaxation Technique

### *References*

1. Frank W. Dick, Sports Training Principles Lepus Books, London, 2<sup>nd</sup> edition.
2. Hardayal Singh, Sports Training, General Theory and Methods, NSNIS, Partiala, India, 2<sup>nd</sup> edition (1990).
3. John Bun. Scientific Principles of Coaching latest edition.
4. James G. Hay, The Biomechanics of Sports Techniques Prentice Hall International Editions, 3<sup>rd</sup> edition, 1985.
5. Dr. Dietrich Harre, Principles of Sports Training Sportverling Berlin, 1982.

## **Sports Medicine**

*Number of Contact Hours: 120 Hrs.*

**Course Evaluation:** Internal – 75 Marks

### **Course Outline**

#### **UNIT-I**

1.1 History and development of Sports Medicine.

1.2 Aims and objectives of sports Medicine.

1.3 Need and Importance of Sports Medicine.

1.4 Scope of sports Medicine.

## UNIT-II

2.1 Types of injuries in sports:

2.2 Skin injuries: Abrasions, lacerations, Incisions, puncture wounds, blisters, sunburn.

2.3 Bone injuries: Fractures, Dislocations.

2.4 Soft tissue injuries: Contusions, strains, sprains, overuse injuries.

## UNIT-III

3.1 General principles of management of: Cardiopulmonary emergencies, head and neck injuries, shock, internal injuries, superficial bleeding, fractures, dislocations.

3.2 Prevention of sports injuries.

3.3 First aid in sports injuries.

## UNIT-IV

4.1 Therapeutic modalities in sports medicine: Physiological effects of heat and cold.

4.2 Brief description of procedure, indications and contraindications of infrared, paraffin Wax, Whirlpool, short wave diathermy, ultrasound, I/R Lamp, microwave diathermy, TENS unit, ice.

## UNIT-V

5.1 Brief understanding of the following regional injuries, their assessment, immediate Management and rehabilitation: Head injuries types: Scalp injuries, concussion, fracture, intra cranial bleeding, on field evaluation and management of unconscious athlete.

5.2 Shoulder girdle injuries: Fracture Clavicle, Acromoclavicular joint sprain.

5.3 Shoulder joint: Dislocations, rehabilitation of dislocated shoulder, impingement syndrome.

5.4 Elbow: Tennis elbow- rehabilitation.

5.5 Spine injuries: On field evaluation, transportation of spine injured athletes.

5.6 Low back pain: Prevention of low backache. Brief understanding of rehabilitation

5.7 Knee: Types of knee injuries, Brief understanding of rehabilitation after dislocation patella and internal derangement knee.

5.8 Thigh injuries: Quadriceps contusion, strain hamstring strain rehabilitation.

5.9 Leg-ankle: Causes of shin pain, Achilles tendonitis, ankle sprains, rehabilitation of Sprained ankle.

## UNIT-VI

6.1 Thermal injuries: Heat and Cold

**6.2 Prevention and management of heat cramps, heat fatigue, heat exhaustion, heat stroke, Hypothermia, Frostbite, cold burns.**

## **UNIT-VII**

**6.1 Brief understanding of the special problems of the female athletes.**

## **UNIT-VIII**

**8.1 Nutrition for the athlete, proximate principles of diet, pre-game meal, sugar & fluid intake during competition, carbohydrate loading.**

**8.2 Meaning, definition, classification benefits of ergogenic.**

**8.3 Doping: Definition, classification, Hazards and its control.**

**8.4 IOC, FIMS , WADA, NADO, RADO**

## **PRACTICALS**

1. First Aid for:

Soft tissue, bone & joint injuries

Training in cardiopulmonary resuscitation.

Emergency bandaging and splinting techniques.

On field evaluation and transportation of the spine injured athlete.

2. Therapeutic Modalities

(i) Cryotherapy

(ii)Thermotherapy

I/R lamps

Wax bath

(iii) Electrotherapy

## **TENS**

Short wave diatherapy

Microwave diatherapy

## **Ultra sound**

(iv) Hydrotherapy

Whirlpool

(v) Exercise therapy

Isometric exercise

Isotonic exercise

Manual massage therapy

## References

1. Roy Steven and Richer Irvin. Sports Medicine, Prentice Hall. 1983.
2. Kulund Daniel. N. The Injured Athlete, Philadelphia: J. B. Lippincott Co. 1988.
3. Booher James M. and Thibodeau Gary-A. Athletic Injury Assessment, Toronto: Mosby College Publishing. 1985.
4. Hutson M. A. Sports Injuries, Oxford: Oxford University Press. 1996.
5. Kupria, Werner. Physical Therapy for Sports, Philadelphia: W.B. Saunders Com. 1995.
6. Mellion, Morris B. Sports Injuries and Athletic Problems, New Delhi: Surjeet Publications. 1996.
7. Mottram, David R. Drugs in Sports, London: Routledge. 2004.
8. Norris, Christopher M. Sports Injuries, Oxford: Butterworth Heinmann. 1997.
9. Pandey P. K. and Gupta L. C. Outline of Sports Medicine, New Delhi: Jaypee Brothers. 1987.
10. Pandey P. K. Know How? Sports Medicine, Jalandhar: A. P. Pub. 1985.
11. Porter, Stuart. Tidy's Physiotherapy, Oxford: Buterwort-Heinemann. 2003.
12. Satpathy G.C. Sports Medicine and Exercise Science, New Delhi: Isha Books. 2005.
13. Sherry, Eugele and Bokor, Des. Sports Medicine, London: GMM Ltd. 1997.
14. Southmayd, William and Hoffman, Marshall. Sports Health, Ludhiana: Kalyani Publishers. 1998.

