

**SCHEME & SYLLABUS**  
*B.P.E.S.(Three Years)*  
**Choice Based Credit System**



**Department of Physical Education**  
**UIE**  
**Sant Baba Bhag Singh University 2019**

# **BPES (Bachelor of Physical Education & Sports)**

## **1. AIM OF THE COURSE**

The degree of BPES Bachelor of Physical Education & Sports (Choice Based Credit System) is an inter disciplinary science involving fields related to education, human behaviors, sports and science. The purpose of the three years degree course is to provide a longer period of professional preparation in physical education and sports, This is professional course which enables students to get jobs like physical education teacher in schools, fitness experts, training instructor in police organization, corporate sector etc

## **2. ELIGIBILITY FOR ADMISSION**

Candidate for admission to Bachelor of Physical Education & Sports (BPES) shall be required to have passed Higher Secondary or 10+2 or equivalent course conducted by the Government of Punjab or any other equivalent system recognized by the Government of based on the admission criteria .

### **a) Other Requirements:**

- i Candidate seeking admission to BPES must qualify the Physical Fitness Test (Appendix-I)
- ii Be free from Physical Deformities.
- iii Should be Medically Fit to undergo the course.

## **3. ELIGIBILITY FOR LEET ADMISSION**

Candidate seeking admission through lateral entry (LEET) for admission to Bachelor of Physical Education & Sports (BPES) shall be required to have passed Two year DPED or CPED conducted by the Government of Punjab or any other equivalent system recognized by the Government of based on the admission criteria will be admitted in third Year of BPES Regular Course.

**APPENDIX – I**

<b>PHYSICAL FITNESS TEST (QUALIFYING)</b>			
<b>Male</b>			<b>Female</b>
<b>a</b>	<b>100 mts</b>	<b>A</b>	<b>100 mts</b>
<b>b</b>	<b>Shot put (16lbs)</b>	<b>B</b>	<b>Shot put (8lbs)</b>
<b>c</b>	<b>Broad Jump.</b>	<b>C</b>	<b>Broad Jump.</b>
<b>d</b>	<b>Vertical Jump.</b>	<b>D</b>	<b>Vertical Jump.</b>
<b>e</b>	<b>12 minutes run and walk.</b>	<b>E</b>	<b>8 minutes run and walk.</b>



**BPES First Year (First Semester)**

**Theory Subjects**

Sr. No	Course Area	Subject Code	Subject Name	Contact Hours (L:T:P)	Credits (L:T:P)	Total Contact Hours	Total Credit Hours
1	ENG-I	ENG101-19	General English-I	3:0:0	3:0:0	3	3
2	DSCIA	PED125-19	Foundation of Physical Education	4:0:0	4:0:0	4	4
3	DSC1-B	PED127-19	Rule of game and sports (Theory Part-1 Basketball, Kabaddi and Kho-Kho)	4:0:0	4:0:0	4	4
4	DSE-1	PED129-19	Exercise Physiology	4:0:0	4:0:0	4	4
5	AECC-1A	PED131-19	Basics of Physiotherapy	4:0:0	4:0:0	4	4
				0:0:4	0:0:2	4	2
Practical		PED133-19	Practical-1 (Drill Marching and Fundamental Positions)				

**Total Contact Hour: 23**

**Total Credit Hour: 21**

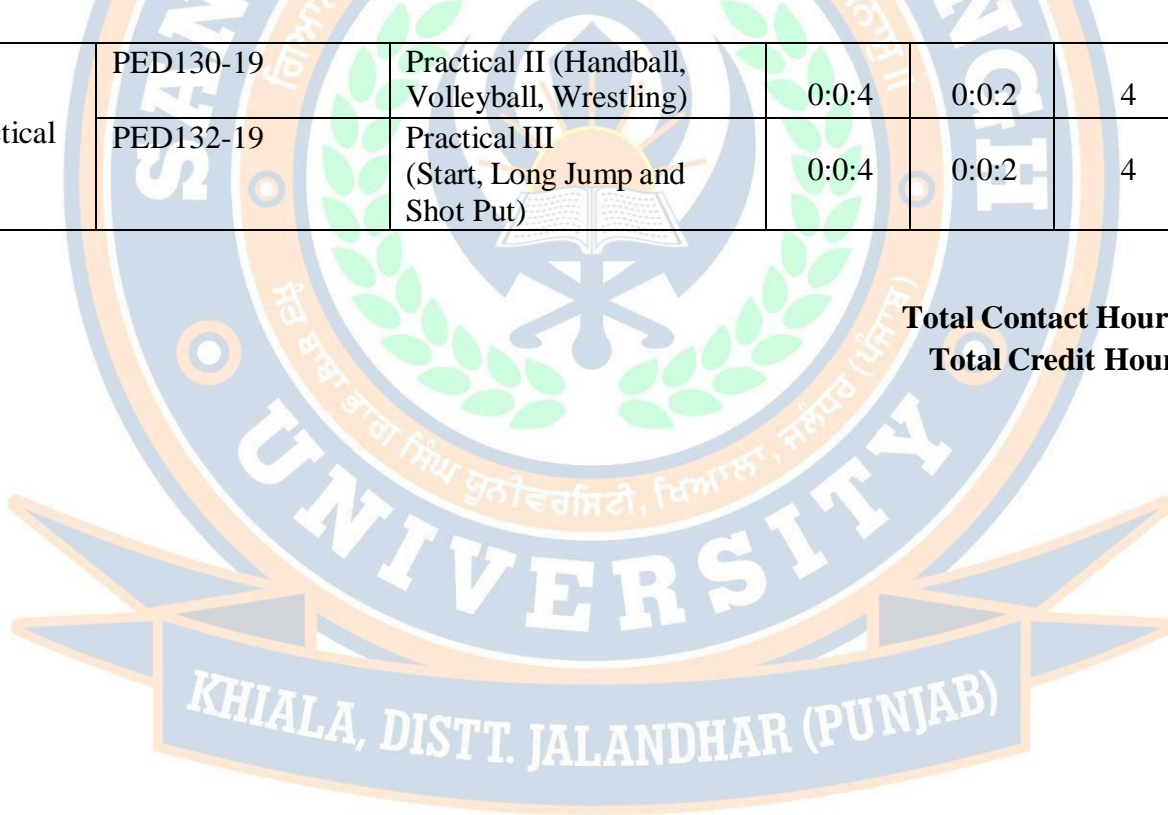


**BPES First Year (Second Semester)**

Sr. No	Course Area	Subject Code	Subject Name	Contact Hours (L:T:P)	Credits (L:T:P)	Total Contact Hours	Total Credit Hours
1	MIL-1	PBI/HCP HIN 102-19 ENGCOM	Punjabi/ History and Culture of Punjab Hindi English Commutation	3:0:0	3:0:0	3	3
2	DSEII	PED126-19	Anatomy And Physiology	4:0:0	4:0:0	4	4
3	DSCII-A	PED128-19	Rules of Games and Sports theory Part II (Volleyball, Swimming and Gymnastic)	4:0:0	4:0:0	4	4
4	AECC-I B	EVS-101-19	Environmental Studies	3:0:0	3:0:0	3	3
5	Practical	PED130-19	Practical II (Handball, Volleyball, Wrestling)	0:0:4	0:0:2	4	2
		PED132-19	Practical III (Start, Long Jump and Shot Put)	0:0:4	0:0:2	4	2

**Total Contact Hour: 22**

**Total Credit Hour:18**

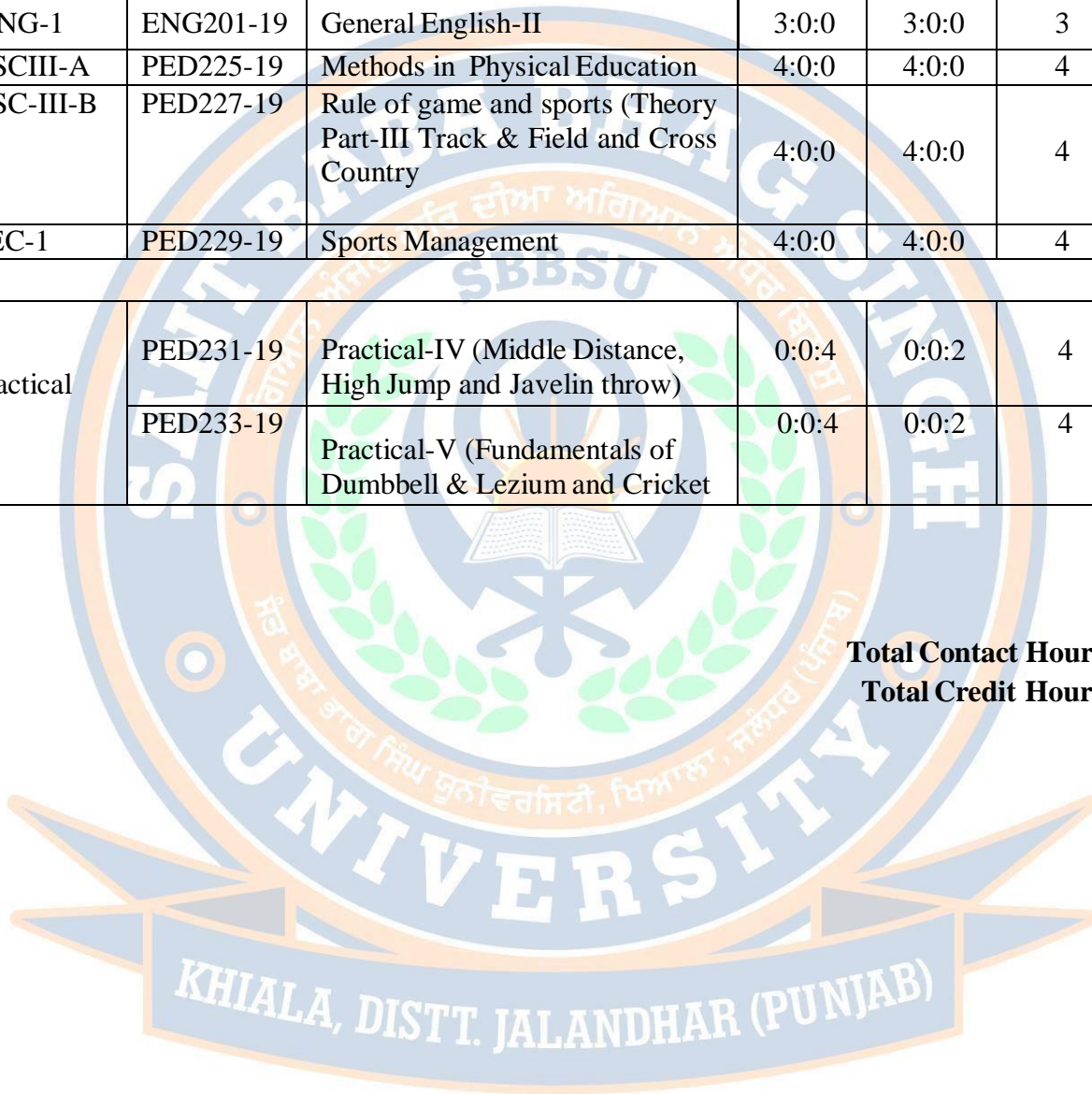


**BPES Second Year (Third Semester)**

Sr. No	Course Area	Subject Code	Subject Name	Contact Hours (L:T:P)	Credits (L:T:P)	Total Contact Hours	Total Credit Hours
1	ENG-1	ENG201-19	General English-II	3:0:0	3:0:0	3	3
2	DSCIII-A	PED225-19	Methods in Physical Education	4:0:0	4:0:0	4	4
3	DSC-III-B	PED227-19	Rule of game and sports (Theory Part-III Track & Field and Cross Country	4:0:0	4:0:0	4	4
4	SEC-1	PED229-19	Sports Management	4:0:0	4:0:0	4	4
5	Practical	PED231-19	Practical-IV (Middle Distance, High Jump and Javelin throw)	0:0:4	0:0:2	4	2
		PED233-19	Practical-V (Fundamentals of Dumbbell & Lezium and Cricket	0:0:4	0:0:2	4	2

**Total Contact Hour: 23**

**Total Credit Hour: 19**

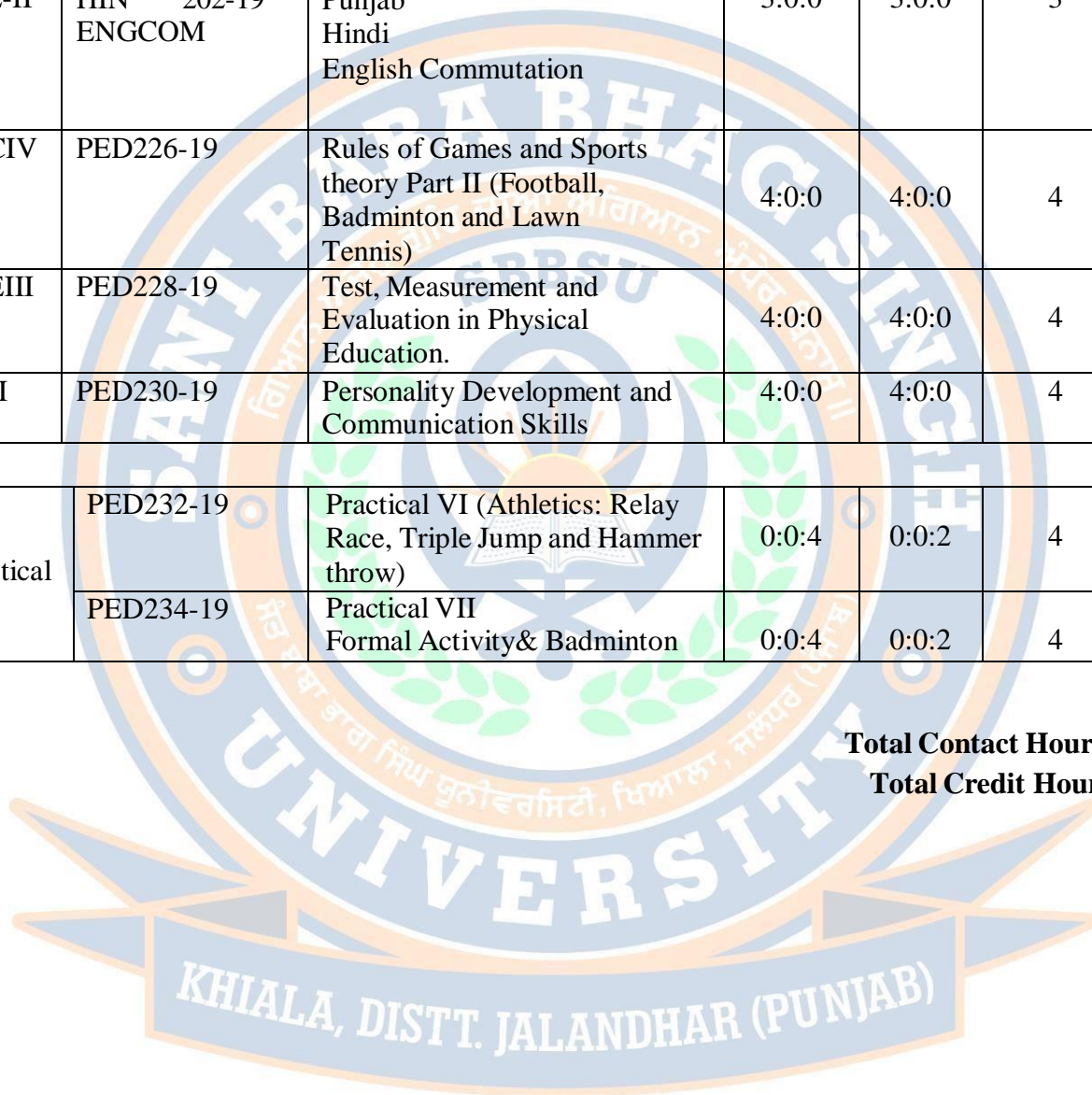


**BPES Second Year (Fourth Semester)**

Sr. No	Course Area	Subject Code	Subject Name	Contact Hours (L:T:P)	Credits (L:T:P)	Total Contact Hours	Total Credit Hours
1	MIL-II	PBI/HCP HIN 202-19 ENGCOM	Punjabi/ History and Culture of Punjab Hindi English Commutation	3:0:0	3:0:0	3	3
2	DSCIV	PED226-19	Rules of Games and Sports theory Part II (Football, Badminton and Lawn Tennis)	4:0:0	4:0:0	4	4
3	DSEIII	PED228-19	Test, Measurement and Evaluation in Physical Education.	4:0:0	4:0:0	4	4
4	GE-I	PED230-19	Personality Development and Communication Skills	4:0:0	4:0:0	4	4
5	Practical	PED232-19	Practical VI (Athletics: Relay Race, Triple Jump and Hammer throw)	0:0:4	0:0:2	4	2
		PED234-19	Practical VII Formal Activity& Badminton	0:0:4	0:0:2	4	2

**Total Contact Hour: 23**

**Total Credit Hour:19**



**BPES Third Year (Fifth Semester)**

Sr. No	Course Area	Subject Code	Subject Name	Contact Hours (L:T:P)	Credits (L:T:P)	Total Contact Hours	Total Credit Hours
1	ENG-III	ENG301-19	General English-III	3:0:0	3:0:0	3	3
2	DSC-V-A	PED305-19	Recreation, Camping and Leadership	4:0:0	4:0:0	4	4
3	SEC-I	PED307-19	Introduction of Adapted Physical Education	4:0:0	4:0:0	4	4
4	DSC-V-B	PED309-19	Rule of game and sports (Theory Part-V (Handball, Cricket and Net Ball))	4:0:0	4:0:0	4	4
5	GE-II	CSE222-19	Computer Application in Physical Education	2:0:0	2:0:0	2	2
6	Practical	PED311-19	Practical-VIII (Long Distance Races and Pole Vault)	0:0:4	0:0:2	4	2
		PED313-19	Practical-IX (Games: Kabaddi, Basketball, Football)	0:0:4	0:0:2	4	2

**Total Contact Hour: 25**

**Total Credit Hour: 21**



**BPES Third Year (Sixth Semester)**

Sr. No	Course Area	Subject Code	Subject Name	Contact Hours (L:T:P)	Credits (L:T:P)	Total Contact Hours	Total Credit Hours
1	MIL-III	PBI/HCP HIN 302-19 ENGCOM	Punjabi/ History and Culture of Punjab Hindi English Commutation	3:0:0	3:0:0	3	3
2	DSCVIA	PED306-19	Scientific Principal of Sports Training	4:0:0	4:0:0	4	4
3	DSEVI-B	PED308-19	Rules of Games and Sports theory Part VI (Rule of Game Hockey and Softball)	4:0:0	4:0:0	4	4
4	DSE-IV	PED310-19	Sports Psychology	4:0:0	4:0:0	4	4
5	Practical	PED312-19	Practical X (Athletics: Hurdles, competitive walk & Road Race ,Discus Throw)	0:0:4	0:0:2	4	2
		PED314-19	Practical XI Teaching Practice	0:0:4	0:0:2	4	2