## SEMESTER IV

### Corrective Physical Education

*Number of Contact Hours: 120 Hrs.*

**Course Evaluation: 75 Marks**

#### Course Outline

##### UNIT 1 - INTRODUCTION

Definition of corrective Physical Education history and objectives.

##### UNIT II - MESSAGE

General principles in giving messages, Classification of Message manipulation and their therapeutic uses; Stocking manipulations; Effleurage Stroking Proper; Pressure manipulation; Kneading Petrissage, Friction, Percussion;(Tapotement) Hacking, Clapping, Beating, Pounding, Shaking Manipulations; Shaking Vibration; General Centre –indications of massage- Physiological effects of massage

### UNIT III - EXERCISE THERAPPY

**Importance of Relaxation; Classification of therapeutic movements;** passive movements – relaxed, forced, active Movements – Assisted, free, Resisted Isotonic Isometric, Isokinetic

**Physiological effects of active and passive movements** – Manual muscle strength assessment – Progressive Resistive Exercise, Fundamental positions- Lying Sitting, Standing, Kneeling, hanging and their derived positions – techniques, advantages, disadvantages, and uses

**Organisation of corrective class (Group Therapy) and its advantages.**

Aqua Therapy

Need and importance

Benefits of Aqua therapy

### UNIT IV - POSTURE AND BODY MECHANICS

Definition and concept of posture – Disadvantages of bad postures – Body types (Somato types)

Tests of posture (Posture Evaluation) Posture Grid – IOWA Posture Test New York Posture Rating Test – Foot Impressions (Pedograph) Examination of Knock Knees & bow legs.

Types of postural deviations, their causes and corrective exercises Round shoulder, Kyphosis, Lordosis, Flat(In brief) Scoliosis(In brief) Knock knees, Bow lags, Genu recurvature flat feet.

### *Reference*

1. Adapted Physical Education and Recreation Sherill Claudilethirsedn 1986, William. C. Browe Publishers IOWA, USA
2. Development and Adapted Physical Education Clarke. Harrison H. Clarke David H, Printice, INC, New Jersey, USA
3. The Principles of Exercise Therapy Gardiner Dena. M. Fourth Edn. 1981, D Bell and Hymon ltd. London

## **Management of Physical Education & Sports**

*Number of Contact Hours: 120 Hrs.*

**Course Evaluation: 75 Marks**

### **Course Outline**

#### **UNIT I - THE MANAGEMENT PROCESS**

Meaning, Importance and Scope of Management in Physical Education and sport; Major Management functions, theories and style of leadership.

## **UNIT II - MANAGEMENT STRUCTURES FOR PHYSICAL EDUCATION AND SPORT PROGRAMME**

The organization and structure of Physical Education and sport at school, college, University, district and state level, Principles and guidance for management organization and structure

## **UNIT III - FACILITY MANAGEMENT**

Play fields – Location, area standard, preparation, layout and maintenance

Gymnasium – Construction, allied, facilities, care and maintenance

Swimming Pool – Construction, Dimensions, marking, filtration and supervision of pool

## **UNIT IV - EQUIPMENT MANAGEMENT**

Need and Importance, list of equipments, types of equipment, criteria of selection, procedure of purchase, store keeping and storing, care and maintenance, repair and disposal, improvisation of equipment.

## **UNIT V - PHYSICAL EDUCATION PERSONAL AND STUDENT LEADERSHIP**

Principles of personal management, personal recruitment and selection, characteristics of physical education teachers and staff cooperation; student leadership, educational importance selection training and recognition of student leaders.

## **UNIT VI - BUDGETING AND OFFICE MANAGEMENT**

Importance of financial management, the physical education budget – source of financial support; Accounting and petty cash, Importance of efficiency management, office functions and practices

## **UNIT VII - TIME TABLE AND CLASS MANAGEMENT**

Need and importance of time table in physical Education, factors affecting time table, physical education programme and routine functions; effective class management, Planning and preparation, checking attendance and records.

## **UNIT VIII - PROGRAMME MANAGEMENT**

**INTRAMURALS** : Objective of intramurals, organization of intramurals, units of competition; the programme of activities, prizes and incentives.

**EXTRAMURALS** : Objectives of extramurals, principles of interinstitutional competitions; management personal of external programme.

## **UNIT IX - PUBLIC RELATIONS IN PHYSICAL EDUCATION**

Need and Importance, principles of public relation; public relation technique and media.

## UNIT X - SUPERVISION OF PHYSICAL EDUCATION AND SPORT

Definition, scope and principles of supervision, changing concept of supervision, techniques of supervision.