**Total Contact Hour: 23**

**Total Credit Hour: 19**

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**Number of Courses:**

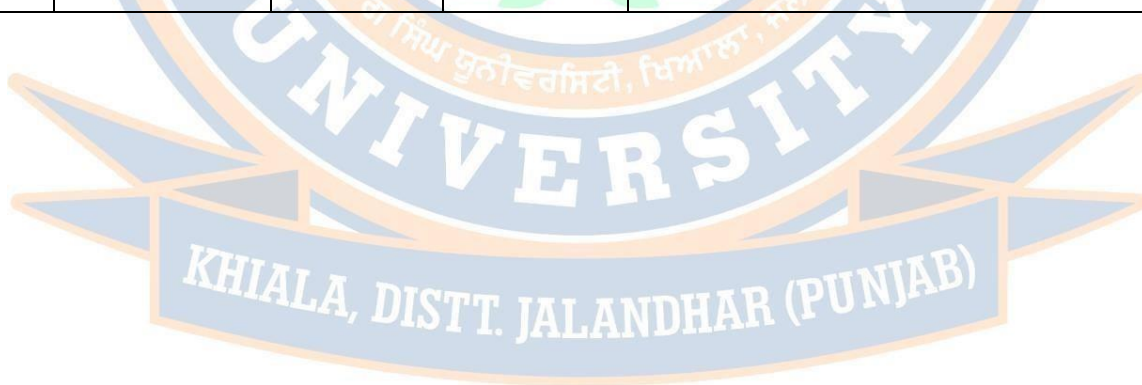
Semester	Course with Credits							
	MIL	ENG	DSC	DSE	SEC	AECC	GE	PR
i.		01	02	--	---	01		1
ii.	01		01	--	---	01		2
iii.		01	02	01	01	---		2
iv.	01		01	01	---	---	01	2
v.		01	02	01	01	---	01	2
vi.	01		02	01	---	---	---	2
	03	03	10	04	02	02	02	11

**TOTAL NUMBERS OF PAPERS = 37**



Sr. No.	Specify of Area	Course Area	Course Code	Subject Name
<b>1</b>	<b>Core</b>			
	a.	DSCIA	PED125-19	Foundation of Physical Education
	b.	DSCIB	PED127-19	Rules of Games and Sports I(Basketball, Kho-Kho, Kabaddi)
	c.	DSCIIA	PED128-19	Rules of Games and Sports II ( Volleyball, Swimming & Gymnastic)
	d.	DSCIIIA	PED225-19	Methods in Physical Education
	e.	DSCIIIB	PED227-19	Rules of Games and Sports III (Track & Field & Cross Country)
	f.	DSCIV	PED226-19	Rules of Games and Sports IV (Ball badminton, Football & Tennis)
	g.	DSCVA	PED305-19	Recreation, Camping and Leadership
	h.	DSCVB	PED309-19	Rules of Games and Sports V(Handball, Cricket and Netball)
	i.	DSCVIA	PED306-19	Scientific Principals of Sports Training
	j.	DSCVIB	PED308-19	Rules of Games and Sports VI (Hockey and Softball)
<b>2</b>	<b>Skill Enhancement Course</b>			
	a.	SECIA	PED229-19	Sports Management in Physical Education
	b.	SECIB	PED307-19	Introduction to Adapted Physical Education
	c.	ENGI	ENG101-19	Alternative Semester (1,3,5)
	d.	MIL	PBI102-19	Alternative Semester(2,4,6)
<b>3</b>	<b>Discipline Specific Elective</b>	Choose any Four		
	a.	DSEI	PED129-19	Exercise Physiology Kinesiology & Biomechanics
	b.	DSEII	PED126-19	Anatomy and Physiology Corrective Physical Education
	c.	DSEIII	PED228-19	Test, Measurement and Evaluation Science Of Yoga
	d.	DSEIV	PED310-19	Sports Psychology
<b>4</b>	<b>Generic Elective</b>	Choose any Two		
	a.	GEI	PED230-19	*Personality Development and Communication Skill *Sports Journalism

	<b>b.</b>	GEII	CSA222-19	Computer Application in Physical Education
<b>5</b>	<b>Ability Enhancement Compulsory Course</b>			
	<b>a.</b>	AECCIA	PED131A	Basics of Physiotherapy
	<b>b.</b>	AECCIB	EVS101-19	Environmental Study
<b>6</b>	<b>Practical</b>			
	<b>a.</b>	PRI	PED133-19	Formal Activity :Drill Marching Bands & Fundamantal Positions
	<b>b.</b>	PRII	PED130-19	Games: Handball, Volleyball, Wrestling
	<b>c.</b>	PRIII	PED132-19	Athletics: Start, Long Jump ,Shot Put
	<b>d.</b>	PRIV	PED231-19	Athletics:Middle Distance
	<b>e.</b>	PRV	PED233-19	Practical-V (Fundamentals of Dumbbell & Lezium and Cricket
	<b>f.</b>	PRVI	PED232-19	Practical VI (Athletics: Relay Race, Triple Jump and Hammer throw)
	<b>g.</b>	PRVII	PED234-19	Practical VII Formal Activity& Badminton ,Kho-kho
	<b>h.</b>	PRVIII	PED311-19	Practical-VIII (Long Distance Races and Pole Vault)
	<b>i.</b>	PRIX	PED313-19	Practical-IX (Games: Kabaddi, Basketball, Football
	<b>j.</b>	PRX	PED312-19	Practical X (Athletics: Hurdles, competitive walk & Road Race ,Discuses Throw)
	<b>k.</b>	PRXI	PED314-19	Practical XI Teaching Practices



<b>Course Area</b>	<b>ENG-I</b>
<b>Course Code</b>	<b>ENG101-19</b>
<b>Course Title</b>	General English-I
<b>Type Course</b>	Theory
<b>L T P</b>	3:0:0
<b>Credits</b>	3
<b>Course Pre-requisite</b>	+2
<b>Course Objective (CO)</b>	<ol style="list-style-type: none"> <li>1. The students will critically read and analyze the prescribed texts.</li> <li>2. The students will demonstrate effective word choice, vocabulary, idioms, grammar and sentence structure allowing accurate communication of meaning in written work.</li> <li>3. The students will recognize the correct usage of present/past/future tenses in contextualized speech.</li> </ol>
<b>SYLLABUS</b>	

#### UNIT I

**Tales of Life:** The Umbrella (Henry Rene Albert Guy de Maupassant), The Story Teller (H.H. Munro Saki)

**Prose for Young Learners:** Universal Declaration Of Human Rights (U.N. Charter), Symptoms (Jerome K. Jerome)

**Murphy's English Grammar:**

#### UNIT II

**Tales of Life:** The Lament (Anton Pavlovich Chekhov), the Luncheon (William Somerset Maugham)

**Prose for Young Learners:** On Spendthrifts (A.G.Gardinar), The Power of Women (Richard Gardon) A Dialogue On Democracy (Albert Sydney Horby)

#### UNIT III

**Tales of Life:** The Shroud (Prem Chand)

**Prose for Young Learners:** A Dialogue On Democracy (Albert Sydney Horby)

#### UNIT IV

**English Grammar in Use:** Unit 1 to Unit 25

**Text and Reference books:**

S.No.	Author(S)	Title	Publisher
1	Singh, S	Tales of Life	Press and Publication Department, Guru Nanak Dev University, Amritsar.
2	Tewari, A. K, Midha, V.K,	Prose For Young Learners	Publication Bureau, Guru Nanak Dev University,

	Sharma, R.K		Amritsar
3	Murphy, R	English Grammar in Use	Cambridge University Press

<b>Course Area</b>	<b>DSC-IA</b>
<b>Course code</b>	<b>PED125-19</b>
<b>Course title</b>	Foundation of Physical Education
<b>Type of course</b>	Theory
<b>L T P</b>	4:0:0
<b>Credits</b>	4:0:0
<b>Course Prerequisite</b>	+2
<b>Course objective (CO)</b>	After the completion of the course , student will be able to : 1. Understand the scope & importance of Physical Education. 2. Understand the historical development of Physical Education. 3. Explain foundation of Physical Education. 4. To enable to understand the principles of Physical Education.
<b>SYLLABUS</b>	

#### **UNIT-I**

Meaning, Definition, Aim and Objective of Physical Education. Scope, Need and Importance of Physical Education in Modern Society. Relationship of Physical Education with General Education.

#### **UNIT-II**

National programme of physical education. National Institution of Physical Education & sports - NSNIS Patiala, LNIPE Gwalior, Sports Authority of India (SAI), SAI Training Centre Scheme,

#### **UNIT-III**

History of Physical Education in India, Division of Ancient Period, British Period Till 1947. Physical Education in India after Independence, Greece, Rome, Germany, China, USA. History And Role of Indian Olympic Association. Associations, National Games, Asian Games, SAF Games, Common Wealth Games.

#### **UNIT-IV**

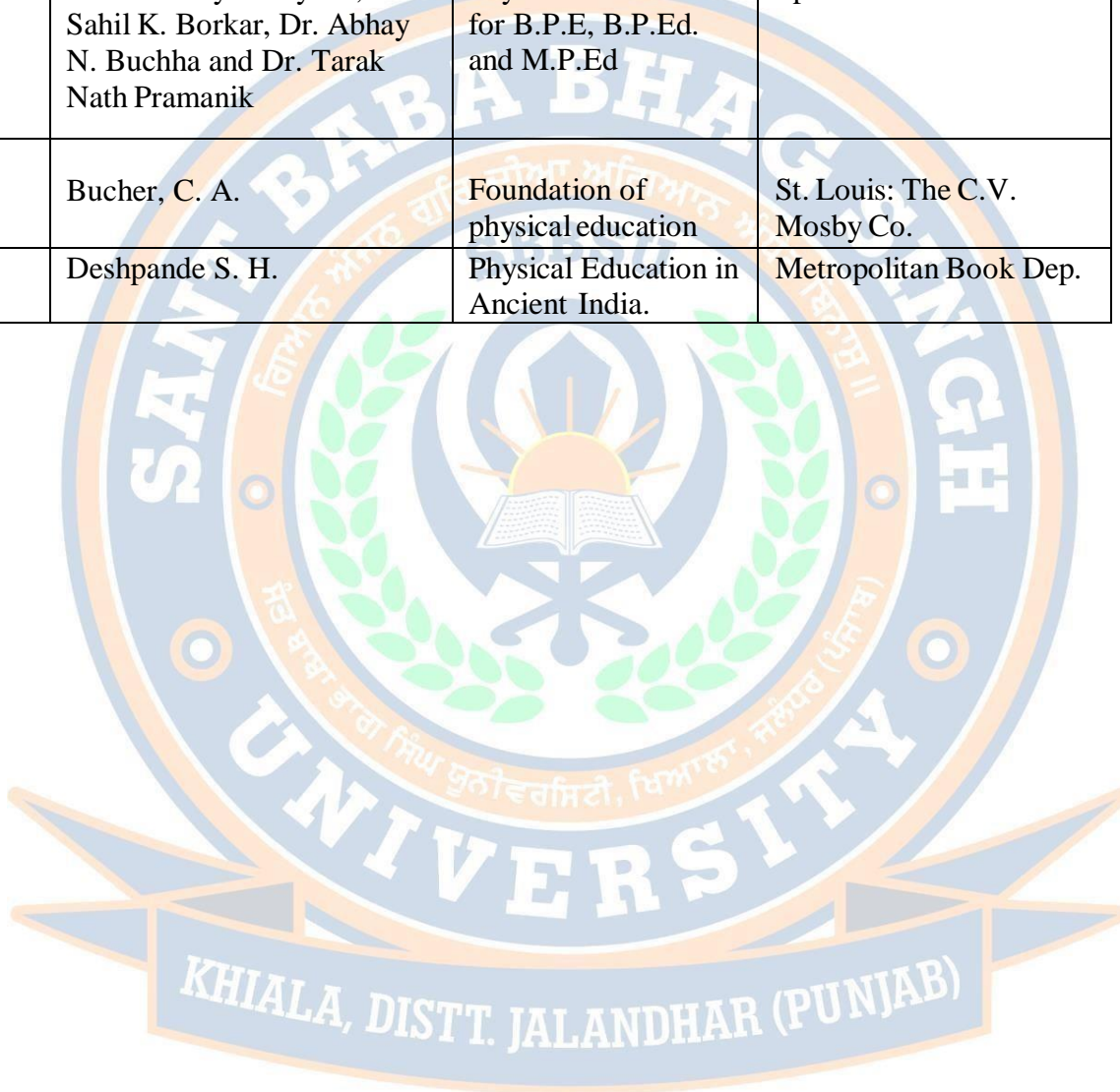
Olympic Movement and its Impact in Physical Education And Sports. Games and Sports As Man's Cultural Heritage, Role of Games And Sports in National And International Integration.

Sports Awards — Arjun Award, Rajiv Gandhi Khel Rattan Award, Maulana Abul Kalam Azad Trophy, Dhyanchand life Time Achievement Award And Dronacharya Award.



## Reference Books

S. No.	Author(S)	Title	Publisher
1	Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rashpal Singh Brar	Physical Education for B.P.E, B.P.Ed. and M.P.Ed.	Kalyani Publishers Ludhiana
2	Prof. V. Satyanarayana, Dr. Sahil K. Borkar, Dr. Abhay N. Buchha and Dr. Tarak Nath Pramanik	Physical Education for B.P.E, B.P.Ed. and M.P.Ed	Sports Publication
3	Bucher, C. A.	Foundation of physical education	St. Louis: The C.V. Mosby Co.
4	Deshpande S. H.	Physical Education in Ancient India.	Metropolitan Book Dep.



<b>Course Area</b>	<b>DSC-IB</b>
<b>Course code</b>	<b>PED127-19</b>
<b>Course title</b>	Rule of game and sports (Theory Part-1 Basketball, Kabaddi and Kho-Kho)
<b>Type of course</b>	Theory
<b>L T P</b>	4:0:0
<b>Credits</b>	4:0:0
<b>Course Prerequisite</b>	+2
<b>Course objective (CO )</b>	After the completion of the course , student will be able to : 1 Understand the scope & importance of Games. 2 Understand the historical development of Games. 3 Gain knowledge about the games. 4 To enable to understand the rules and regulations of the games..
<b>SYLLABUS</b>	

**UNIT: I**

Origin, History and development of the game- International, National and State Level Organizations and Trophies.

**UNIT : II**

Fundamental Skill- Lead Up Games - Various System of Play – Selection of Players.

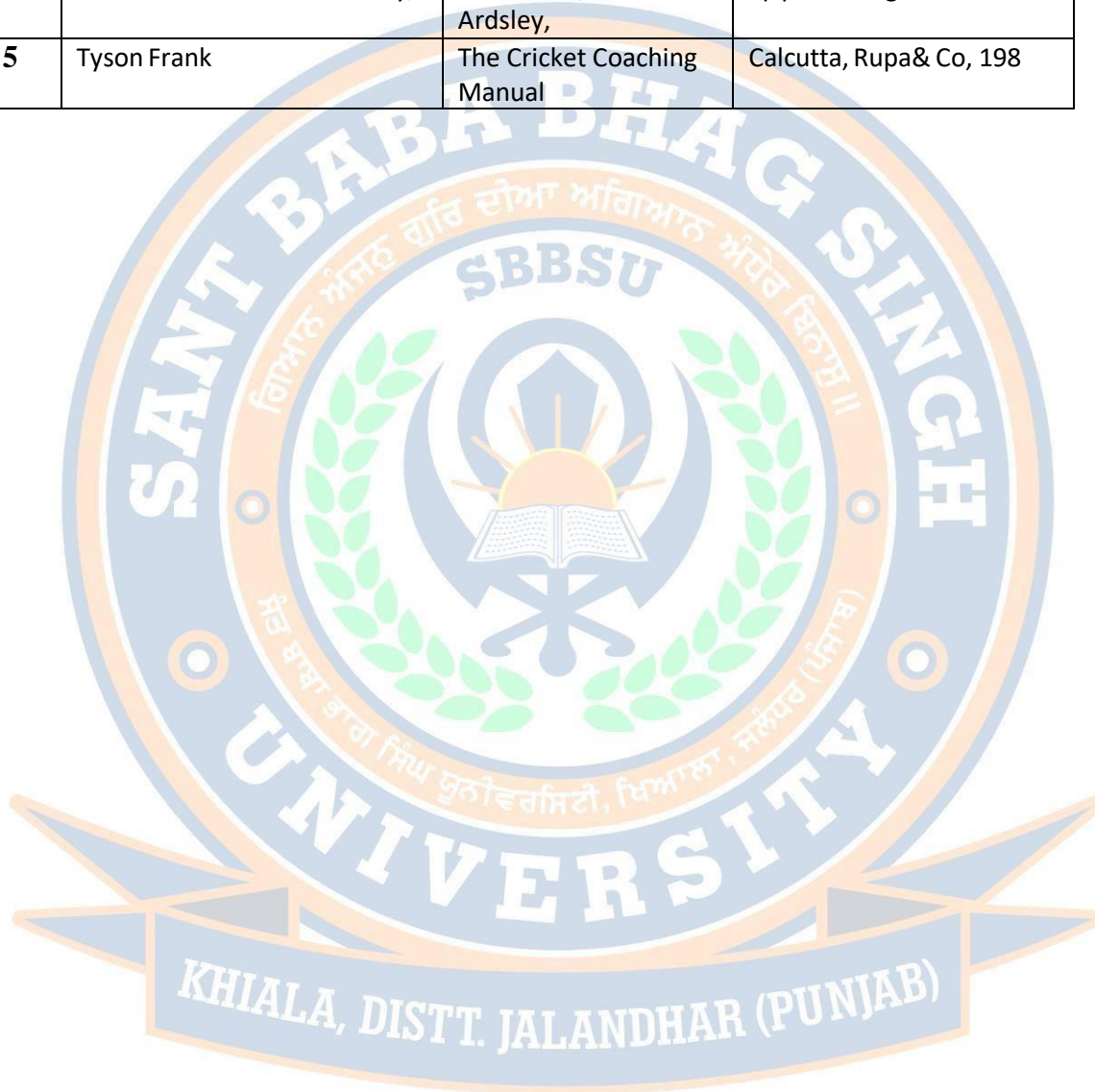
**UNIT: III**

Training: Warm-up and Warm down - Technical Training – Tactical Training –Coaching Program.

**UNIT: IV**

Layout of Playfield with all Measurements, Facilities and equipment and its specifications Rules and their Interpretation, Methods of Officiating, Duties of Officials

S. No.	Author(S)	Title	Publisher
1	Ballon B. Ralph	Teaching Basketball Delhi	Surjeet Publication 1982
2	Dr. Ajmer Singh	KHO-KHO Rules Book.	Kalyani Publishers
3	WeinHarat	The Science of Kabaddi”	London Pelham Books, 1979.
4	Coleman Brain and Peter Ray,	Basket ball, Eash Ardsley,	Ep publishing Ltd 2007.
5	Tyson Frank	The Cricket Coaching Manual	Calcutta, Rupa& Co, 198



<b>Course Area</b>	<b>DSE-1</b>
<b>Course code</b>	<b>PED129-19</b>
<b>Course title</b>	Exercise Physiology
<b>Type of course</b>	Theory
<b>L T P</b>	4:0:0
<b>Credits</b>	4:0:0
<b>Course Prerequisite</b>	+2
<b>Course objective</b>	1. Understand the term of Physiology. 2. Understand the various systems of the body. 3. To enable to understand the importance of Physiology in Physical Education. 4. Explain the effect of exercise and training on various systems of our body.
<b>SYLLABUS</b>	

#### **UNIT-I**

Exercise Physiology: Meaning, Nature, Scope and Importance of Exercise Physiology in Games and Sports.

Muscle movement mechanism: Sliding filament theory.

#### **UNIT-II**

Exercise and Systems: Effect of Exercise on muscular System.

Ergogenic agents: Pharmacological agents (Alcohol, Amphetamines, Caffeine, Cocaine, Diuretics, Morphine)

#### **UNIT-III**

Exercise and Systems: Effect of Exercise on Respiratory and Cardiovascular..

**Nutrition and Athletic Performance:** Nutrition and Training components of diet, Nutrition for performance.

#### **UNIT-IV**

**Competition And Meals :** Carbohydrate loading, Pre-event meal, feeding during exercise, fluid ingestion during and after exercise. **Obesity and Health:** Precautions, Energy Expenditure, Treatment.

## Reference Books

S. No.	Author(S)	Title	Publisher
1	Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rashpal Singh Brar	Physical Education for B.P.E, B.P.Ed. and M.P.Ed.	Kalyani Publishers Ludhiana
2	Prof. V. Satyanarayana, Dr. Sahil K. Borkar, Dr. Abhay N. Buchha and Dr. Tarak Nath Pramanik	Physical Education for B.P.E, B.P.Ed. and M.P.Ed	Sports Publication
3	Gupta, M. and Gupta, M. C	Body and anatomical Science	Delhi: Swaran Printing Press
4	Guyton, A.C	Textbook of Medical Physiology	9th edition. Philadelphia: W.B. Saunders
5	Singh, S	Anatomy of physiology and health education	Ropar: Jeet Publications



<b>Course Area</b>	<b>AECC-1A</b>
<b>Course code</b>	<b>PED131-19</b>
<b>Course title</b>	Basics of Physiotherapy
<b>Type of course</b>	Theory
<b>L T P</b>	4:0:0
<b>Credits</b>	4:0:0
<b>Course Prerequisite</b>	+2
<b>Course objective</b>	<ol style="list-style-type: none"> <li>1. Understand the term of Physiology.</li> <li>2. Understand the various systems of the body.</li> <li>3. To enable to understand the importance of Physiology in Physical Education.</li> <li>4. Explain the effect of exercise and training on various systems of our body.</li> </ol>
<b>SYLLABUS</b>	

#### **UNIT I**

Meaning, definition and application of physiotherapy in the field of physical education Review of the principles of mechanics applied to Exercise Therapy, Force, Composition, and Muscle work group action of muscles, angle of pull and mechanical efficiency of the muscles.

#### **UNIT II**

Starting Positions: Describe the following starting positions, their muscle work, effects and uses. Specify the importance and derived position for each, Standing, Kneeling, Sitting, Lying and Hanging. Definition of terms related to stretching; tissue response towards immobilization and elongation; determinants of stretching exercise

#### **UNIT III**

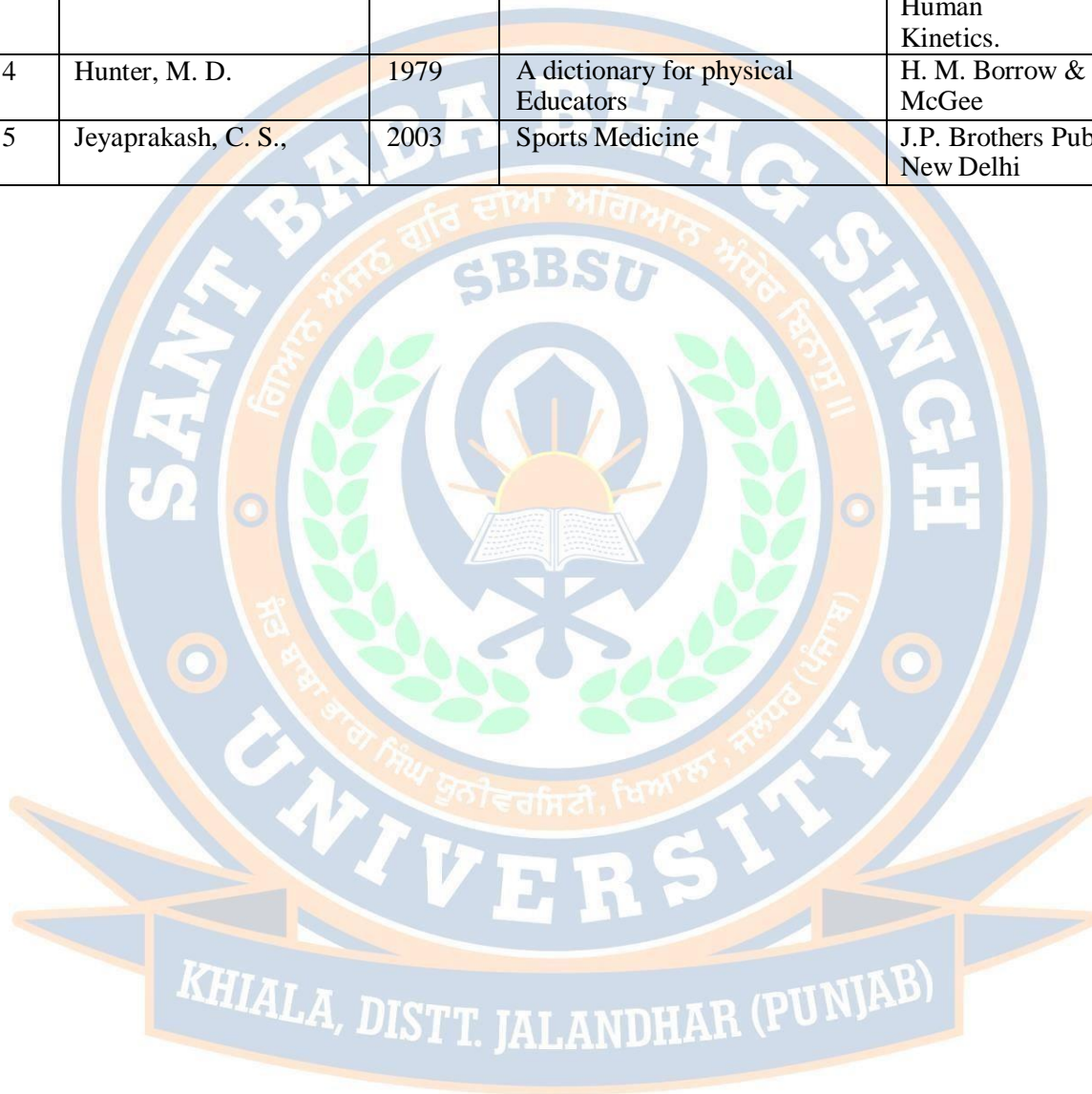
**Classification of therapeutic exercises:** Technique, effects, therapeutic uses, Active exercise, (free, active, active assisted, resisted). Passive exercises: Relaxed passive movement, forced passive movement. Mobilization exercises of the joints region-wise- passive, active

#### **UNIT IV**

**Massage:** Classify, define and describe: effleurage, stroking, kneading, petrissage, deep friction, vibration and shaking etc Techniques, sequence and preparation for massage of upper limb, lower limb, back and face.

### Reference Book

S. No.	Author(S)	Year	Title	Publisher
1	Christine, M. D.,	1999	Physiology of sports and Exercise	USA: Human Kinetics
2	Conley, M	2000	Bioenergetics of exercise Training	T.R. Baechle, & R.W. Earle
3	David, R. M	2005	Drugs in sports	Champaign, IL: Human Kinetics.
4	Hunter, M. D.	1979	A dictionary for physical Educators	H. M. Borrow & R. McGee
5	Jeyaprakash, C. S.,	2003	Sports Medicine	J.P. Brothers Pub., New Delhi



<b>Course Area</b>	<b>Practical</b>
<b>Course Code</b>	<b>PED133-19</b>
<b>Course Title</b>	Formal Activity: Drill Marching & Fundamental Positions
<b>L T P</b>	0 0 4
<b>Credits</b>	2
<b>Course pre-requisite</b>	+2
<b>Course Objective</b>	1.To Improve neuromuscular co-ordination
	2.To improve co-ordination among the students
	3.To improved basic fundamental positions.
	4. To know about commands.
	<b>SYLLABUS</b>

### UNIT-I

Apparatus/ Light apparatus Grip

1. Attention with apparatus/ Light apparatus
2. Stand – at – ease with apparatus/ light apparatus
3. Exercise with verbal command, drum, whistle and music – Two count, Four count, Eight count and Sixteen count.
4. Standing Exercise
5. Jumping Exercise
6. Moving Exercise
7. Combination of above all

### References:-

S.No	Authors	Title	Publisher
1	Dr. A.K. Srivastava	Book of Rules of Games and Sports	Sports Publication
2	Becky Oakes	Track and Field and Cross Country Rules	NFHS
3	U.S.A. Track and Field	Track & Field Coaching Essentials	Human Kinetics; 1 edition

<b>Course Area</b>	<b>MIL-I</b>
<b>Course Code</b>	<b>PBI102-19</b>
<b>Course Title</b>	Punjabi
<b>Type of Course</b>	Theory
<b>LTP</b>	3:0:0
<b>Credits</b>	3
<b>Course Prerequisite</b>	+2
<b>Course objectives</b>	<ol style="list-style-type: none"> <li>1. ividAwrQI AwDuink pMjwbI kvIAW dI jIvnI qoN jwxU hoxgy[</li> <li>2. ividAwrQIAW nUM AwDuink pMjwbI kivqw dI ivSYgg jwxkwrI ho jwvygI[</li> <li>3. ividAwrQIAW iv`c ryKw ic`qrW dw AiDAYn krn dw hunr auqpMn hovygw[</li> <li>4. ividAwrQIAW nUM pMjwbI DunIN ivauNqbMDI sMbMDI igAwn hwisl ho jwvygw[</li> <li>5. ividAwrQI pMjwbI aup- BwSwvW nUM pCwnxXog ho jwxgy[</li> </ol>
	<b>pwTkRm</b>

**Bwg-pihlw**

1. AwDuink pMjwbI kivqw: BweI vIr isMG (rauN ru^, smW, ie`Cw bl qy fUMGIAW SwmW), DnI rwm cwiqRk(rwDw sMdyS, isdkW vwilAW dy byVy pwr ny), pRo. pUrn isMG(purwxy pMjwb nUM AwvwzW), &IrozdIn Sr&(kurbwnI, ^Yr pMjwbI dI), pRo. mohn isMG(Awau n`cIey, nvW kOqk), nMd lwl nUrpurI(cuMm cuMm r`Ko, mzdUr), AMimRqw pRIqm(bwrW mwh, sMXog ivXog), fw. hrBjn isMG(qyry hzUr myrI hwizrI dI dwsqW), iSv kumwr btwlvI(ibrhoN dI rVHk, z^m), surjIq pwqr(cONk ShIdW `c ausdw Awi^rI BwSx, Zzl)

**Bwg-dUsw**

2. pMjwb dy mhwn klwkwr(lyK): ky. AY~l. sihgl, bVy gulwm AlI KW, soBw isMG, ipRQvIrwj kpUr, BweI smuMd isMG[

**Bwg-qIsw**

3. pMjwbI DunI ivauNq : aucwrn AMg, aucwrn sQwn qy ivDIAW, svr, ivAMjn[

**Bwg-coQw**

4. BwSw vMngIAW: BwSw dw tkswlI rUp, BwSw Aqy aup- BwSw dw AMqr, pMjwbI

aupBwSwvW dy pCwx icMnH[

**hvwlw pusqkW**

	<b>LyKk</b>	<b>Pusqk</b>	<b>PbilSr</b>
1.	sMpWdk, iF`lON; h.s. Aqy srgoDIAw; p.s.	do rMg	pblIkySn ibaUro, gurUu nwnk dyv XUnIvrstI, AMimRqsr
2.	gwrG I; b.	pMjwb dy mhwn klwkwr	pblIkySn ibaUro, gurUu nwnk dyv XUnIvrstI, AMimRqsr
3.	isMG; h.	pMjwbI bwry	pMjwbI XUnIvrstI, pitAwlw
4.	isMG; qIrQ (fw.)	pMjwbI AiDAwPn	AY~s. jI. pbilSrZ, jlMDr
5.	syKoN; suKivMdr isMG (fw.) Aqy syKoN; mndIp kOr	pMjwbI BwSw dw AiDAwPn	kilAwXI pbilSrZ, luiDAwxw



<b>Course Area</b>	<b>MIL-I</b>
<b>Course code</b>	<b>HCP102-19</b>
<b>Course title</b>	History and Culture of Punjab
<b>Type of course</b>	Theory
<b>L T P</b>	3:0:0
<b>Credits</b>	3
<b>Course Prerequisite</b>	NA
<b>Course objectives (CO)</b>	<ol style="list-style-type: none"> <li>1. The Student will acquire the knowledge about Punjab and its Historical Resources.</li> <li>2. The Student will understand the Harppan Culture and different Vedic Periods.</li> <li>3. The Students will analyze the Alexander's invasions.</li> </ol>
	<b>SYLLABUS</b>

#### **Unit I**

Ancient Punjab: Physical features, Political, Social, Economic, Geographical, Religious impact on History, Historical Sources: Literacy, Archaeological, Harappan Culture: Extent and Town Planning.

#### **Unit II**

Harappa Culture: Social, Economic and Religious life; Causes and Disappearance, Rig Vedic Age: The rise of Indo Aryans, Main features of the life in Early Vedic Age, Later Vedic Age: Political, Economic, Social, and Religious life of Later Vedic Aryans.

#### **Unit III**

Caste system: Origin and Evolution, The Epics: Historical importance of Ramayana and Mahabharata, Political condition on eve Alexander's Invasion.

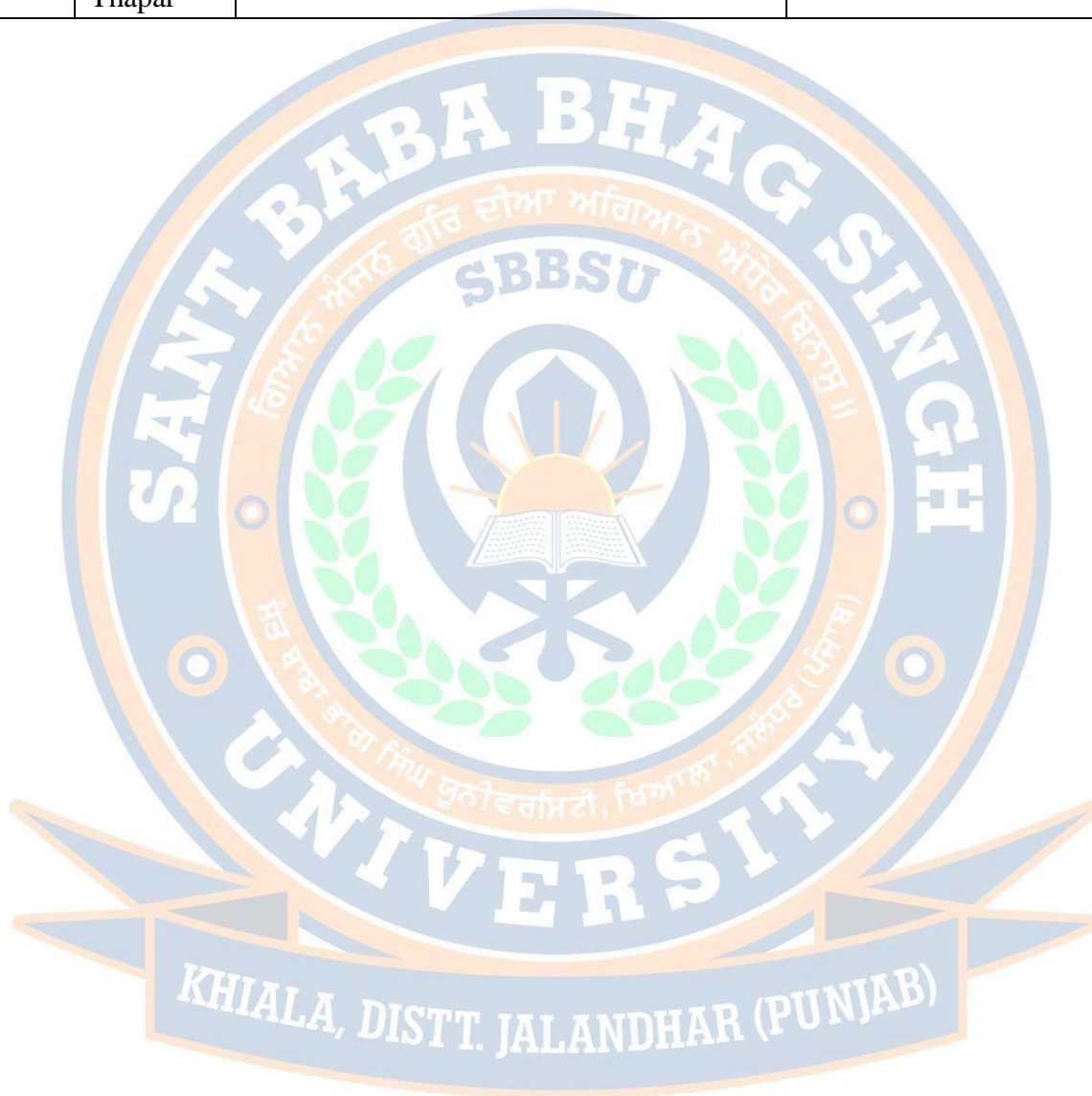
#### **Unit IV**

Impact of Alexander's Invasion on Social and Culture Life., Position of Women: Harppan, Early Vedic and Later Vedic Age.

Important Historical places of Punjab: Mohenjo-Daro, Harappa, kotla Nihang khan, Sanghol, Banawali, Taxila, Hastinapur, Indraprastha, Srinagar, Sakala, Purusapura

**References Books:**

S.NO.	Author's	Title	Publisher
1	Sukhdev Sharma	History And Culture Of Punjab	New Academic Publisher
2	Romila Thapar	A History of India, Vol. I	Penguin Books



Course Area	MIL-I
Course Code	HIN101-19
Course Title	Hindi
Type of Course	Theory
L T P	3 0 0
Credits	3
Course Pre-requisite	
Course Objectives(CO)	<p>After completion of this course, students will be able to :</p> <ol style="list-style-type: none"> <li>1. To develop understanding of the significance of Hindi as a subject in the present context.</li> <li>2. To analyze the factors influencing learning Hindi and to develop the understanding of the significance of basic competencies in language acquisition.</li> <li>3. To understand the nature, characteristics of Language and mother-tongue as well as the use of language.</li> <li>4. To enable student-teachers to teach basic language skills such as listening, speaking, reading and writing and integrate them for communicative purposes.</li> </ol>

#### भाग 1 -

##### dforkykd%

dchj] jSnkl bl [kaM esa ls dfo&ifjp;] dfork&lkj rFkk mís'; laca/kh iz'u iwNs tk;asxsA  
ltho dgkfu;kj % 'krjat ds f[kykM+h] eerk] a]