### *Reference*

1. Charles A. Buckner, Management of Physical Education and Athletic Programmes, St. Louis, C.V. Mosby Co. 1987.
2. E. Voltmer, A. Esslinger, B.F. McCua and K.G. Tillman, The Organisation and administration of Physical Education Englewood Cliffs, Prentice Hall Inc. 1979.
3. Harold J. Vander Zwag, Sports Management in Schools and Colleges, New York Macmillan Publishing Co. 1984.
4. Dr. S. Dheer and Radhika Kamala, Organization and Administration of Physical Education, New Delhi, Friends Publications 1991.
5. Forsyth and Duncan Administration of physical education New York Prentice Hall, Inc. 1951.
6. P.M. Joseph, Organization of Physical Education O.S.A.T. I.P.E. Kandivali Bombay, 1956.
7. Charles. A. Busher, Administration of Physical Education and Athletic Programmes, St. Louis, The C.V. Mosby Co. 1975.
8. Hughes and French, Administration of Physical Education New York Ronald Press Co. 1954.

## Biomechanics

*Number of Contact Hours: 120 Hrs.*

**Course Evaluation: Internal – 75 Marks**

### **Course Outline**

#### **UNIT I - Introduction**

Definition of biomechanics

Importance of biomechanics in physical education and sports

#### **UNIT II- Application of mechanical concepts force**

Definition of force

Principles of force application

Principles of force absorption

Motion

Definition of motion

Types of motion

Newton's laws of motion and their application in sports.

### **UNIT III - Aerodynamics**

#### **Projectile**

Definition of projectile

Factors influencing trajectory of projectile

Optimum conditions of projection

#### **Spin**

Definition of spin

Types of spin

Effect of spin on a ball moving through air

Effect of spin on a ball rebounding from surface

### **UNIT IV - Lever**

Definition of lever

#### **Classes of lever**

#### **Arithmetical levers**

Angle of pull

### **UNIT V - Equilibrium**

Definition of equilibrium

Types of equilibrium

Factors affecting equilibrium

Role of equilibrium in sports

Buoyancy

Centre of Gravity

### **UNIT VI - Mechanical Analysis**

#### **Walking**

#### **Running**

#### **Jumping**

#### **Throwing**

#### **Striking**

*Reference*

1. Broer, M.R. Efficiency of human movement (Philadelphia: W.B. Saunders Co., 1969)
2. Ramesh and Burke Kinesiology and applied Anatomy (Philadelphia : LeaandFibger, 1967)
3. Marlene J. Adrian and John M. Cooper, Biomechanics of Human Movement Brown & Benchmark Publishers, Iowa, 1995
4. Gerry Carr, Mechanics of sport Human kinetics, 1997

## **Adapted Physical Education**

*Number of Contact Hours: 120 Hrs.*

**Course Evaluation: 75 Marks**

### **Course Outline**

#### **UNIT I - Introduction to Adapted Physical Education**

- 1.1. Definition of disabling conditions
- 1.2. Physical Education for persons with disabilities
- 1.3. Benefits of physical education for students with disabilities
- 1.4. Recreational sports opportunities
- 1.5. Competition opportunities
  1. Special Olympics
  2. Paralympics

#### **UNIT II - Classification of disability**

- 1.1. Physical disabilities
- 1.2. Mental retardation
- 1.3. Visual impairment
- 1.4. Hearing impairment
- 1.5. Behavioral disorders
- 1.6. Characteristics and functional limitations of the above disabilities

#### **UNIT III - Adapted Physical Education Programme**

- 1.1. Guiding principles of adapted physical education programme (AAHPER principle)
- 1.2. Communication with Parents
- 1.3. Parental involvement
- 1.4. Parent Teacher association
- 1.5. Unified sports.

## **UNIT IV - Facilities and equipment for the disabled**

- 1.1. Facilities for Elementary schools, Secondary schools and colleges
- 1.2. Orientation on facilities and equipments
- 1.3. Aids for the disabled and its evaluation
- 1.4. Facilities and equipments for recreation and sport activities

## **UNIT V - Rehabilitation and Welfare Programme**

- 1.1. Importance of adapted programme in Rehabilitation
- 1.2. Functional rehabilitation
- 1.3. Psychological rehabilitation
- 1.4. Government welfare programme – Provision of special rights and privileges for the disabled through legislation
- 1.5. Social welfare programme for the disabled
- 1.6. Mass public education/ awareness programme
- 1.7. Educational approach, service approach and legislative approach

## ***References***

1. David Auxter and Jean Pyfer, “Principles and methods of adapted Physical Education and recreation” Mosby college publishing, St. Louis
2. Athur G. Miller & James V Sullivan, “Teaching Physical Activities to impaired youth” John Wilag & Sons Inc Canada
3. Ronald W. French, & Paul J., “Special Physical Education”, Charles E. Merrics Publishing Co. Edinburgh, Ohio.
4. Arthur S. Daniels “Adapted Physical Education”, Harper & Row Publisher- New York
5. K.E. Park, “Preventive Social Medicine M/s Banaraidas Bhanot Publishers Prem Nagar Jabalpur.
6. John P Winnick, Adapted physical education and sport Human Kinetics USA, 2005
7. Shekar K.C, Adapted Physical Education (khelSahitya Kendra: New Delhi) -2005
8. Gene.A. Logan Adaptations of Muscular Activity
9. Micheal, Handbook of Adapted Physical Education Equipment and its Use
10. Luke.E. Kelly, Adapted Physical Education National Standards

## **Health and Fitness Management**

*Number of Contact Hours: 96 Hrs.*

***Course Evaluation: Internal: 75 Marks***

## **Course Outline**

### **UNIT I - HEALTH AND FITNESS MANAGEMENT**

- i. Factors influencing healthy life
- ii. Occupational health
- iii. Life style diseases

### **UNIT II - Energy requirements**

- i. Caloric values of food
- ii. Assessment of calorie expenditure
- iii. Recommended nutritional intake
- iv. Nutritional need for different age groups
- v. Sports drinks and other fluid intake

### **UNIT III - Client Approach**

- i. Principles and factors of designing exercise programme
- ii. Designing prescription of exercise programmer for:
  1. Active population
  2. Differently abled
  3. Senior citizens
  4. Women during their pre and post-natal periods
  5. Weight loss
  6. Type II diabetics
- iii. Relaxation Techniques

### **UNIT IV - Establishment and Management of Fitness Centre**

- i. Layout of health club/fitness centre
- ii. Procurement of equipment
- iii. Equipment for:
  - A. Strength training
  - B. Cardio
  - C. Recovery unit
    - I. Equipment management
      - a. Operation
      - b. Maintenance
      - c. Repair

### **UNIT V- Introduction to Fitness and Wellness**

- a. Definition, Concept and need of fitness and wellness
- b. Dimensions of fitness
- c. Components of fitness and wellness
- d. Relationship between health, fitness and wellness
- e. Contemporary concept of Fitness and wellness

#### **UNIT VI - Factors influencing fitness**

- d. Anatomical fitness
- e. Physiological fitness
- f. Psychological fitness
- g. Sociological fitness
- h. Environmental fitness

#### **UNIT VII - Methods to develop fitness components**

- a. Aerobic
- b. Anaerobic
- c. Functional

#### **UNIT VIII - Nutrition and health**

- a. Work, power, energy and its units
- b. Sources of energy
- c. Micronutrients
- d. Food pyramid
- e. Balanced diet

#### ***Reference***

1. Carl Evans Platt, Health and Fitness Centres, Fitman Publishing, Long Acre London
2. Parks and Znager, Sports and Fitness Management, Human Kinetics, Champain, illinois
3. Patton, Grantham Gerson and Gegtman, Developing and Management Health & Fitness Facilities
4. Neilsol& Carl Foster ACSMS Health/ Fitness Facility Standards and Guidelines, Human kinetics Books, Champain, Illinois
5. Carl Evans Platt, Health and Fitness Centres, Fitman Publishing, Long Acre London
6. Parks and Zarger, Sports and Fitness Management, Human Kinetics, Champain, Illinois
7. Patton, Grantham Gerson and Getman, Developing and Managing Health & Fitness Facilities
8. Neilsol & Carl Foster ACSMS Health/ Fitness Facility Standards and Guidelines, Human Kinetics Books, Champain, Illinois

## Part D – Specialization

### Theory & Officiating

#### 1. TRACK & FIELD

##### FUNDAMENTAL SKILLS

##### TRACK EVENTS

1. Starting Technique – standing start Crouch start and its variations, proper use of blocks.
2. Finishing Techniques – Run, Through Forward, Lunging Shoulder shrug.
3. Relays –various patterns of Baton Exchange and understanding of relay zones.
4. Hurdles –Approach, clearance over the Hurdle (Lead leg action, Trail leg action) and recovery.
5. Middle and long distance running.
6. Steeple chase – Approach, clearance, recovery.

##### FIELD EVENTS

Long jump (hang style and running in the air style) – Approach run, Take off, flight in the air and landing.

7. High- Jump (Straddle technique and Fosbury flop) – Approach run take off, clearance over the bar and landing.
8. Triple Jump - Approach run, take off, hop stop and jump phase (action in the air) and landing.
9. Pole vault – Hand Grip and Pole carry. The run and pole plant, take off, bar clearance and landing.
10. Shot-put- Grip, stance, Glide, release and reverse. ('O' brien style)
11. Discus throw – Grip, stance, preliminary swing, turns, Releases and inverse.
12. Javelin throw – Grip, carry approach run, release and reverse.
13. Hammer throw – Grip, preliminary swing, turns, release and reverse.

#### *References*

1. Dybon, Geoffrey, G.H. The Mechanics of Athletics, London : University of London Press Ltd. 1962.
2. Deberly, d. Menneth. Modern Track and field Englewood cliffs: ,N.J. Prentice Hall Inc.

3. Hooks, Gene, Application of weight Training to Athletics, Englewood Cliffs: N. J. Prentice hall Inc. 1962
4. Malhotras, Ashokkumar, A guide to be an Athlete. Krishna Publications, New Delhi 1980
5. Mohan. V.M, Athletics for Beginners. Metropolitan Books, New Delhi.
6. Robinson, Johnson, James and Hirschi, Modern Technique of Track and Field London : Henry Kimpton Publishers 1974.
7. Ken O. Bosen, Track and Field Fundamental Technique, NIS Publications, Patiala.
8. Parachiwale. J, Athletics.