##### fgUnh&lkfgR; dk bfrgkl

vkfndky dk ukedj.k] dky&lhek

#### भाग 2 -

##### dforkykd%

xq#ukud nso] bl [kaM esa ls dfo&ifjp;] dfork&lkj rFkk mís'; laca/kh iz'u iwNs tk;asxsA

ltho dgkuh : ekSr ds eqjg es

##### fgUnh&lkfgR; dk bfrgkl

vkfndky : ifjLFkfr;kj] izo`fr;kj

#### भाग 3 -

##### dforkykd%

lwjnk] ehjckbZ] bl [kaM esa ls dfo&ifjp;] dfork&lkj rFkk mís'; laca/kh iz'u iwNs tk;asxsA

ltho dgkfu;kj : vf'kf{kr dk ân;] U;k; ea=h

##### fgUnh&lkfgR; dk bfrgkl

HkfDrdky dh ifjLFkfr;k

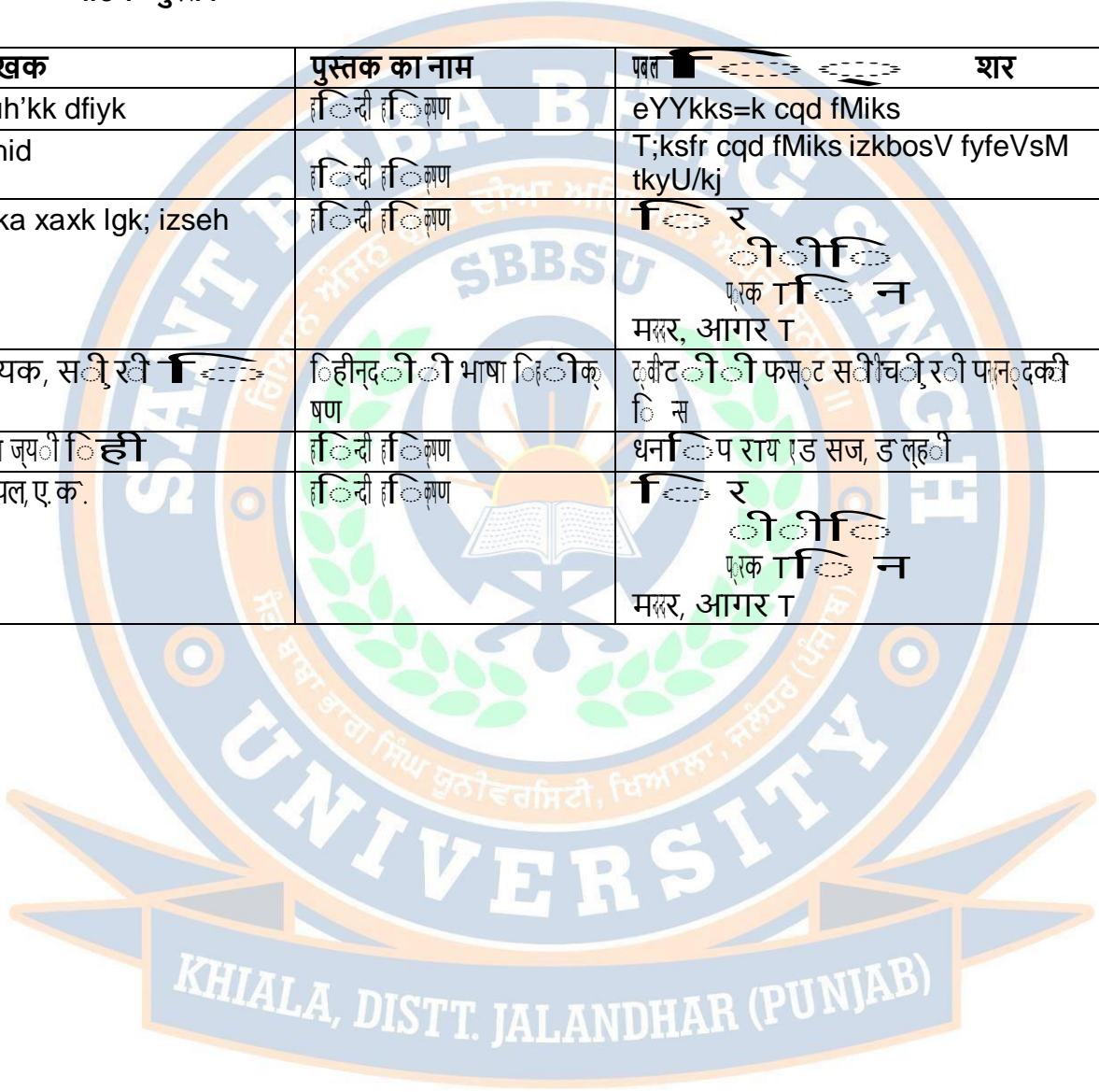
#### भाग 4 -

##### dforkykd%

rqylhnkl bl [kaM esa ls dfo&ifjp;] dfork&lkj rFkk mís'; laca/kh iz'u iwNs tk;asxsA  
**ltho dgkfu;k; xqykc] IH;&vIH;A**  
**fgUnh&lkfgR; dk bfrgkl**  
 lardkO;] izsek[;kuddkO;] jkedkO; vkSj d`".kdkO; dh  
 fo'ks"krk,j

**पाठ्य-पुस्तक**

लेखक	पुस्तक का नाम	पब्लिशर	शर
euh'kk dfiyk	हिंदी शिक्षण	eYYkks=k cqd fMiks	
Nhid	हिंदी शिक्षण	T;ksfr cqd fMiks izkbosV fyfeVsM tkyU/kj	
Mka xaxk lgk; izseh	हिंदी शिक्षण	रि ीीं प्रक गि न मन्नर, आगरा	
नायक, सी. सी.	हिंदी भाषा शिक्षण	द्वितीय फास्ट सीरीज, री पाठ्यपुस्तक	
खन्ना ज्योति	हिंदी शिक्षण	धनिय राय एंड सज, डलही	
गयल, ए. क.	हिंदी शिक्षण	रि ीीं प्रक गि न मन्नर, आगरा	



<b>Course Area</b>	<b>MILL-I</b>
<b>Course Code</b>	<b>ENGCOM102-19</b>
<b>Course Title</b>	English Communication
<b>L T P</b>	3:0:0
<b>Credits</b>	3
<b>Course pre-requisite</b>	+2
<b>Course Objectives</b>	The objective of this course is to : 1. assist the students to acquire proficiency, both in spoken and written language 2. to develop comprehension, improve writing skills, and enhance skills in spoken English.

### **UNIT-I**

#### **Theory of Communication:**

Meaning of Communication, Process of Communication, Types and modes of Communication; Verbal and Non-verbal (Spoken and Written) Personal, Social and Business. Various Barriers and Strategies of communication. Channels of Communication- Upward, Downward, Horizontal.

### **UNIT-II**

#### **Listening Skills:**

Listening Process, Hearing and Listening, Types of Listening, Effective Listening, Barriers in Effective Listening.

### **UNIT III**

#### **Writing Skills:**

Effective Writing, Types of writing, Business Correspondence (Letter writing) ,Report writing .

### **UNIT-IV**

#### **Speaking Skills:**

Monologue ,Dialogue, Group Discussion, Public Speech ( Technique of presentation). Slide making, Use of audio Visual aids. Feedback skill.

**Reference Books:**

<b>Sr No</b>	<b>Author(s)</b>	<b>Title</b>	<b>Publisher</b>
1.	John Kets	<b>Fluency in English - Part II,</b>	Oxford University Press, 2006
2.	R. Datta Roy and K.K. Dheer	Communications Skills	Vishal Publishing Company
3	The Essence of Effective Communication	Ludlow and Panthon	Prentice Hall of India
4	Essentials of Business Communication	Pal and Rorualling	S. Chand and Sons. New Delhi



<b>Course Area</b>	<b>DSE-II</b>
<b>Course code</b>	<b>PED126-19</b>
<b>Course title</b>	Anatomy & Physiology
<b>L T P</b>	4:0:0
<b>Credits</b>	4:0:0
<b>Course Prerequisite</b>	+2
<b>Course objective</b>	After the completion of the course , student will be able to : 1. Understand the Anatomy & Physiology. 2. Understand the various systems of the body. 3. To enable to understand the importance of Physiology in Physical Education. 4. Explain the effect of exercise and training on various systems of our body.
<b>SYLLABUS</b>	

#### **Unit-I**

Meaning of anatomy, cell, structure, properties of living matter. The role of anatomy in physical education & sports, anatomy of bones cartilage's, Names and location and functions of bones, kinds of bones, joints and their types, tissues, organs and system of body.

#### **Unit-II**

Anatomy of muscular system, structure of muscles and their kinds. Properties of muscles. Muscle work and, fatigue, anatomy of respiratory organs, tissue and pulmonary respiration, anatomy of heart, function of heart, heartbeat, stroke volume, cardiac output.

#### **Unit-III**

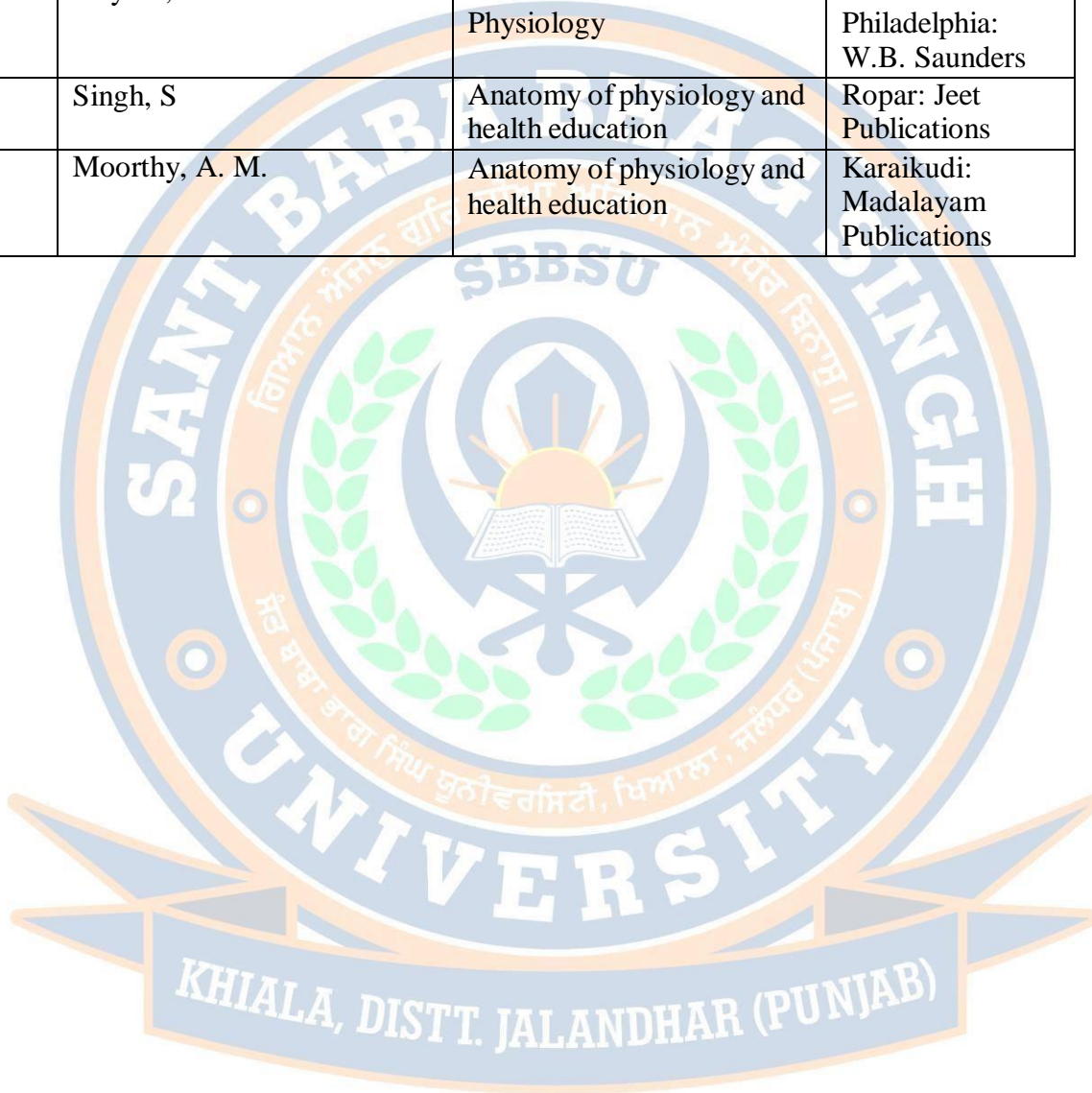
Anatomy of digestive organs (alimentary canal), structure and functions of excretory system, meaning of endocrine glands and structure of the following glands - pituitary glands, parathyroid, adrenal glands.

#### **Unit-IV**

Definition of physical fitness components of physical fitness, benefits of physical activity, development of physical fitness. Controlling and management of your weight, determining the right weight for you, factors influencing physical fitness. Planning a fitness programme, identify your fitness goals. Design your programme, causes and prevention of fitness related injuries, selecting a nutritional plan for fitness.

## References Boks

S. No	Authors	Title	Publisher
1	Gupta, A. P.	Anatomy and physiology	Agra: Sumit Prakashan
2	Gupta, M. and Gupta, M. C	Body and anatomical Science	Delhi: Swaran Printing Press
3	Guyton, A.C	Textbook of Medical Physiology	9th edition. Philadelphia: W.B. Saunders
4	Singh, S	Anatomy of physiology and health education	Ropar: Jeet Publications
5	Moorthy, A. M.	Anatomy of physiology and health education	Karaikudi: Madalayam Publications



<b>Course area</b>	<b>DSC-IIA</b>
<b>Course code</b>	<b>PED128-19</b>
<b>Course title</b>	Rules of Games and Sports theory Part II (Volleyball, Swimming and Gymnastic)
<b>Type of course</b>	Theory
<b>L T P</b>	4:0:0
<b>Credits</b>	4:0:0
<b>Course Prerequisite</b>	+2
<b>Course objective (CO )</b>	<ol style="list-style-type: none"> <li>1 Understand the scope &amp; importance of Games.</li> <li>2 Understand the historical development of Games.</li> <li>3 Gain knowledge about the games.</li> <li>4 To enable to understand the rules and regulations of the games.</li> </ol>
<b>SYLLABUS</b>	

**UNIT: I**

Origin, History and development of the game- International, National and State Level Organizations and Trophies.

**UNIT : II**

Fundamental Skill- Lead Up Games - Various System of Play – Selection of Players.

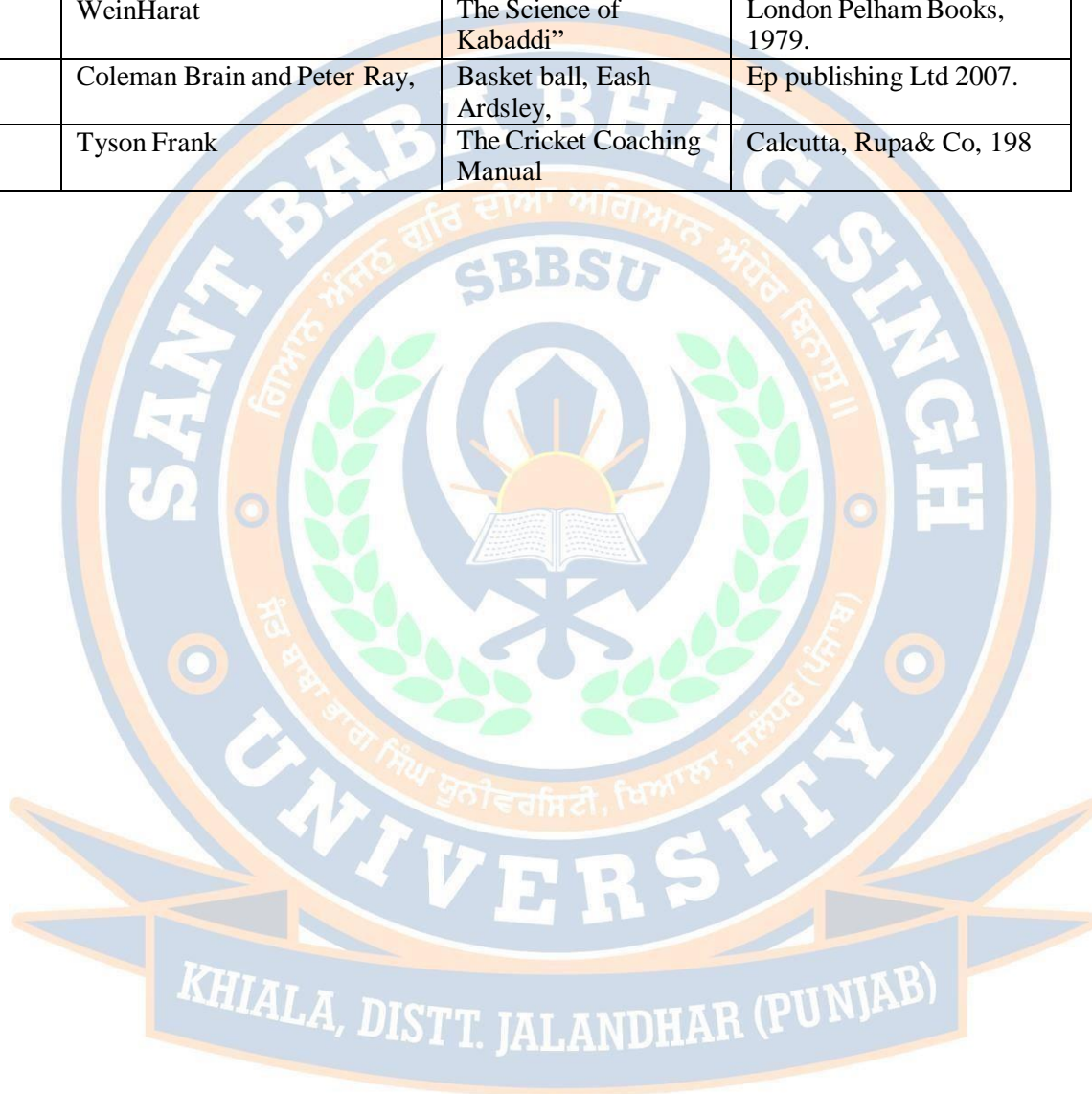
**UNIT: III**

Training: Warm-up and Warm down - Technical Training – Tactical Training –Coaching Program.

**UNIT: IV**

Layout of Playfield with all Measurements, Facilities and equipment and its specifications  
Rules and their Interpretation, Methods of Officiating, Duties of Officials

S. No.	Author(S)	Title	Publisher
1	Ballon B. Ralph	Teaching Basketball Delhi	Surjeet Publication 1982
2	Dr. Ajmer Singh	KHO-KHO Rules Book.	Kalyani Publishers
3	WeinHarat	The Science of Kabaddi”	London Pelham Books, 1979.
4	Coleman Brain and Peter Ray,	Basket ball, Eash Ardsley,	Ep publishing Ltd 2007.
5	Tyson Frank	The Cricket Coaching Manual	Calcutta, Rupa& Co, 198



<b>Course Area</b>	<b>AECC-1 B</b>
<b>Course Code</b>	<b>EVS101-19</b>
<b>Course Title</b>	Environmental Studies
<b>Type of course</b>	Theory
<b>L T P</b>	3 0 0
<b>Credits</b>	3
<b>Course prerequisite</b>	N.A
<b>Course Objective (CO)</b>	To make students aware about environment and need of maintaining it with best possible knowledge.

### **Unit I**

Introduction to Environment and Ecosystem: Definition and scope and importance of multidisciplinary nature of environment. Need for public awareness, Concept of Ecosystem, Structure, interrelationship, producers, Consumers and decomposers, ecological pyramids- biodiversity and importance. Hot spots of biodiversity.

### **Unit II**

Environmental Pollution & Natural Resources: Definition, Causes, effects and control measures of air pollution, Water pollution, Soil pollution, Marine pollution, Noise pollution, Thermal pollution, Nuclear hazards. Solid waste Management: Causes, effects and control measure of urban and industrial wastes. Role of an individual in prevention of pollution. Pollution case studies. Disaster Management: Floods, earthquake, cyclone and landslides, Natural Resources and associated problems, use and over exploitation, case studies of forest resources and water resources.