## 2. GYMNASTICS

### UNIT - I

Gymnastics in the system of Physical Education:

**Difference kinds of Gymnastics:**

- a). Basic Gymnastics
- b). Sportive Gymnastics
- c). Gymnastics for all kinds of sports

**GENERAL DEVELOPMENT EXERCISE:**

- a). General development exercise with objects
- b). General development exercise without objects

**Structural and orderly exercise**

### UNIT -II

**Gymnastic lessons: (45 minutes, 90 minutes, 180 minutes)**

**Acrobatic exercise: Mobile games:**

**Variation of applied exercises for Gymnastic lesson.**

### UNIT - III

**CLASSIFICATION OF FREE EXERCISES:**

- a) Free exercises with object
- b) Free exercises without object

**JUMPS**

- a) Simple Jumps
- b) Complex jumps

**Practical material on dynamic exercises: Exercises on apparatus.**

### UNIT IV

Apparatus measurements: Terminology of Gymnastics: Training periods: Various types of Gymnasium halls.

#### **UNIT-V**

Types of Gymnastics: Important competitions at National and International level  
Rules of Gymnastics and their interpretations.

#### **UNIT –VI**

Organizing and conducting competitions:  
Types of Gymnastic competitions, competition attire:  
Introduction of code of points 1989 edition.

#### **UNIT –VII**

History of Gymnastics:  
Distinguished Personalities connected with Gymnastics  
Requirements of A, B, C, D parts elements.

#### **UNIT-VIII**

Seating of judges in different competitions.  
Evaluation of compulsory and optional exercises.  
Rhythmic Gymnastics for women.

#### ***Reference***

1. Tom De. Cario, Hand book of progressive Gymnastics, prentice Hall Inc. Englewood Cliffs N.J. (1963).
2. John Goodbody, The Illustrated History of Gymnastics, Stanley Paul, London Melbourne, Sydney, Auckland (1976)
3. Tony Murdock and Nikstuart, Gymnastics, Franklin Watts, London , New York, Toronto, Sydney (1985)
4. Don Tonry and Barbara Tonry, Sports Illustrated women's Gymnastics -2. LippinCot ;& Crowell Publishers, New York (1980) ISBN – 0690-01906 -8 (v.2) pbk.
5. Phyllis Cooper and Milan Trnka, Teaching Gymnastic skills to Men & Women, Surjeet Publications, Delhi, India (1962).
6. Anne Williams, Curriculum Gymnastics, A Teacher's guide to theory and practice, Hodder and Stoughton, London, Sydney, Auckland, Toronto (1987).

### **3. AQUATIC SPORTS:**

#### **UNIT – I**

Introduction to swimming, diving and water polo and their historical development with special reference to India and World.

## UNIT – II

Important championships organized at National and Inter-national levels, distinguished personalities related to swimming, diving and water polo

## UNIT – III

Fundamental Skills, entry into the pool, floating, bobbing, kicking, reading swimming on the stomach, swimming on the back, standing dive, simple jumping.

## UNIT – IV

Swimming strikes – front crawl – body position, legs, arms movements and breathing; back stroke – body position; legs, arms and combined movements and breathing, Butterfly – Dolphin, body alignment, movements of legs and arms movements, breathing and co-ordination.

## UNIT – V

Starts and turns of all strokes, front start, back stroke start, front crawl, throw away turn, back crawl, spin turns with head out and head under, Breast stroke and butterfly open turns.

## UNIT – VI

Diving – Fundamentals of informal diving and spring board diving ; forward dive – approach, take off, flight and entry into the water (plain, jack knife and saw) backward dive starting position, take-off, flight and entry in the water (short back dive and long back dive)

## UNIT – VII

Water polo-fundamental offensive skills defensive skills, tactics (individual and group) goal keeping, various systems of attack and defense.

## UNIT – VIII

Rules and regulations of competitive swimming, diving and water polo, officials and their duties, swimming – pool specifications, construction maintenance and supervision of swimming pool, objective tests, selection of swimmers, short and long term camps.

## *References*

1. Coling Hardy, Handbook for the Teacher of swimming, Felham Books, London (1987)
2. Dr. Gerhard Lwin, Swimming Sportverlag, Burling (1979)
3. John A. Torney Jr. and Robert D. Clayton, Teaching Quatics Surgeet Publications, New Delhi (1982)

## 4. HOCKEY

### I. History and development

(i). In India    (ii). In Asia    (iii). In the World

II. Important tournaments held at National and International levels and distinguished persons related to the games.

### III. Organization

#### (i). National Level

- (a). National level Federation and its affiliated units
- (b). National, States and University level competitions
- (c). Coaching Canters

#### (ii). International level

- (a). International Federation and its affiliated bodies
- (b). Main International Competitions (Olympic Games, World Cup, Asian Games)

### IV. Officiating:

- (i). Rules and their interpretation
- (ii). Preparation and maintenance of playfield
- (iii). Duties and powers of officials
- (iv). Specification of equipment and players kit.

### V- TECHNIQUE

- a). Rolling
- b). Dribbling
- c). Push – straight push, reverse push, wrong foot push.
- d). Stopping – Straight stopping, Right, left, side stopping. Reverse stopping
- e). Hit – Straight hit, wrong foot hit, reverse hit, turn around and hit.
- f). Flick – Straight Flick, Reverse Flick, wrong foot flick
- g). Scoop – Straight scoop, push scoop
- h). Tackling –
  - 1. Shadow tackling
  - 2. Lurching tackling
  - 3. Feinting tackling
  - 4. Tackling in retreat
- i). Dodging – Simple dodge
  - Dodging right and left side of the opponent
- j). Passings –

1. Parallel pass

2. through pass

3. Return Pass

4. Back Pass

5. Cross Pass

6. Deflection

#### VI. SET PLAYS

Penalty corner, Penalty stroke corner, 16 yards hit (in attack and defense)

#### VII. POSITIONAL PLAY

(a). Goal Keeper

(b). Full backs

(c). Half backs

(d). Forwards

#### VIII. PRINCIPLES OF ATTACK AND DEFENCE

#### IX. SYSTEM OF PLAY OR FORMATION

(a). The pyramid system

(b). 4-2-3-1-1- system

(c). 4-2-4-1- system

#### X.TACTICS

(a). Individual Tactics

(b). Group Tactics

(c). Team Tactics

(d). Essential of Tactics

### *Reference*

Gansingh and Kukuwalia, Learn Hockey this way, International Hockey Institute, New Delhi (India), 1979.

1. Chris Moore, Discovering Hockey, Partridge Press, London 1988

2. Horst Wein, The Science of Hockey, Felham Books, London. Revised Edition, 1985.

## 5. BASKETBALL

### UNIT-I.

Historical development of games in India, Asia and world organizations, tournaments, compositions of various levels, distinguished personalities, Arjuna Awardees in Basketball, Need and importance of general and specific Motor, Physiological, anthropometric and socio-psychological traits.

## **UNIT –II.**

Offensive fundamentals – player’s stance, ball handling, passing, receiving, different types of passing and drills, static and dynamic receiving, legal stop (stride, scoot), pivoting (front and rear). Dribbling –start and stop of dribble, high low and combination of dribbles.

## **UNIT – III.**

Shooting-Lay-up shot and its variations; set shot, jump shot, hook shot, fade away shot, dunk shot and tip-in, Rebounding, offensive, defensive, Block/Box out, rebound organization (offensive and defensive) two handed and one hand rebound; ; lead-up games and drills.

## **UNIT – IV.**

Rules, regulations and their interpretations; duties of officials, coach and captain, game observation-individual and groups, scouting and statistical analysis of players and matches; objectives and subjective tests.

## **UNIT-V - OFFENSIVE TACTICS**

Individual passing fakes, shooting fakes, dribbling fakes, body and step fakes, Reverse dribble, change of pace and direction different ways of cutting, cross-over dribble. Combined tactics-give and go, criss-cross, pick and roll, splitting the post, post plays, out numbering situations, out of bound situations, jump ball situations, free throw situations, last movement situations.

## **UNIT –VI**

individual defensive – guarding a man without the ball, with the ball, cutter, pivot player, the shooter and over guarding defensive tactics – strict to man, sliding, switching, sand witching, coupling, fronting.

## **UNIT –VII.**

Offensive team game-fast break attack, freelance offense, passing game, offense against man-man; offense against zone defense, various system of attack, set plays and moves, Defensive game man to man defense, floating man-man; pressing man-man defense, man to man cum zone defense; different systems of zone defense, flexible man-man defense

## **UNIT-VIII.**

Selection of teams and organization of short term camps; teaching and coaching aids and gadgets; lay-out, construction and maintenance of playground, equipment management, precautions and remedial measures of basketball injuries.

## **Reference**

1. Abbas Moontasir, Principles of Basketball, Skanda publications, Bombay.
2. Ebert Cheatum, Basketball, W.B. Saunders Company
3. Robert a Fox. The complete Hand book of individual skills, Basketball. Prentice hall, Englewood Cliffs, New Jersey.
4. Paul Stimpson, Basketball. The skills of the game, The Crow-wood Press, Ramsbury, Marlborough, Wiltshirs.
5. Roget Haun, Basketball Drills from college coaches, Parket Publishing Co.Inc, West Nyack, New York.
6. Doan Smith, Basketball Multiple Offense and Defense, Prentice Hall, Inc. Engle Wood Cliffs, New Jersey

## **6. FOOTBALL**

- I. Introduction of the game, History and development of the game with special reference to India.
- II. (a) Organization set-up of the game in the world and in India
  - i. Important competitions held at National and International levels.
  - ii. Distinguished players of the game
- III. General techniques. Drills and lead up activities.
- IV. Fundamental factors of Soccer Strategy
  - (a). System of play : Definition Development of the System of play from Heroic Age of Soccer to the present day of total football.
  - (b). Tactics: Definition, Classification, General tactics, applied tactics- Tactics of attack and defense.
- V. Game Analysis:
  - (a). Analysis of the individual game
  - (b). Analysis of the collective work
- VI. Rules and their interpretations. Duties of officials, officiating lay out and preparation of the play field