### **Unit III**

Social Issues and the Environment :From Unsustainable to Sustainable development, Urban problems related to energy, Water conservation, rain water harvesting, watershed management. Resettlement and rehabilitation of people; its problems and concerns. Case studies. Environmental ethics: Issues and possible solutions. Climate change, global warming, acid rain, ozone layer depletion, nuclear accidents and holocaust. Case studies. Wasteland reclamation. Consumerism and waste products. Environment Protection Act. Air (Prevention and Control of Pollution) Act. Water (Prevention and control of pollution) Act. Wildlife Protection Act, Forest Conservation Act, Issues involved in enforcement of environmental legislation

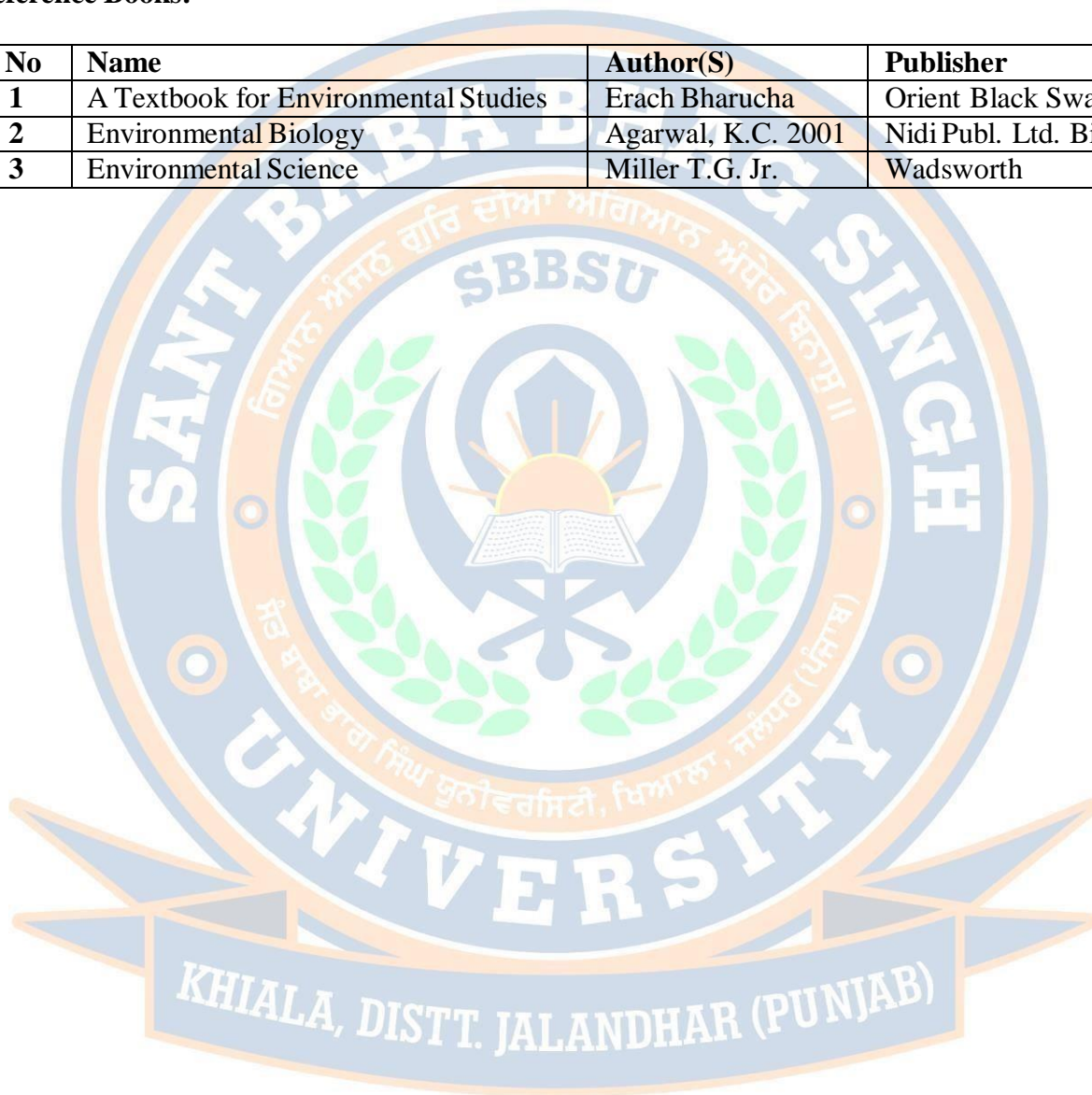
### **Unit IV**

Human Population and the Environment & Field Work: Population growth, variation among nations. Population explosion –Family Welfare Programme. Environment and human health, Human Rights, Value Education, HIV/AIDS. Women and child Welfare. Role of Information Technology in Environment and human health. Case studies

Visit to a local area to document environmental assets river/forest/grassland/hill/mountain; Visit to a local polluted site-Urban/Rural/Industrial/Agricultural; Study of common plants, insects, birds; Study of simple ecosystems-pond, river, hill slopes, etc.

**Reference Books:**

S. No	Name	Author(S)	Publisher
1	A Textbook for Environmental Studies	Erach Bharucha	Orient Black Swan
2	Environmental Biology	Agarwal, K.C. 2001	Nidi Publ. Ltd. Bikaner.
3	Environmental Science	Miller T.G. Jr.	Wadsworth



<b>Course Area</b>	<b>Practical</b>
<b>Course Code</b>	<b>PED130-19</b>
<b>Course Title</b>	Games: Handball, Volleyball, Wrestling
<b>L T P</b>	0 0 4
<b>Credits</b>	2
<b>Course pre-requisite</b>	+2
<b>Course Objective</b>	<ol style="list-style-type: none"> <li>1. To know about history of the Games.</li> <li>2. To learn the skills and fundamentals of the Games.</li> <li>3. To know about the dimensions of the Games.</li> <li>4. To Know about rules and regulations of the Games</li> </ol>
<b>SYLLABUS</b>	

### UNIT-I

#### Hand Ball:

1. Fundamental Skills-Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and centre, Blocking, Goal Keeping & Defense. Rules and their interpretations and duties of officials.

### UNIT-II

#### Volleyball: Fundamental Skills

1. Players Stance-Receiving the ball and passing to the team mates,
2. The Volley (Overhead pass)
3. The Dig(Under hand pass)
4. Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service.

Rules and their interpretations and duties of officials

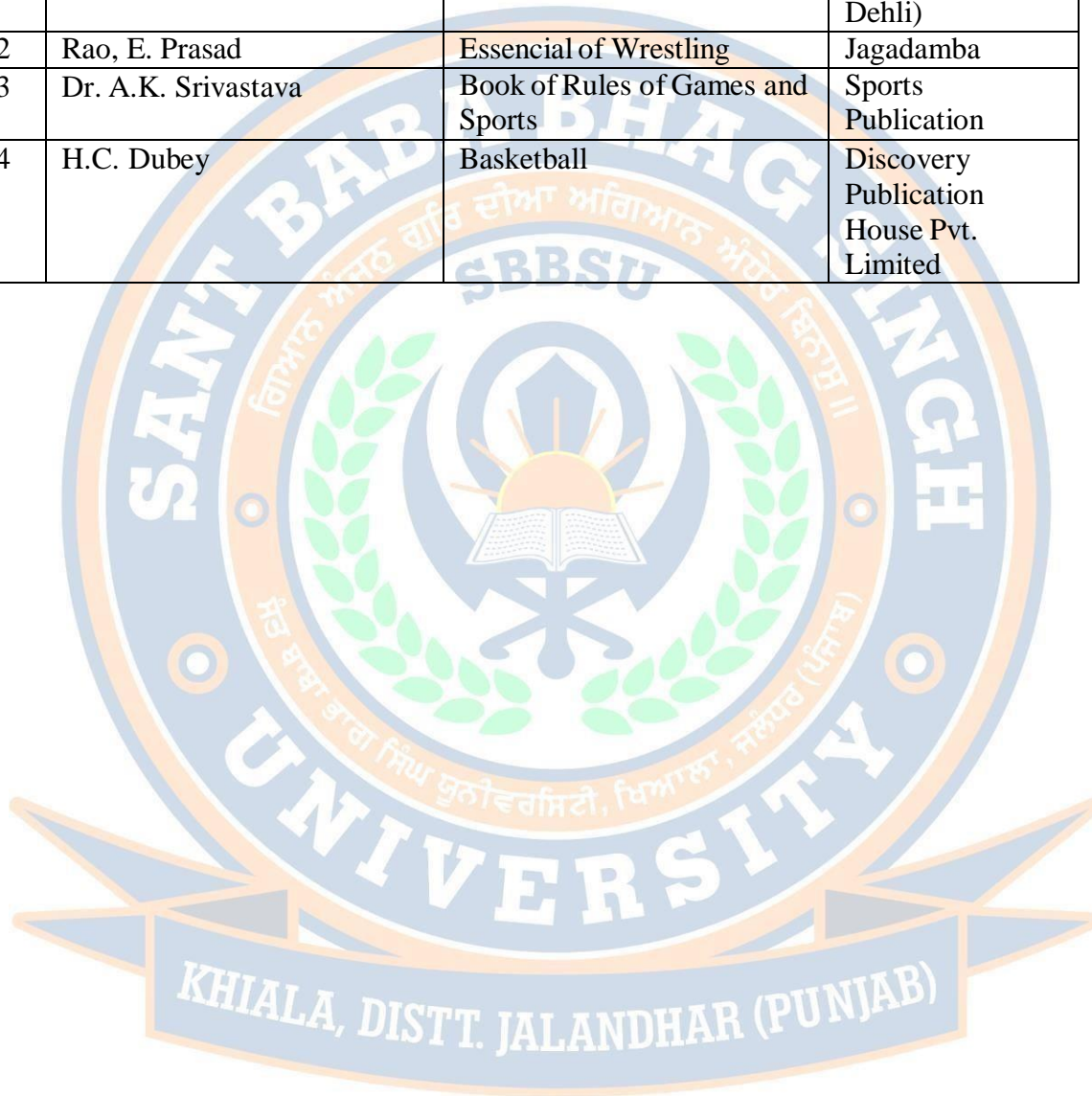
### UNIT-III

#### Wrestling: Fundamental Skills

1. Take downs, Leg tackles, Arm drag.
2. Counters for take downs, Cross face, Whizzer series.
3. Escapes from under-sit-out turn in tripped.
4. Counters for escapes from under-Basic control back drop, Counters for stand up.
5. Pinning combination-Nelson series (Half Nelson, Half Chicken Nelson and Bar arm), Leg lift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson.
6. Escapes from pinning: Wing lock series, Double arm lock roll, Cringe.
7. Standing Wrestling-Head under arm series, whizzer series

### Reference Books

S.No	Authors	Title	Publisher
1	Sharma Sudhir Kumar	Basics of Handball	T.H.Books (New Dehli)
2	Rao, E. Prasad	Essencial of Wrestling	Jagadamba
3	Dr. A.K. Srivastava	Book of Rules of Games and Sports	Sports Publication
4	H.C. Dubey	Basketball	Discovery Publication House Pvt. Limited



<b>Course area</b>	<b>Practical</b>
<b>Course Code</b>	<b>PED132-19</b>
<b>Course Title</b>	Athletics :Start, Long Jump, Shot Put
<b>L T P</b>	0 0 4
<b>Credits</b>	2
<b>Course pre-requisite</b>	+2
<b>Course Objective</b>	<ol style="list-style-type: none"> <li>1. To know about history of the athletics events.</li> <li>2. To learn the skills and fundamentals of the events.</li> <li>3. To know about the dimensions of the events.</li> <li>4. To Know about rules and regulations of the events.</li> </ol>
<b>SYLLABUS</b>	

### UNIT-I

#### Starts

1. Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.
2. Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug
3. Ground Marking, Rules and Officiating

### UNIT-II

#### Long Jump

1. Approach Run
2. Take Off
3. Technique of Jump

### UNIT-III

#### Shot Put

1. Shot Put Throw
2. Basic Skills and techniques of the Throw.
3. Ground Marking / Sector Marking
4. Interpretation of Rules and Officiating.
5. Grip
6. Stance
7. Release
8. Reserve/ (Follow through action)
9. Rules and their interpretations and duties of officials

#### References:

S.No	Authors	Title	Publisher
1	Dr. A.K. Srivastava	Book of Rules of Games and Sports	Sports Publication
2	Becky Oakes	Track and Field and Cross Country Rules	NFHS
3	U.S.A. Track and Field	Track & Field Coaching Essentials	Human Kinetics; 1 edition

<b>Course Area</b>	<b>ENG-1</b>
<b>Course Code</b>	<b>ENG201-19</b>
<b>Course Title</b>	General English-II
<b>Type of Course</b>	Theory
<b>L T P</b>	3:0:0
<b>Credits</b>	3
<b>Course Pre-requisite</b>	+2
<b>Course Objective (CO)</b>	<ol style="list-style-type: none"> <li>1. The students will do intensive and extensive reading of the prescribed texts.</li> <li>2. The students will assimilate new words and use them in communicative context.</li> <li>3. The students will apply the knowledge of modals, voice, reported speech and auxiliary verbs in written and oral context.</li> </ol>
<b>SYLLABUS</b>	

#### **Unit- I**

**Tales of Life:** The Doll's House (Katherine Mansfield), Eveline (James Joyce)

**Prose for Young Learners:** The School For Sympathy (E.V. Lucas) AIDS (U.N.Report)

#### **UNIT II**

**Tales of Life:** The Taboo (Victor Astafyev) ,A Strand of Cotton (Suneet Chopra)

**Prose for Young Learners:** Beauty And The Beast (R.K.Narayan), With A Song On Their Lips (Hugh & Colleen Gantzer)

#### **UNIT-III**

**Tales of Life:** Toba Tek Singh (Saadat Hassan Manto)

**Prose for Young Learners:** My Financial Careers (Stephen Leacock)

#### **UNIT-IV**

**English Grammar in Use:** Unit 26 to 52

**Reference books:**

S.No.	Author(S)	Title	Publishers
1	Singh, S	Tales of Life	Press and Publication Department, Guru Nanak Dev University, Amritsar.
2	Tewari, A. K, Midha, V.K, Sharma, R.K	Prose For Young Learners	Publication Bureau, Guru Nanak Dev University, Amritsar



<b>Course area</b>	<b>DSCIII-A</b>
<b>Course Code</b>	<b>PE225-19</b>
<b>Course Title</b>	Methods in Physical Education
<b>L T P</b>	4 0 0
<b>Credits</b>	4
<b>Course pre-requisite</b>	+2
<b>Course Objective</b>	<ol style="list-style-type: none"> <li>1. To know the techniques of teaching.</li> <li>2. To learn the skills and fundamentals of lesson planning.</li> <li>3. To know about the basics of class managements.</li> <li>4. To Know about rules and regulations of the events.</li> </ol>
<b>SYLLABUS</b>	

#### **UNIT - I**

Meaning of method - Factors influencing method - Presentation technique - Planning and presentation - Personal preparation - Technical preparation -common characteristics of good preparation - step in the way of presentation. Teaching aids - Class management-Principles to be adopted for good class management.

#### **UNIT - II**

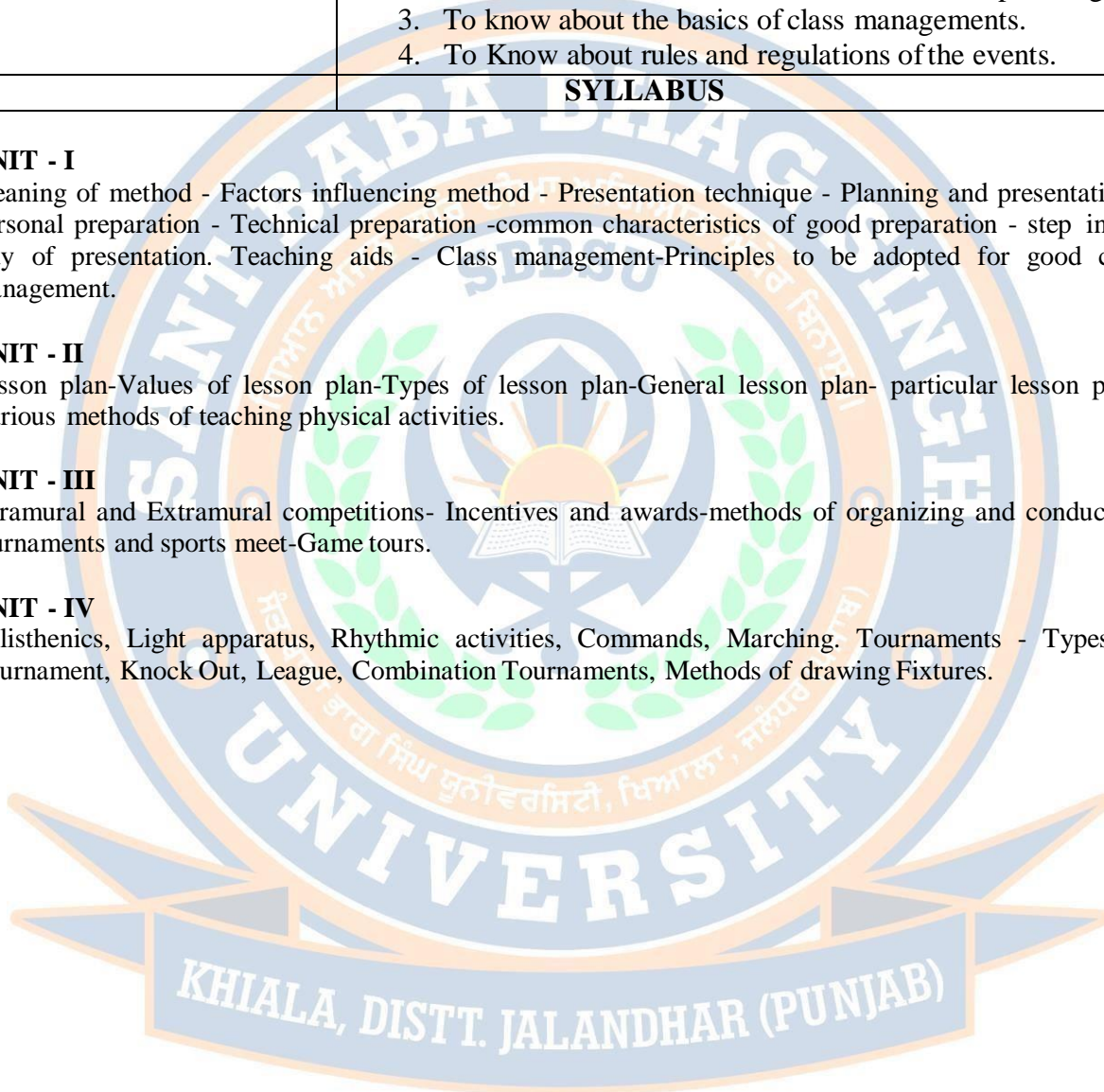
Lesson plan-Values of lesson plan-Types of lesson plan-General lesson plan- particular lesson plan- Various methods of teaching physical activities.

#### **UNIT - III**

Intramural and Extramural competitions- Incentives and awards-methods of organizing and conducting tournaments and sports meet-Game tours.

#### **UNIT - IV**

Calisthenics, Light apparatus, Rhythmic activities, Commands, Marching. Tournaments - Types of Tournament, Knock Out, League, Combination Tournaments, Methods of drawing Fixtures.



## References Books

S.N o.	Author(S)	Title	Publishers
1	Thirunarayanan C and S. Harihara Sharma	Methods in Physical Education	Karaikudi (1989)
2	Kamelsh M.L. (1994)	Scientific Art of Teaching Physical Education, New Delhi	Metropolitan Book Company.
3	Bucher, Charles and Krotee, Mar, L.	Management of Physical Education and Sport	London: Mosby Company (1993)
4	Kozman and Jackson,	Methods in Physical Education	New York: W.B. Saunders Co.
5	Bacher and Barnhard,	Methods and Materials for Secondary School Physical Education	New York: C.V. Mosby Co.



<b>Course area</b>	<b>DSC-III-B</b>
<b>Course Code</b>	<b>PE227-19</b>
<b>Course Title</b>	Rules of games and sports (Theory Part III Track & Field and Cross Country)
<b>L T P</b>	4 0 0
<b>Credits</b>	4
<b>Course pre-requisite</b>	+2
<b>Course Objective</b>	<ol style="list-style-type: none"> <li>1. To know the techniques of teaching.</li> <li>2. To learn the skills and fundamentals of lesson planning.</li> <li>3. To know about the basics of class managements.</li> <li>4. To Know about rules and regulations of the events.</li> </ol>
<b>SYLLABUS</b>	

#### **UNIT I**

Method of marking Standard Track: 400m, Calculation of Stagger, Diagonal Excess, Compensated Arc Start, Relay Exchange Zones, Marking for Hurdles event.

#### **UNIT II**

Method of marking Shot-put Circle and Sector, Hammer Throw Circle and Sector, Discus Throw Circle and Sector, Long Jump, Triple Jump, High Jump and Pole Vault.