## **References**

1. C. Sanadi, Arpad, Soccer, Budapest; Medicine Konyukloads 1978.
2. The Football Association, Referees 'Chart and Players' Guide to the laws of Association Football. London Pan Books (Lat.ed)

3. Hughes, Charles, The Football Association Coaching Book of Soccer. Tactics and skills, London: British Broadcasting Corporation and Mac Donald Queen Anne Press, 1987.
4. MC Getligan, James P. Complete Book of Drills for Winning Soccer, New York: Paret, 1980.
5. Morris, Desmond. The Soccer Tribe, London: Jonathan Cape, 1981.
6. Wade, Allen. The F.A. Guide to Training and Coaching, London: William. H. Einemann Ltd. 1981.
7. The Guinness Book of Soccer. Facts and Feats. Great Britain Guinness Superlatives Ltd. (Latest edition)

## **7. CRICKET**

### **UNIT-I**

- 1.1 History and development of cricket- Bodyline and Ashes Series. Historical Development of Cricket in England, Australia, West Indies, South Africa, New Zealand, India, Pakistan, Sri Lanka, Zimbabwe and Bangladesh.
- 1.2 History of Women's cricket.
- 1.3 History of Indian cricket.
- 1.4 History of One-day cricket
- 1.5 History of World Cup Cricket

### **UNIT-II**

- 2.2 Cricket Controlling Bodies and its Organizational Set up- ICC, MCC and TCCB
- 2.3 Organizational setup, aims and objectives of B. C. C. I.
- 2.4 Standing committees of B. C. C. I.
- 2.5 Major tournaments organized by B. C. C. I.

### **UNIT-III**

- 3.1 Layout and maintenance of the oval.
- 3.2 Dimensions of the field.
- 3.3 Pitch- Types of Pitches and preparation and maintenance of a Turf Wicket
- 3.4 Essential equipments, measurements of equipments.
- 3.5 Teaching Aids.
- 3.6 Warming up, importance of warming up.

### **UNIT-IV**

- 4.1 Fundamental skills-Batting-Basics, Defensive strokes, Attacking strokes, Modern Improvised strokes, running between the wickets and Drills to improve the batting skills

- 4.2 Bowling-Basics, out swinger, In swinger, Reverse swing, Off spin and its variations, Leg spin and its variations and Drills to improve the bowling skills.
- 4.3 Fielding-Ground fielding. (Stationary, on the run and Slide stop) Catching. (High,Low, Flat and Reflex Catching)
- 4.4 Wicket Keeping-Drills to improve the wicket keeping skills.

#### UNIT-V

- 5.1 The laws of cricket with interpretations.
- 5.2 Officials in Cricket
- 5.3 Umpires and their duties.
  - a. Duties before the match
  - b. Duties during the interval.
  - c. Duties after the match.
- 5.4 Signals, Unofficial and additional signals

#### UNIT-VI

- 6.1 Captaincy: Qualities of a good captain.
- 6.2 Duties of captain
- 6.3 Symptom of bad captaincy.

#### UNIT-VII

- 7.1 Criteria for selection of players at various levels.
- 7.2 Warming up, conditioning and training process.
- 7.3 Training methods.
- 7.4 Planning a Coaching camp: Annual, Weekly and daily plan.

#### UNIT-VIII

- 8.1 Psychological qualities of cricket player.
- 8.2 Method of developing psychological qualities. Psychological Skills Training.

#### UNIT-IX

- 9.1 Injuries in cricket, prevention and first aid.
- 9.2 Nutrition for cricket players.

#### UNIT-X

- 10.1 Modern Trends in Cricket
- 10.2 Cricket Vocabulary, Award winners and Records.

#### *Reference*

1. A Handbook of Practical Training in Cricket, Mumbai: Jaico Publishing House, 1998.
2. Bose, Mihir. A History of Indian Cricket, New Delhi: Rupa & Co. 1990.
3. Bradman, Donald. The Art of Cricket, London: Robson Books. 1998.
4. Coaching Youth Cricket, Australian Cricket Board, New York: Human Kinetics. 2000.
5. Elliot, Bruce et.al. The Science of Fast Bowling, Mumbai: Marine Sports. 2001.
6. Rundell, Michael. The Dictionary of Cricket, London: George Allen & Unwin. 1985.
7. Smith, Tom. New Cricket Umpiring and Scoring, London: Weidenfeld & Nicolson. 2004.
8. Stewart, Alec. The Young Cricketer, London: DK. 1999.
9. The Laws of Cricket (2000 Code 2nd Edition 2003) Issued by BCCI.
10. Tyson, Frank. Learn Cricket with Frank Tyson, New Delhi: Rupa & Co. 2002.
11. Wills Book of Excellence: Cricket, Hyderabad: Orient Longman Limited. 1987.
12. Wisden Cricketer's Almanack 2006.
13. Cox, Richard. H. "Teaching Volleyball", New Delhi, Surjeet Publications.
14. Viera, Barbara Laun "Teaching Volleyball, steps to success campaign, Illinois : Leisure Press 1989.
15. Nicholes, Keith : "Modern Volleyball for teacher, coach and player " London: Lepus Books, 1978.
16. Cozansky, Sue "Championship Volleyball Techniques and Drills" New York. Parker Publishing Co. Inc 1983.
17. Nicholas, Keith "Volleyball the skills of the game" Great Britain: The crowood Press, 1986.