#### **UNIT III**

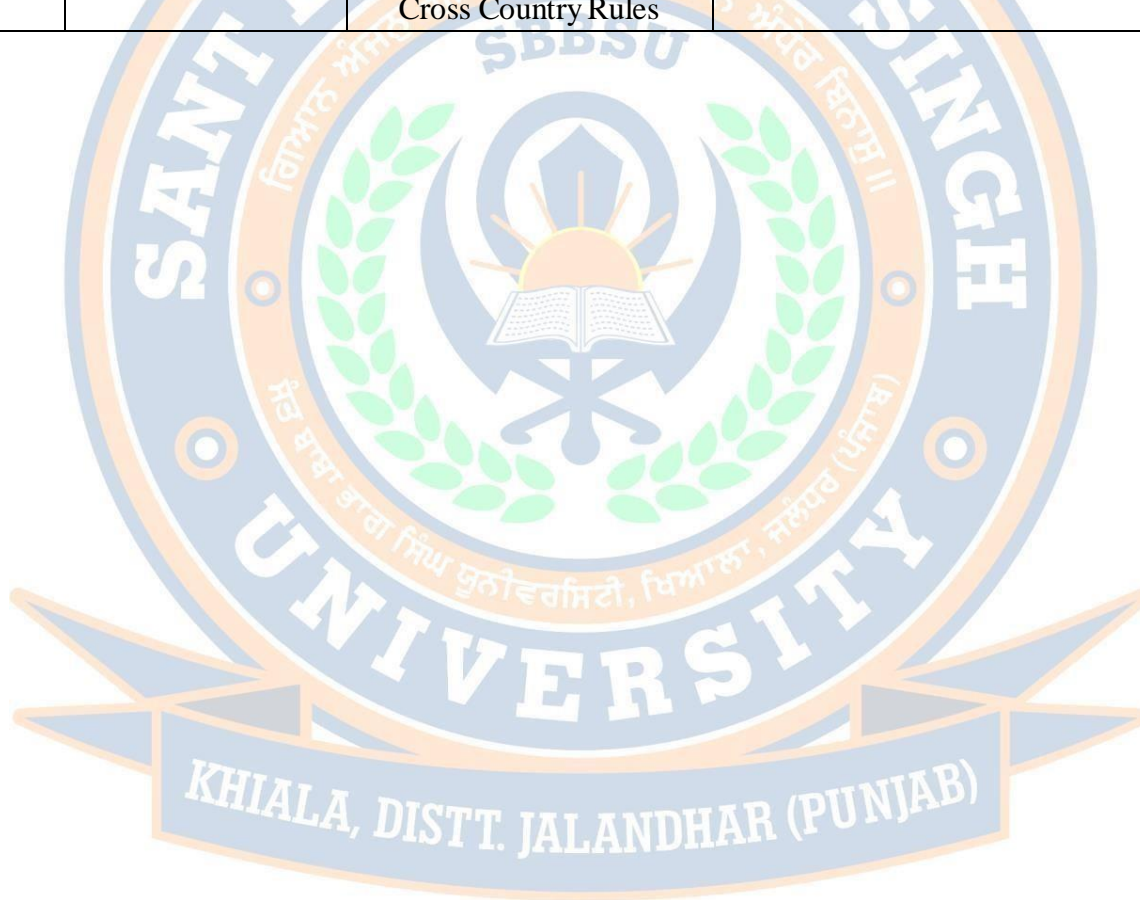
Track event: Start, Race, Finish, Timing, Seeding and Draws, Tie Breaking, Hurdle Races, Relay races. Field Events: Vertical Jumps Horizontal Jumps Throwing Events General Competition Rules of Cross country races: Course, Distances, Start, drinking / sponging and refreshment stations, race.

#### **UNIT IV**

Authorities and Duties of Officials in Track and Field Meet and Cross country races: International Officials, Competition Officials Additional Officials.

### References Books

S.No.	Author(S)	Title	Publishers
1	M.L. Kamlesh	IAAF Competition Rules 2014-2015,	IAAF Publishing.
2	Viswanath, M.J.	Track and Field Marking & Athletics Officiating Manual	Kalyani Publishers
3	R. Reddy	Essential Of Track and Field	Silver Star Publication
4	Dr. A.K. Srivastava	Book of Rules of Games and Sports	Sports Publication
5	Becky Oakes	Track and Field and Cross Country Rules	NFHS



<b>Course Area</b>	<b>SEC-1</b>
<b>Course code</b>	<b>PED229-19</b>
<b>Course title</b>	Sports Management
<b>Type of course</b>	Theory
<b>L T P</b>	4:0:0
<b>Credits</b>	4:0:0
<b>Course Prerequisite</b>	+2
<b>Course objective</b>	<ol style="list-style-type: none"> <li>1. Understand the various organization of Physical Education.</li> <li>2. Explain the Administration in Physical Education.</li> <li>3. Understand the Qualifications &amp; Responsibilities of Manager.</li> <li>4. Gain knowledge about Office Management.</li> <li>5. Understand the Facilities &amp; Time Table Management.</li> <li>6. Gain knowledge about Competition Organization.</li> </ol>
<b>SYLLABUS</b>	

#### **UNIT-I**

Management in Physical Education and Sports: Concept, meaning and definition, need and scope of sports management.

Functions of Management: Planning, Organizing, Staffing, Directing, Coordinating, Budgeting, Controlling and Evaluating.

#### **UNIT-II**

Management Skills: Personal Skills, Interpersonal Skills, Conceptual Skills, Technical Skills, Managerial Roles: Interpersonal Roles, Informational Roles, decision Making Roles.

#### **UNIT-III**

Qualities and Qualifications of a Manager: Personal Qualities, Leadership Qualities; The Budget: Meaning, definition and objectives of the budget, principles of planning the Budget, preparation of budget.

#### **UNIT-IV**

Personnel Management: Introduction, Meaning, Definition, Principles of personnel management; Aspects of personnel management,

Management of Facilities: Introduction, Administrative and General Principles of Planning Facilities, Types of Facilities, Facility Requirements, Construction and Management of Sports Infrastructures, Indoor Facilities-Gymnasium and Swimming pool.

### Reference Books

S. No.	Author(S)	Title	Publisher
1	Ashton, D	Administration of physical education for women	New York: The Ronal Press Cl.
2	Bucher, C.A	Administration of physical education and athletic programme	7th Edition, St. Louis: The C.V. Mosby Co.
3	Daughtrey, G. & Woods, J.B	Physical education and intramural programmes, organisation and Administration	Philadelphia U.S.A. : W.B. Saunders Cp.
4	Earl, F. Z,& Gary, W. B.	Management competency development in sports and physical education.	Philadelphia: W. Lea and Febiger.
5	Prof. V. Satyanarayana, Dr. Sahil K. Borkar, Dr. Abhay N. Buchha and Dr. Tarak Nath Pramanik	Physical Education for B.P.E, B.P.Ed. and M.P.Ed	Sports Publication



<b>Course Area</b>	<b>Practical</b>
<b>Course Code</b>	<b>PED231-19</b>
<b>Course Title</b>	Athletics: Middle Distance Race ,High Jump, and Javelin Throw
<b>L T P</b>	0 0 4
<b>Credits</b>	2
<b>Course pre-requisite</b>	+2
<b>Course Objective</b>	<ol style="list-style-type: none"> <li>1. To know about history of the athletics events.</li> <li>2. To learn the skills and fundamentals of the events.</li> <li>3. To know about the dimensions of the events.</li> <li>4. To Know about rules and regulations of the events.</li> </ol>
<b>SYLLABUS</b>	

### UNIT-I

#### Middle Distance Race

1. Types of races
2. Starts
3. Technique of middle distance races

### UNIT-II

#### High Jump

1. Approach Run
2. Take Off
3. Technique of Jump
4. Clearance over the bar.
5. Landing

### UNIT-III

#### Javelin Throw

1. Javelin Throw
2. Basic Skills and techniques of the Throw.
3. Ground Marking / Sector Marking
4. Interpretation of Rules and Officiating.
5. Grip
6. Stance
7. Release
8. Reserve/ (Follow through action)
9. Rules and their interpretations and duties of officials

#### References Books

S.No	Authors	Title	Publisher
1	Dr. A.K. Srivastava	Book of Rules of Games and Sports	Sports Publication
2	Becky Oakes	Track and Field and Cross Country Rules	NFHS
3	U.S.A.Track and Field	Track & Field Coaching Essentials	Human Kinetics; 1 edition

<b>Course area</b>	<b>Practical</b>
<b>Course Code</b>	<b>PED233-19</b>
<b>Course Title</b>	Formal Activity: Fundamentals of Dumbbell & Lezium and Cricket
<b>L T P</b>	0 0 4
<b>Credits</b>	2
<b>Course pre-requisite</b>	Graduation
<b>SYLLABUS</b>	

#### Apparatus/ Light apparatus Grip

1. Attention with apparatus/ Light apparatus
2. Stand – at – ease with apparatus/ light apparatus
3. Exercise with verbal command, drum, whistle and music –
4. Two count, Four count, Eight count and Sixteen count.
5. Standing Exercise
6. Jumping Exercise
7. Moving Exercise
8. Combination of above all

#### Cricket: Fundamental Skills

1. Batting-Forward and backward defensive stroke
2. Bowling-Simple bowling techniques
3. Fielding-Defensive and offensive fielding
4. Catching-High catching and Slip catching
5. Stopping and throwing techniques
6. Wicket keeping techniques

#### References:

S.No	Authors	Title	Publisher
1	Dr. A.K. Srivastava	Book of Rules of Games and Sports	Sports Publication
2	Becky Oakes	Track and Field and Cross Country Rules	NFHS
3	U.S.A.Track and Field	Track & Field Coaching Essentials	Human Kinetics; 1 edition

<b>Course Area</b>	<b>MILII</b>
<b>Course Code</b>	<b>ENGC0M202-19</b>
<b>Course Title</b>	English Communication
<b>Type of Course</b>	Theory
<b>LTP</b>	3: 0: 0
<b>Credits</b>	3
<b>Course pre-requisite</b>	+2
<b>Course Objectives (CO)</b>	<p>1 After completion of this course students will be able to: formulate an effective communication strategy for any message, in any medium, and in any situation.</p> <p>2. Write clearly, concisely, and convincingly.</p> <p>3. develop skills of effective communication - both written and oral.</p> <p>4. acquaint with application of communication skills in outside world.</p>

### **Unit 1**

Translation from Hindi to English, Note making and Roll playing

### **Unit 2:**

Topic elaboration & Explanation, News paper invitation to press conference activates. Uses of clauses and cases.

### **Unit 3:**

Words & uses/vocabulary, analysis and interpretation of text, Differences between oral and written

### **Oral Communication and its Application:**

Group Discussion, Customer Care Relations (PR Skills), Interview Skills (Conducting and appearing for interviews), and Telephone handling manners.

### **Text and Reference books:**

<b>Sr, No</b>	<b>Author(s)</b>	<b>Title</b>	<b>Publisher</b>
<b>1</b>	K. K. Sinha Galgoti	Business Communication	Galgotia Publishing Company,
<b>2</b>	C. S. Rayudu -	Media and Communication Management	- Himalaya Publishing House, Bombay.
<b>3</b>	Rajendra Pal and J. S. Korlhalli -	Essentials of Business Communication	Sultan Chand & Sons, New Delhi

<b>Course area</b>	<b>MIL-II</b>
<b>Course Code</b>	<b>PBI202-19</b>
<b>Course Title</b>	Punjabi
<b>Type of Course</b>	Theory
<b>L T P</b>	3:0:0
<b>Credits</b>	3
<b>Course Prerequisite</b>	+2
<b>Course Objectives</b>	<ol style="list-style-type: none"> <li>1. ividAwrQI AwDuink pMjwbI kvIAW dI jIvnI qoN jwxU hoxgy[</li> <li>2. ividAwrQIAW nUM AwDuink pMjwbI kivqw dI ivSYgg jwxkwrI ho jwvygI[</li> <li>3. ividAwrQIAW iv`c ryKw ic`qrW dw Alocnwqmk AiDAYn krn dw hunr auqpMn hovygw[</li> <li>4. ividAwrQIAW nUM pMjwbI DunIN ivauNqbMdI sMbMDI igAwn hwisl ho jwvygw[</li> <li>5. ividAwrQI pMjwbI aup- BwSwvW nUM pCwnxXog ho jwxgy[</li> </ol>
	<b>pwTkRm</b>

**Bwg-a**

j~g bIqI h~f bIqI (kQw sMgRih) ( ipClIAW Cy khwxIAw) sMpw. juigMdr isMG rwhI gurU nwnk dyv XUnIvrstI, AMimRqsr, 2008.

**Bwg-A**

g~d pRvwh (Bwg-dUsw) sMpw. ibkrm isMG Gumx Aqy jspwl isMG rMDwvw gurU nwnk dyv XUnIvrstI, AMimRqsr, 2007.

**Bwg-e**

lyK rcnw, sMKyp pYrw rcnw

**Bwg-s**

ivAwkrx  
ikirAw vwkMS : pirBwSw, bxqr, qy pRkwr[  
kwrk Aqy kwrkI sMbMD, DISTT. JALANDHAR (PUNJAB)  
pwT-pusqkW Aqy hvwlw pusqkW

LyKk	Pusqk	pbilSr
sMpw. juigMdr isMG rwhI	j~g bIqI h~f bIqI (kQw sMgRih)	gurU nwnk dyv XUnIvrstI, AmimRqsr
sMpw. ibkrm isMG Gumx Aqy jspwl isMG rMDwvw	g~d pRvwh	gurU nwnk dyv XUnIvrstI, AmimRqsr

Course Area	MIL-II
Course Code	HIN202-19
Course Title	Hindi- II
Type of Course	Theory
L T P	3 0 0
Credits	3
Course Pre-requisite	+2
Course Objectives(CO)	After completion of this course, students will be able to : 1. To develop understanding of the significance of Hindi as a subject in the present context. 2. To analyze the factors influencing learning Hindi and to develop the understanding of the significance of basic competencies in language acquisition. 3. To understand the nature, characteristics of Language and mother-tongue as well as the use of language. 4. To enable student-teachers to teach basic language skills such as listening, speaking, reading and writing and integrate them for communicative purposes.

#### भाग 1

¼d½ miU;kl dh ifjHkk"kk] rUo vkSj oxhZdj.k laca/kh nks iz'u iwNs tk, ;xSA  
[k½ dgkuh dh ifjHkk"kk] rUo vkSj oxhZdj.k laca/kh nks iz'u iwNs tk;asxSA

#### भाग 2 -

>k;|lh dh jkuh& o`Unkou yky oekZ&e;jw izdk'ku] >k;|lh  
ukedj.k] dFkkoLrq] pfj=] mís'; ds vk/kkj ij pkj leh{kkRed iz'u

#### भाग 3 -

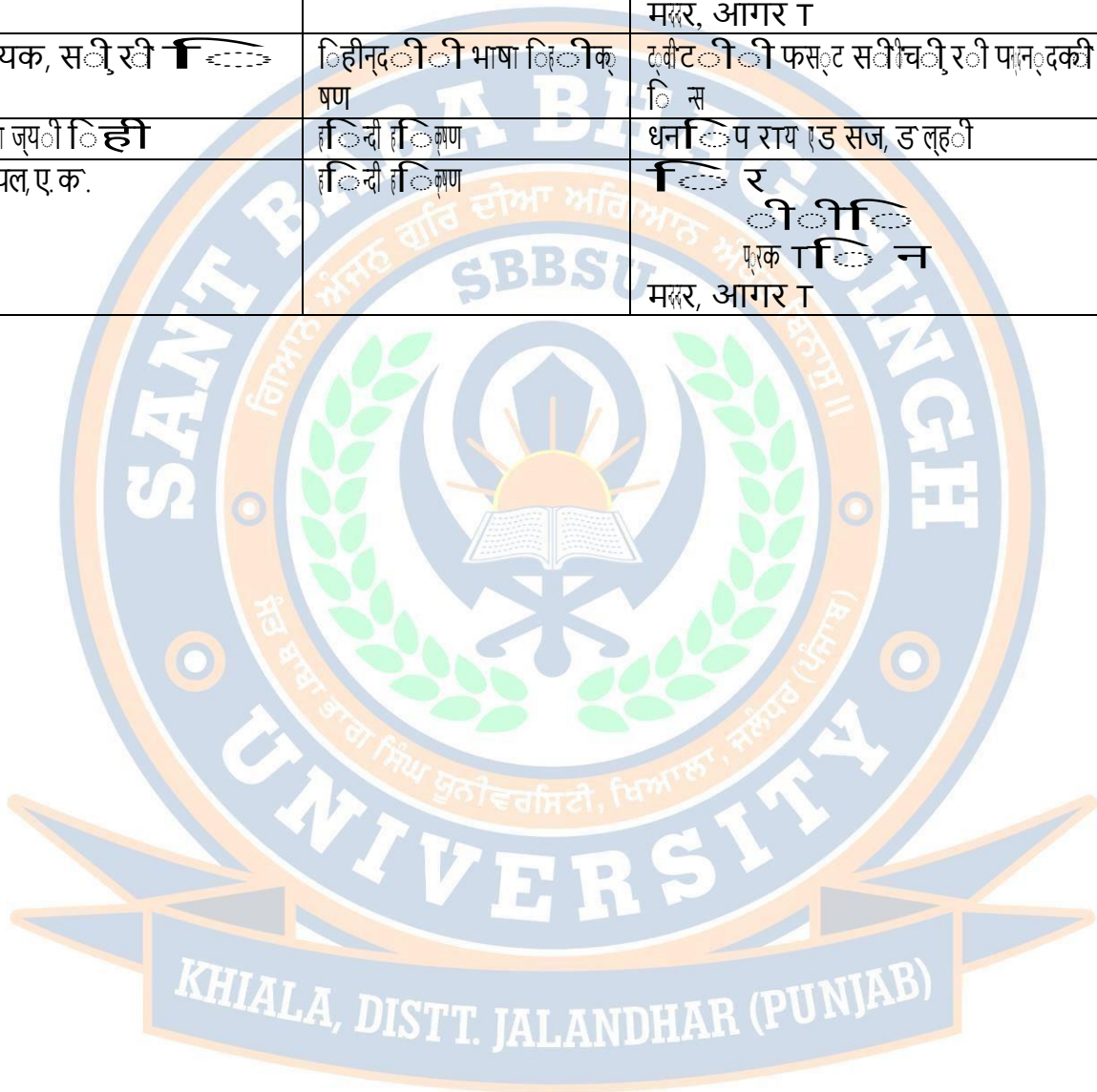
O;kogkfjd O;kdj.k %  
¼d½ foijhrkFkZd 'kCn  
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¼?k½ okD;ka'k ds fy, 'kCn

#### भाग 4 -

¼d½ eqgkojs vkSj yksdksfDr;kj  
¼[k½ fu/kkZfjr fo"k; ij vuqPNsn&ys[ku  
¼x½ futh i=&ys[ku  
¼?k½ ifjHkkf"kd 'kCnkoyh

पाठय - पुस्तकेः

लेखक	पुस्तक का नाम	पब्लिशर	शहर
euh'kk dfiyk	हिंदी हिक्कण	eYYkks=k cqđ fMiks	
Nhid	हिंदी हिक्कण	T;ksfr cqđ fMiks izkbosV fyfeVsM tkyU/kj	
Mka xaxk lgk; izseh	हिंदी हिक्कण	रि ीीं पूरक णि न मरूर, आगरा	
नायक, सीरी	हिंदी भाषा विीक षण	द्वीटीी फसूट सीचीरी पान्दकी ि स	
खना जयीं ही	हिंदी हिक्कण	धनिप राय ड सज, ड लही	
ग यल, ए. क.	हिंदी हिक्कण	रि ीीं पूरक णि न मरूर, आगरा	



<b>Course Area</b>	<b>MILII</b>
<b>Course Code</b>	<b>ENGCOM202-19</b>
<b>Course Title</b>	English Communication
<b>Type of Course</b>	Theory
<b>LTP</b>	3: 0: 0
<b>Credits</b>	3
<b>Course pre-requisite</b>	+2
<b>Course Objectives (CO)</b>	<ol style="list-style-type: none"> <li>1. After completion of this course students will be able to: formulate an effective communication strategy for any message, in any medium, and in any situation.</li> <li>2. Write clearly, concisely, and convincingly.</li> <li>3. Develop skills of effective communication - both written and oral.</li> <li>4. Acquaint with application of communication skills in outside world.</li> </ol>

### Unit 1

**Grammar:** Parts of Speech, Use of appropriate tense, Voice , Reported Speech, Sentence Structure; Simple, Compound, Complex, Vocabulary-One word substitution.

### Unit 2:

**Writing Skills:** Application for employment , Resume Writing , Paragraph Writing Construction-Kinds of Paragraphs, Preparing of Matter for meeting : Notice, agenda ,Conference

### Unit 3:

**Speaking Skills:** Effective oral Presentation, Slide making, Use of audio Visual aids.

### Unit 4:

#### **Oral Communication and its Application:**

Group Discussion, Customer Care Relations (PR Skills), Interview Skills (Conducting and appearing for interviews), and Telephone handling manners.

#### **Text and Reference books:**

<b>Sr, No</b>	<b>Author(s)</b>	<b>Title</b>	<b>Publisher</b>
1	K. K. Sinha Galgoti	Business Communication	Galgotia Publishing Company,
2	C. S. Rayudu -	Media and Communication Management	- Himalaya Publishing House, Bombay.
3	Rajendra Pal and J. S. Korlhalli -	Essentials of Business Communication	Sultan Chand & Sons, New Delhi

<b>Course area</b>	<b>DSC-IV</b>
<b>Course Code</b>	<b>PE226-19</b>
<b>Course Title</b>	Rules of games and sports Part IV ( Football, Badminton and Lawn Tennis)
<b>L T P</b>	4 0 0
<b>Credits</b>	4
<b>Course pre-requisite</b>	+2
<b>Course Objective</b>	<ol style="list-style-type: none"> <li>1. To learn about basics skills of game</li> <li>2. To learn about the history of game</li> <li>3. To learn about the State, National and International events of the game.</li> <li>4. Awards, Scholarships and another co- curricular activates of the game.</li> </ol>
<b>SYLLABUS</b>	

**UNIT: I**

Origin, History and development of the game- International, National and State Level Organizations and Trophies.

**UNIT : II**

Fundamental Skill- Lead Up Games - Various System of Play – Selection of Players.

**UNIT: III**

Training: Warm-up and Warm down - Technical Training – Tactical Training –Coaching Program.

**UNIT: IV**

Layout of Playfield with all Measurements, Facilities and equipment and its specifications  
Rules and their Interpretation, Methods of Officiating, Duties of Officials

**References:**

<b>S.No</b>	<b>Authors</b>	<b>Title</b>	<b>Publisher</b>
1	Ved Gupta	KHO-KHO Rules Book	Kalyani Publishers
2	Dr. Ajit Kumar	London Pelham Books 2008	London Publishing Company
3	Buck .H.C(2000)	Rules of Games and sports	YMCA Publishing House, Masse Hall New Delhi
4	Dr. A.K. Srivastava	Book of Rules of Games and Sports	Sports Publication
5	Bunn, J. W	Scientific principles of Coaching	Englewood cliffs N.J. Prentice Hall

<b>Course area</b>	<b>DSE-III</b>
<b>Course Code</b>	<b>PED228-19</b>
<b>Course Title</b>	Test, Measurement and Evaluation in Physical Education
<b>Type of Course</b>	Theory
<b>L T P</b>	4 0 0
<b>Credits</b>	4
<b>Course pre-requisite</b>	+2
<b>Course objectives (CO)</b>	<ol style="list-style-type: none"> <li>1. Understand the basic knowledge about Test &amp; Measurement &amp; Evaluation.</li> <li>2. Explain the criteria of test.</li> <li>3. Understand the Classification and Administration of test.</li> <li>4. Gain knowledge about Physical Fitness Test.</li> <li>5. Understand the tests of Sports skills.</li> </ol>

#### **Unit - I**

Meaning of Test, Measurement and Evaluation – Brief History of Test, Measurement and Evaluation, - Need and Importance of Measurement and Evaluation in Physical Education.

#### **Unit - II**

Classification of Test – Standardized and Teacher Made test – Objective and subjective Tests – Construction of Knowledge's test and skill Test –Administration of Test – Duties during testing – Duties after Testing.

#### **Unit - III**

Criteria for Test Selection – Validity – Reliability – Objectivity – Norms -Administrations Economic Feasibility – Educational Applications - Followup.

#### **Unit - IV**

Definition – Health Related fitness – Skill Related Physical fitness – JCR Test –AAPHER youth physical fitness Test – Harvard step cooper 12 Minute Run/ Walk Test.

#### **Reference Books**

1	Barron, H. M., & Mchee, R	1997	A practical approach to measurement in physical education	Philadelphia: Lea and Febiger.
2	Kansal, D.K	1996	Fitness training in football: A scientific approach	New Delhi: D.V.S. Publications.
3	Mathews, D.K.,	1973	Measurement in physical Education	Philadelphia: W.B. Saunders Compnay.
4	Pheasant, S	1996	Body space: anthropometry, ergonomics and design of work.	Taylor & Francis, New York.
5	Phillips, D. A., & Hornak, J. E	1979	Measurement and evaluation in physical education	New York: John Willey and Sons.

<b>Course area</b>	<b>GE-I</b>
<b>Course Code</b>	<b>PED230-19</b>
<b>Course Title</b>	Personality Development and Communication Skills
<b>Type of Course</b>	Theory
<b>L T P</b>	4 0 0
<b>Credits</b>	4
<b>Course pre-requisite</b>	+2
<b>Course objectives (CO)</b>	<ol style="list-style-type: none"> <li>1. Understand the basics of personality</li> <li>2. To understand the Concept of personality</li> <li>3. Need of communication skills for a physical education teacher</li> <li>4. To understand the historical development the personality</li> </ol>

#### **UNIT-I**

Personality- Meaning and structure of personality. Classifications of personality

#### **UNIT-II**

personality development- factor effecting personality develop[ment. Relationship of personality to sports performance, personality differences among different sports groups.

#### **UNIT-III**

Meaning of communication-types of communication- barriers in good communication.

#### **UNIT-IV**

Listening-types of listening-barriers of good listening-use of listening in sports Writing-Communication through writing-profile writing –interview presentation.

#### **References:**

<b>S.No</b>	<b>Authors</b>	<b>Title</b>	<b>Publisher</b>
1	Safrit Margarat J	Personality Development & Communication Skill	louis Times Morrormos by college publishing 1986
2	Bosco James	Communication Skill	New Jersey Prentice Hall
3	Barry L.Johnson	Development of Personality	London Publication
4	Jack K.Nelson	A Practical application of English in Physical Education	Kalyani Publishers

<b>Course area</b>	<b>Practical</b>
<b>Course Code</b>	<b>PED232-19</b>
<b>Course Title</b>	Athletics :Relay Race , Triple Jump, and Hammer Throw
<b>L T P</b>	0 0 4
<b>Credits</b>	2
<b>Course pre-requisite</b>	+2
<b>Course Objective</b>	<ol style="list-style-type: none"> <li>1. To know about history of the athletics events.</li> <li>2. To learn the skills and fundamentals of the events.</li> <li>3. To know about the dimensions of the events.</li> <li>4. To Know about rules and regulations of the events.</li> </ol>
<b>SYLLABUS</b>	

### UNIT-I

#### Relays: Fundamental Skills

1. Various patterns of Baton Exchange
2. Understanding of Relay Zones
3. Ground Marking
4. Interpretation of Rules and Officiating

### UNIT-II

#### Triple Jump

1. Approach Run
2. Take Off
3. Technique of Jump
4. Landing

### UNIT-III

#### Hammer Throw

1. Hammer Throw
2. Basic Skills and techniques of the Throw.
3. Ground Marking / Sector Marking
4. Interpretation of Rules and Officiating.
5. Grip
6. Stance
7. Release
8. Reserve/ (Follow through action)
9. Rules and their interpretations and duties of officials

#### References:

S. No	Authors	Title	Publisher
1	Dr. A.K. Srivastava	Book of Rules of Games and Sports	Sports Publication
2	Becky Oakes	Track and Field and Cross Country Rules	NFHS
3	U.S.A .Track and Field	Track & Field Coaching Essentials	Human Kinetics; 1 edition

<b>Course are</b>	<b>Practical</b>
<b>Course Code</b>	<b>PED234-19</b>
<b>Course Title</b>	Formal Activity and Badminton
<b>L T P</b>	0 0 4
<b>Credits</b>	2
<b>Course pre-requisite</b>	+2
<b>Course Objective</b>	<ol style="list-style-type: none"> <li>1. To Improve neuron muscular co-ordination</li> <li>2. To improve co-ordination among the students</li> <li>3. To improved basic fundamental positions.</li> <li>4. To know about commands.</li> </ol>
<b>SYLLABUS</b>	

### FORMAL ACTIVITY

Apparatus/ Light apparatus Grip

1. Attention with apparatus/ Light apparatus
2. Stand – at – ease with apparatus/ light apparatus
3. Exercise with verbal command, drum, whistle and music –
4. Two count, Four count, Eight count and Sixteen count.
5. Standing Exercise
6. Jumping Exercise
7. Moving Exercise
8. Combination of above all

**Badminton:** Fundamental Skills

1. Racket parts, Racket grips, Shuttle Grips.
2. The basic stances.
3. The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and Underarm
4. Drills and lead up games
5. Types of games-Singles, doubles, including mixed doubles.
6. Rules and their interpretations and duties of officials

### References:

S.No	Authors	Title	Publisher
1	Dr. A.K. Srivastava	Book of Rules of Games and Sports	Sports Publication
2	Becky Oakes	Track and Field and Cross Country Rules	NFHS
3	U.S.A. Track and Field	Track & Field Coaching Essentials	Human Kinetics; 1 edition

<b>Course Area</b>	<b>ENG-1</b>
<b>Course Code</b>	<b>ENG301-19</b>
<b>Course Title</b>	English
<b>Type of course</b>	Theory
<b>L T P</b>	3:0:0
<b>Credits</b>	3
<b>Course prerequisite</b>	+2
<b>Course Objectives (CO)</b>	<ol style="list-style-type: none"> <li>1. To enable the student to do intensive and extensive readings</li> <li>2. To develop aesthetic sense among students by reading and enjoying poetry</li> <li>3. To acquaint the learners with new vocabulary</li> <li>4. To aware them in use of adjectives , adverbs and Relative Clause</li> </ol>
<b>SYLLABUS</b>	

### Unit I

Text 1 Making Connections: Unit III Aspects of Language: Reading 1 Variation in Language, Reading II Sociolinguistic Rules of language Text II Moments in Time: An Anthology of Poems: Poem 7, 8, 9. Text III English Grammar in Use (Fourth Edition) by Raymond Murphy: Unit 82 to 91

### Unit II

Text 1 Making Connections: Unit III Aspects of Language: Reading III Child Language acquisition: Phonology Reading IV Brain Development and learning a second language. Text II Moments in Time: An Anthology of Poems: Poem 8,9,10 Text III English Grammar in Use(Fourth Edition) by Raymond Murphy: Unit 92to 97

### Unit III

Text 1 Making Connections: Unit IV Looking after Planet earth Reading I The Aral Sea: An environmental Crisis, Reading II Ecology overpopulation and economic development Text II Moments in Time: An Anthology of Poems: Poem 11, 12. Text III English Grammar in Use (Fourth Edition) by Raymond Murphy: Unit 98 to 105

### Unit IV

Text 1 Making Connections: Unit IV Looking after Planet earth. Reading III Unsustainable development and Mayan Civilization Reading IV Biological Diversity under attack Text III English Grammar in Use(Fourth Edition) by Raymond Murphy: Unit 106 to 112.

**Reference books:**

<b>Sr No</b>	<b>Author(s)</b>	<b>Title</b>	<b>Publisher</b>
1	Kenneth J. Pakenham	Making Connections	GNDU, Amritsar
2	Edited by Rita Chaudary ,Mohinder Sangita,Sunita Dhillon	Moments in Time	GNDU, Amritsar



<b>Course Area</b>	<b>DSC-V-A</b>
<b>Course Code</b>	<b>PED305-19</b>
<b>Course title</b>	Recreation, Camping and Leadership
<b>Type of course</b>	Theory
<b>L T P</b>	4:0:0
<b>Credits</b>	4:0:0
<b>Course Prerequisite</b>	+2
<b>Course objective</b>	1 Understand the various theories of Recreation.. 2 Explain the various recreation programmes. 3 Understand the various Teaching Techniques. 4 Gain knowledge about Teaching Aids. 5 Understand the Lesson Planning.
<b>SYLLABUS</b>	

#### **UNIT-I**

**Introduction to Recreation:** Meaning, definition, aim, objective, scope and characteristics of recreation, importance /significance of recreation, types of recreation, Philosophy and Principles of Recreation.

**Recreational Programmes:** Criteria and Principles of selecting recreational programmes., Recreational Programmes., Indoor and outdoor activities, Water sports activities, Cultural activities,

#### **UNIT-II**

**Literary activities:** Nature and outing, Social events, Adventure activities.

**Play:** Meaning and definition of play, aim, objective and significance of play, various theories of play, the significance of study of theories of play for the teacher of Physical Education.

#### **UNIT-III**

**Camping:** Meaning, aim and objective of the camp, Need and importance of the camp, Types of camp, Uses of camping/outdoor activities, Organization and administration of camping, Selection and layout of the camp site, Camp programme, Agencies promoting camp, Educational values of camp.

#### **UNIT-IV**

**Leadership Training:** Meaning and definition of a leader and leadership, Characteristics of leader, Types of leaders, Qualification and qualities of leader, Need and importance of leadership in physical education.

## References Books

S. No.	Author(S)	Title	Publisher
1	Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rashpal Singh Brar	Physical Education for B.P.E, B.P.Ed. and M.P.Ed.	Kalyani Publishers Ludhiana
2	Prof. V. Satyanarayana, Dr. Sahil K. Borkar, Dr. Abhay N. Buchha and Dr. Tarak Nath Pramanik	Physical Education for B.P.E, B.P.Ed. and M.P.Ed	Sports Publication
4	Thour, Mandeep	Camping Management in Physical Education	Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
5	Jain, Deepak	Physical Education and Recreational Activities	Khel Sahitya Kendra



<b>Course area</b>	<b>SEC-1</b>
<b>Course Code</b>	<b>PED307-19</b>
<b>Course Title</b>	Introduction of Adapted Physical Education
<b>Type of Course</b>	Theory
<b>L T P</b>	4      0      0
<b>Credits</b>	4
<b>Course pre-requisite</b>	+2
<b>Course objectives (CO)</b>	<ol style="list-style-type: none"> <li>1 Understand the basic knowledge about Physical Education.</li> <li>2 Explain the criteria of Education.</li> <li>3 Understand the Classification and Physical Education Programme.</li> <li>4 Gain knowledge about Physical Fitness.</li> <li>5 Understand the basic knowledge about personal preparation.</li> </ol>

#### **UNIT-I**

Meaning of adaptive physical education, The aims & Objectives of adapted Physical Education, Basis for adapted physical education, Functions of adapted physical education.

#### **UNIT-II**

The Adapted Programme in Action (i) The scope of adapted programme (ii) The adapted programme for elementary schools (iii) The adapted programme for high/ secondary schools (iv) The adapted programming for college & universities

#### **UNIT-III**

PERSONNEL PREPARATION (i) The guiding principles of adopted physical education (ii) The policies for adopted physical Education

#### **UNIT-IV**

**SOCIAL AND PSYCHOLOGICAL ADJUSTMENT**

- (i) Role of Physical Education in preventing maladjustment and in the promotion of adjustment
- (ii) Recreation for the handicapped

## References Books

S. No.	Author(S)	Title	Publisher
1.	H.H. Clark &	Development and Adapted Physical Education”	Englewood, Prentice Hall 1964
2.	D.H. Clark, A.S. Daniels	Adapted physical Education	New York Harpers & Brothers 1972
3.	G.T. Stafford	Prevention & Corrective Physical Education	London Publishers
4.	J.L. Rathoone	Corrective Physical Education”	Philadelphia W.B. Saunders Co. 1968.
5.	V.V. Hunt	Recreation for the Handicapped”	Prentice Hall inc., 1974



<b>Course area</b>	<b>DSC-V-B</b>
<b>Course Code</b>	<b>PED309-19</b>
<b>Course Title</b>	Rules of games and sports Part V (Handball, Cricket and Netball)
<b>L T P</b>	4 0 0
<b>Credits</b>	4
<b>Course pre-requisite</b>	+2
<b>Course Objective</b>	<ol style="list-style-type: none"> <li>1. To know the techniques of teaching.</li> <li>2. To learn the skills and fundamentals of lesson planning.</li> <li>3. To know about the basics of class managements.</li> <li>4. To Know about rules and regulations of the events.</li> </ol>
<b>SYLLABUS</b>	

#### **UNIT- I**

Origin, History and development of the game- International, National and State Level Organizations and Trophies.

#### **UNIT- II**

Fundamental Skill- Lead Up Games - Various System of Play – Selection of Players.

#### **UNIT- III**

Training: Warm-up and Warm down - Technical Training – Tactical Training –Coaching Program.

#### **UNIT- IV**

Layout of Playfield with all Measurements, Facilities and equipment and its specifications  
Rules and their Interpretation, Methods of Officiating, Duties of Officials

<b>S. No.</b>	<b>Author(S)</b>	<b>Title</b>	<b>Publisher</b>
1	Dr. A.K. Srivastava	Book of Rules of Games and Sports	Sports Publication
2	Neil Strauss	Rules of the Game	It Books
3	Sharma, R. D	Health and physical education	Gupta Prakashan
4	U.S.A. Track and Field	Track & Field Coaching Essentials	Human Kinetics; 1 edition
5	Simonian, C	Fundamentals of sport biomechanics	New York: John Willey and Sons.

<b>Course Area</b>	<b>GE II</b>
<b>Course Code</b>	<b>CSE222-19</b>
<b>Course Title</b>	Computers Application in Physical Education
<b>L T P</b>	4 0 0
<b>Credits</b>	4
<b>Course prerequisite</b>	+2
<b>Course Objective (CO)</b>	To familiarize all the students with basic concepts of computers including office automation and internet concepts.

### UNIT-I

Define a Computer System, Applications of computer system, Input and Output device, Memories, RAM, ROM, secondary storage devices, Computer Software and Hardware, Number System.

### UNIT-II

Computer Languages: Machine language, assembly language, higher level language. Operating System: Definition, Need for operating system, Functions of operating system (Processor Management, Memory Management, File Management and Device Management).

### UNIT-III

Word Processor- Introduction to word processors and its features, creating, editing, printing and saving documents, spell check, mail merge

PowerPoint: creating power point presentations, creating spreadsheets and simple graphs, evolution of Internet and its applications and services.

Spreadsheets- Introduction to spreadsheets and its features, Using different types of formulae, Creating graphs and charts, Exporting charts to word processor.

### UNIT-IV

Installation of operating System viz. Windows XP, Windows 2007 etc. Word Processing (MS Office/Open Office) PowerPoint Presentation (MS Office/Open Office).