## 8. VOLLEYBALL

- I. History and development of Volleyball at world, Asia and India. Organisational set up of the game at international, national and state level. Important competitions at various levels. Distinguished players of the game.
- II. Rules and interpretations. Duties of officials.
- III. Fundamental techniques: Volley pass, dig pass, smash, service, block, rolls & dives and its variations.
- IV. Tactics and systems of Play: Individual and group tactics. Systems of service reception, system of attack, systems of defence etc.
- V. Analysis of the game and scoring, lead-up games, Arjuna Award Winners, layout, construction and maintenance of grounds; teaching aid and gadgets.
- VI. Selections of team and organization of short term camps. Tests and measurements.

### *Reference*

1. Cox, Richard H, "Teaching Volleyball", New Delhi, Surjeet publications.
2. Viere, BarbareLaun, "Teaching Volleyball, steps to success" Champaign, Illinois : Leisure press 1989.
3. Nicholas, Koith, "Modern Volleyball for teacher, coach and player", London: Lepus books, 1978.
4. Cozansky, Sue "Championship Volleyball Techniques and Drills" New York, Parker Publishing co.inc. 1983
5. Nicholas, Keith "Volleyball the skills of the game" Great Britain: The Crowood Press, 1986.

## **9. HANDBALL**

1. Introduction of the game and historical development with special reference to India

2. Important tournaments held at National and International levels

3. Rules and their interpretations

4. Duties of officials

5. Fundamental skills

5.1 passing and receiving techniques

5.1.1 Overhead pass

5.1.2 Push pass

5.1.3 Wrist pass

5.1.4 Bounce pass

5.1.5 Behind the back pass

5.2 Ball Reception techniques

5.2.1 catching at chest level

5.2.2 Catching below waist

5.2.3 Catching at sides

5.2.4 Catching at head height

5.2.5 Catching in the air

5.3 Dribbling

5.3.1 High Dribbling

5.3.2 Low Dribbling

5.4 Shooting

5.4.1 Straight shots

5.4.2 Jump shot long

5.4.3 Jump shot high

5.4.4 Wing shot

6. Positional play in attack & defense- basic positions and physical & motor qualities required for each position

7. Drills and Lead-up games

**Note: A minimum of two drills to be taught for each skill**

## *Reference*

1. Clanton Reita and Dwight Marry Phyl, Team Handball steps to Success, Human Kinetics publications, 1997.
2. Sykes and Pennycook, Olympic Handball, Stanley publications, London, 1991

## **10. KHO-KHO**

1. Introduction of the game
2. Origin, history and development of the game

3. Important tournaments:

State, National & International level

4. Rules of the game

a. Interpretation and its application

5. Fundamental skills

Running, Chasing, Pole turning, Dodging and Faking

A. Chasing skills

Giving kho (technique of giving kho-kho)

i. Proximal method

ii. Distal method

Moving on the cross lanes and attacking

i. Quadruped method

ii. Biped

iii. Combination

Advance kho & its variation

Pole turning and its variation

Pole drive: Running dive with fake and dive

Dive: Running, steady, side dive

B. Dodging skills

a. Chain game

i. Single chain (Six single up)

ii. 3-6 up

iii. 1-3-3-1 up

6. Initial and subsequent positions of the defender

7. Ring game

a. Long ring and shot ring game

b. Front ring, back ring game with fake

8. Counter action for advance kho

9. Order of running

10. Rules of the game

11. Duties of officials

**Note: A minimum of two drills to be taught for each skill**

## **Reference**

1. Selvaraj.V.N,Hand book for Kho Kho Officials, Selvaraj PET, Printo Hi-Tech :Sivakasi

## **11. KABADDI**

1. Introduction of the game

2. History and development of the game

3. Ancient and modern forms of kabaddi

4. Important tournaments held at National & International level

5. Rules, regulations and its interpretations

6. Offensive skills

a. Structure of raid, raiding foot work types of raiding work, changing directions during raid.

b. Touches

i. Hand touch types of hand touch

ii. Toe touch types of toe touches

iii. Kicking, types of kick

c. Raiding tactics

i Pursuit, types of attacks

7. Defensive skills

a. Fielding: Basic positions and movement of the anties

b. Individual holds

i. Ankle hold, wrist hold

ii. Thigh hold, knee hold

iii. Wrist hold, blocking

c. Chain holds

- i. Corner chain hold (Left and Right)
  - ii. Centre chain hold (Left and Right)
  - iii. Following chain hold
  - iv. combination holds
8. System of play
  - a. Seven players, six players
  - b. Mobile system
  - c. Fixed system
9. Counter skills
  - a. Escape from the ankle hold knee hold and thigh hold
  - b. Escape from the chain hold
10. Defensive and offensive raid
  - a. Raid on different number of anties & situations

### ***Reference***

1. E. Prasad Rao, modern coaching in kabaddi, DVS publications, New Delhi, 1994
2. The complete handbook on kabaddi, E. Prasad Rao, Jagadamba publication Andhra Pradesh, 2004
3. Rules of Kabaddi published by AKFI (2007), L.B stadium, Hyderabad