<b>RECOMMENDED BOOKS</b>			
<b>Sr. no.</b>	<b>Name</b>	<b>AUTHOR(S)</b>	<b>PUBLISHER</b>
1	Fundamentals of Computers	R. S. Salaria	Salaria Publishing House
2	Computer Fundamentals	P.K. Sinha and P. Sinha	BPB Publication
3	Absolute Beginners Guide to Computer Basics	Miller M	Pearson Education
4	MS Office for Windows XP	Sagman S	Pearson Education

<b>Course Area</b>	<b>Practical</b>
<b>Course Code</b>	<b>PED311-19</b>
<b>Course Title</b>	Athletics :Long Distance Races and Pole Vault
<b>L T P</b>	0 0 4
<b>Credits</b>	2
<b>Course pre-requisite</b>	+2
<b>Course Objective</b>	<ol style="list-style-type: none"> <li>1. To know about history of the athletics events.</li> <li>2. To learn the skills and fundamentals of the events.</li> <li>3. To know about the dimensions of the events.</li> <li>4. To Know about rules and regulations of the events.</li> </ol>
<b>SYLLABUS</b>	

### UNIT-I

#### Long Distance Races

##### Fundamental Skills

1. Various techniques of Race
2. Understanding of Start Zones
3. Ground Marking
4. Interpretation of Rules and Officiating

### UNIT-II

#### Pole Vault

1. Approach Run
2. Take Off
3. Technique of Jump
4. Clearance over the bar
5. Landing

#### References Books

S.No	Authors	Title	Publisher
1	Dr. A.K. Srivastava	Book of Rules of Games and Sports	Sports Publication
2	Becky Oakes	Track and Field and Cross Country Rules	NFHS
3	U.S.A. Track and Field	Track & Field Coaching Essentials	Human Kinetics; 1 edition

<b>Course Area</b>	<b>Practical</b>
<b>Course Code</b>	<b>PED313-19</b>
<b>Course Title</b>	Games :Kabaddi , Basketball, Football
<b>L T P</b>	0 0 4
<b>Credits</b>	2
<b>Course pre-requisite</b>	+2
<b>Course Objects</b>	1. To know about history of the Games.
<b>Course Objective</b>	2. To learn the skills and fundamentals of the Games.
	3. To know about the dimensions of the Games.
	4. To Know about rules and regulations of the Games
<b>SYLLABUS</b>	

### UNIT-I

#### **Kabaddi: Fundamental Skills**

1. Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, crossing of Bonus line, luring the opponent to catch, Pursuing.
2. Skills of Holding the Raider-Variou formations, catching from particular position, Different catches, luring the raider to take particular position so as to facilitate catching, Catching formations and techniques.
3. Additional skills in raiding-Bringing the artis in to particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defense.
4. Ground Marking, Rules and Officiating.

### UNIT-II

#### **Basketball: Fundamental Skills**

1. Player stance and ball handling
2. Passing-Two Hand chest pass, Two hand Bounce Pass, One Hand Baseball pass, Side Arm Pass, Over Head pass, Hook Pass.
3. Receiving-Two Hand receiving, One hand receiving, Receiving in stationary position, Receiving while jumping, Receiving while running.
4. Dribbling-How to start dribble, How to drop dribble, High dribble, Low dribble, Reverse Dribble, Rolling dribble.
5. Shooting-Layup shot and its variations, one hand set shot, One hand jump shot, Hook Shot, Free throw.
6. Rebounding-Defensive rebound, Offensive rebound, Knock out, Rebound Organization.
7. Individual Defensive-Guarding the man with the ball and without the ball.
8. Pivoting.
9. Rules and their interpretations and duties of the officials.

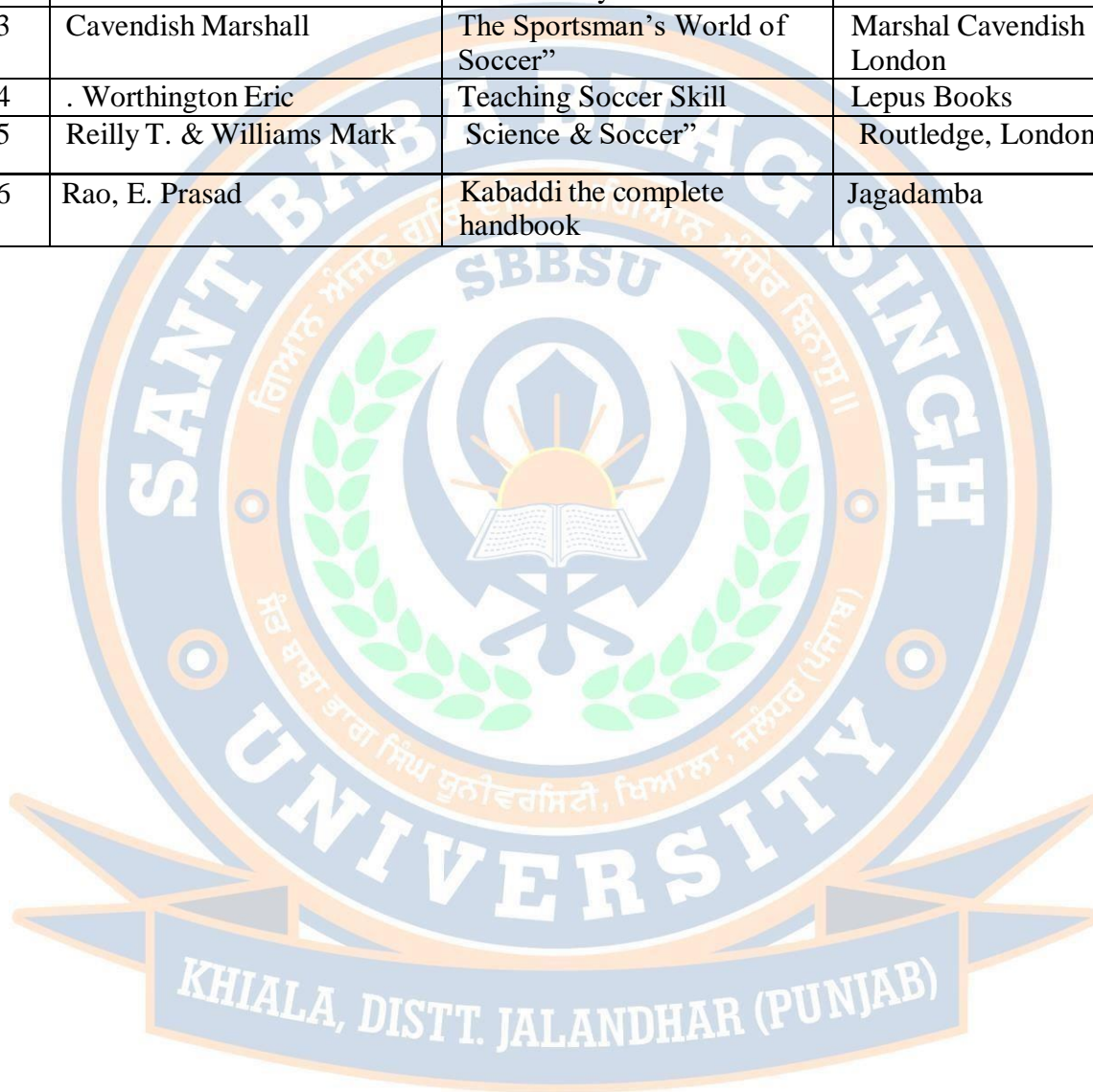
### UNIT-III

#### **Football: Fundamental Skills**

1. Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick
2. Trapping-trapping rolling the ball, trapping bouncing ball with sole
3. Dribbling-With instep, inside and outer instep of the foot.
4. Heading-From standing, running and jumping.
5. Throw in

6. Feinting-With the lower limb and upper part of the body.
  7. Tackling-Simple tackling, Slide tackling.
- Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting

S.No	Authors	Title	Publisher
1	Sharma Sudhir Kumar	Kabaddi	T.H.Books (New Dehli)
2	Rees, Roy	Coaching Soccer Successfully	Human Kinetics Windsor
3	Cavendish Marshall	The Sportsman's World of Soccer"	Marshal Cavendish London
4	. Worthington Eric	Teaching Soccer Skill	Lepus Books
5	Reilly T. & Williams Mark	Science & Soccer"	Routledge, London
6	Rao, E. Prasad	Kabaddi the complete handbook	Jagadamba



<b>Course Area</b>	<b>MIL-III</b>
<b>Course Code</b>	<b>PBI302-19</b>
<b>Course Title</b>	General Punjabi
<b>Type of Course</b>	Theory
<b>L T P</b>	3:0:0
<b>Credits</b>	3
<b>Course Prerequisite</b>	+2
<b>Course Objectives</b>	<ol style="list-style-type: none"> <li>1. ividAwrQI AwDuink pMjwbI kvIAW dI jIvnI qoN jwxU hoxgy[</li> <li>2. ividAwrQIAW nUM AwDuink pMjwbI kivqw dI ivSYgq jwxkwrI ho jwvygI[</li> <li>3. ividAwrQIAW iv`c ryKw ic`qrW dw AiDAYn krn dw hunr auqpMn hovygw[</li> <li>4. ividAwrQIAW nUM pMjwbI DunIN ivauNqbMDI sMbMDI igAwn hwisl ho jwvygw[</li> <li>5. ividAwrQI pMjwbI aup- BwSwvW nUM pCwnxXog ho jwxgy[</li> </ol>
	<b>pwTkRm</b>

**Bwg-a**

j~g bIqI h~f bIqI (kQw sMgRih) ( ipClIAW Cy khwxIAw) sMpw. juigMdr isMG rwhI gurU nwnk dyv XUnIvrstI, AMimRqsr, 2008.

**Bwg-A**

g~d pRvwh (Bwg-dUsw) sMpw. ibkrm isMG Gumx Aqy jspwl isMG rMDwvw gurU nwnk dyv XUnIvrstI, AMimRqsr, 2007.

**Bwg-e**

lyK rcnw sMKp rcnw

**Bwg-s**

ivAwkrx  
ikirAw vwkMS : pirBwSw, bxqr, qy pRkwr[  
kwrk Aqy kwrkI sMbMD

**hvwlw pusqW**

LyKk	Pusqk	pbilSr
sMpw. juigMdr isMG rwhI	j~g bIqI h~f bIqI (kQw sMgRih)	gurU nwnk dyv XUnIvrstI, AMimRqsr
sMpw. ibkrm isMG	g~d pRvwh	guru nwnk dyv

Gumx Aqy jspwl isMG rMDwvw		XUnIvrstI, AMimRqsr
isMG; hrkIrq	pMjwbI bwry	pMjwbI XUnIvrstI, pitAwlw
isMG; qIrQ (fw.)	pMjwbI AiDAwpm	AY~s. jI. pbilSrzm, jlMDr



<b>Course Area</b>	<b>MIL-III</b>
<b>Course code</b>	<b>HCP302-19</b>
<b>Course title</b>	History And Culture of Punjab
<b>Type of course</b>	Theory
<b>L T P</b>	3 :0: 0
<b>Credits</b>	3
<b>Course prerequisite</b>	+2
<b>Course objectives (CO)</b>	<ol style="list-style-type: none"> <li>1. The Student will acquire the knowledge of Resettlement of Punjab .</li> <li>2. The Student will understand the Green Revolution &amp; Development post 1966.</li> <li>3. The Student will acquire the knowledge of Operation Bluestar.</li> <li>4. The Student will understand the New Social issues .</li> </ol>
<b>SYLLABUS</b>	

#### **UNIT 1**

Migration and its Socio-Economic Impact. Rehabilitation and Resettlement. Demand for Punjabi Suba, Reorganization Act 1966.

#### **UNIT II**

Green Revolution and its Impact. Development of Education. Political and Economic Development post 1966.

#### **UNIT III**

Issues of Boundary, water, Chandigarh. Socio-Economic Development in the 1980's. Operation Bluestar and its Impact.

#### **UNIT IV**

New Social issues-gender discrimination, drug menace, farmer suicide Development of Punjabi literature: Bhai Vir Singh; Shiv Kumar Batalvi; Amrita Pritam Important Historical Places: Delhi, Amritsar, Khemkaran, TarnTaran, Jalandhar, Ambala, Ludhiana, Panipat, Karnal ,Qadian, Gurdaspur, Hissar, Chandigarh.

#### **References Books:**

<b>S.NO.</b>	<b>Author's</b>	<b>Title</b>	<b>Publisher</b>
1	Sukhdev Sharma	History And Culture Of Punjab	New Academic Publisher
2	Kirpal Singh	History and Culture of the Punjab, Part II (Medieval Period)	Publication Bureau, Punjabi University, Patiala.

<b>Course Area</b>	<b>MIL-III</b>
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Course Code	HIN103-19
Course Title	Hindi
Type of Course	Theory
L T P	3 0 0
Credits	3
Course Pre-requisite	+2
Course Objectives(CO)	<p>After completion of this course, students will be able to :</p> <ol style="list-style-type: none"> <li>1. To develop understanding of the significance of Hindi as a subject in the present context.</li> <li>2. To analyze the factors influencing learning Hindi and to develop the understanding of the significance of basic competencies in language acquisition.</li> <li>3. To understand the nature, characteristics of Language and mother-tongue as well as the use of language.</li> <li>4. To enable student-teachers to teach basic language skills such as listening, speaking, reading and writing and integrate them for communicative purposes.</li> </ol>

#### भाग 1 - 1 -

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#### भाग-2

jhfrdky vkjS vk/kqfud dky ¼dsoy dkO;&[kaM½ ¼d½ jhfrdky dh ifjfLFkfr;kj] ukedj.k] lhek&fu/kkZj.k] izo`fr;kj] jhfr) vkSj jhfreqDr dkO; dh izeq[k fo'ks"krk, j] [k½ vk/kqfud dky ds dsoy dfork&bfrgkl [kaM esa ls HkkjrsUnq ;qx] f}osnh ;qx] Nk;kokn] izxfrokn] iz;ksxokn vkSj ubZ dfork dh dsoy izeq[k izo`fr;ksa ls lacaf/kr

#### भाग 3

O;kogkfjd O;kdj.k d½ lekd`fr] fHkUukFkZd 'kCn&;qXe [k½ Loj&laf/k ,oa O;atu&laf/k x½ laf/k&foPNsn ¼dsoy O;kogkfjd½ ?k½ okD;&'kks/ku M½ fojke&fpg~u

#### भाग 4

d½ lkj&ys[s]ku [k½ 'kkldh; i=&ys[s]ku x½ foLrkj.k ?k½ rduhdh 'kCnkoyh ¼dsoy iz'z'kkldh; 'kCnkoyh½

पठय - पुस्तके

	लेखक	पुस्तक का नाम	पबल शर
1.	euh'kk dfiyk	ििदी ििण	eYYkks=k cqd fMiks
2.	nhid	ििदी ििण	T;ksfr cqd fMiks izkbosV fyfeVsM tkyU/kj
3.	Mka xaxk lgk; izseh	ििदी ििण	ि र ीीि क ि न मर, आगर T
4.	नायक, सीरी	ििदी भाषा ििक् षण	ट्टीी फस्ट सीचीरी पान्दकी ि स
5.	खजा जयी ििही	ििदी ििण	धनिप राय एड सज, ड लही



<b>Course Area</b>	<b>MILIII</b>
<b>Course Code</b>	<b>ENGCOM302-19</b>
<b>Course Title</b>	English Communication
<b>Type of Course</b>	Theory
<b>LTP</b>	3: 0: 0
<b>Credits</b>	3
<b>Course pre-requisite</b>	+2
<b>Course Objectives (CO)</b>	<ol style="list-style-type: none"> <li>1. Completion of this course students will be able to: formulate an effective communication strategy for any message, in any medium, and in any situation.</li> <li>2. Write clearly, concisely, and convincingly.</li> <li>3. Develop skills of effective communication - both written and oral.</li> <li>4. Acquaint with application of communication skills in outside world.</li> </ol>

#### **Unit 1**

**Grammar:** Parts of Speech, Use of appropriate tense, Voice , Reported Speech, Sentence Structure; Simple, Compound, Complex, Vocabulary-One word substitution.

#### **Unit 2:**

**Writing Skills:** Application for employment , Resume Writing , Paragraph Writing Construction-Kinds of Paragraphs, Preparing of Matter for meeting : Notice, agenda , Conference

#### **Unit 3:**

**Speaking Skills:** Effective oral Presentation, Slide making, Use of audio Visual aids.

#### **Unit 4:**

#### **Oral Communication and its Application:**

Group Discussion, Customer Care Relations (PR Skills), Interview Skills (Conducting and appearing for interviews), and Telephone handling manners.

#### **Reference books:**

<b>Sr, No</b>	<b>Author(s)</b>	<b>Title</b>	<b>Publisher</b>
1	K. K. Sinha Galgoti	Business Communication	Galgotia Publishing Company,
2	C. S. Rayudu -	Media and Communication Management	- Himalaya Publishing House, Bombay.
3	Rajendra Pal and J. S. Korhalli -	Essentials of Business Communication	Sultan Chand & Sons, New Delhi

<b>Course Area</b>	<b>DSC-VI- A</b>
<b>Course Code</b>	<b>PED306-19</b>
<b>Course title</b>	Scientific Principals of Sports Training
<b>Type of course</b>	Theory
<b>L T P</b>	4:0:0
<b>Credits</b>	4:0:0
<b>Course Prerequisite</b>	+2
<b>Course objective</b>	<ol style="list-style-type: none"> <li>1. Understand the basic knowledge about Sports Training.</li> <li>2. Explain the Principles of Sports Training.</li> <li>3. Understand the components of fitness.</li> <li>4. Gain knowledge about Training Process.</li> <li>5. Gain knowledge about Planning and Programming of Training.</li> </ol>
<b>SYLLABUS</b>	

#### **UNIT-I**

Meaning, definitions,  
Aims and objectives of sports training,  
Principles of sports training  
Importance of Sports Training

#### **UNIT-II**

Training load, load adaptation, overload and recovery, factors of load.  
Circuit training, interval training,  
Fartlek training, polymeric training,

#### **UNIT-III**

Development of Motor components  
Speed, Strength, endurance, flexibility, agility.

#### **UNIT-IV**

Meaning and definition of periodization, importance of periodization single, double and triple, periodization, long term and short term plan, planning for competition main and build up competitions.

### Reference Books

S. No.	Author(S)	Title	Publisher
1	Dick, W. F.	Sports training principles	London: Lepus Books.
2	Harre, D	Principles of sports training	Berlin: Sporulated.
3	Jensen, R. C.& Fisher, A.G.	Scientific basis of athletic conditioning	Philadelphia: Lea and Fibiger, 2ndEdn.
4	Uppal A.K.	Sports Training	Delhi: Friends Publication
5	Singh, H	Sports training, general theory and methods	Patials: NSNIS.



<b>Course area</b>	<b>DSE-VI-B</b>
<b>Course Code</b>	<b>PED308-19</b>
<b>Course Title</b>	Rules of games and sports Part V (Hockey & Softball)
<b>L T P</b>	0 0 4
<b>Credits</b>	2
<b>Course pre-requisite</b>	+2
<b>Course Objective</b>	<ol style="list-style-type: none"> <li>1. To know about history of the games.</li> <li>2. To learn the skills and fundamentals of the events.</li> <li>3. To know about the dimensions of the events.</li> <li>4. To Know about rules and regulations of the events.</li> </ol>
	<b>SYLLABUS</b>

#### **UNIT- I**

Origin, History and development of the game- International, National and State Level Organizations and Trophies.

#### **UNIT- II**

Fundamental Skill- Lead Up Games - Various System of Play – Selection of Players.

#### **UNIT- III**

Training: Warm-up and Warm down - Technical Training – Tactical Training –Coaching Program.

#### **UNIT- IV**

Layout of Playfield with all Measurements, Facilities and equipment and its specifications  
Rules and their Interpretation, Methods of Officiating, Duties of Officials

<b>S. No.</b>	<b>Author(S)</b>	<b>Title</b>	<b>Publisher</b>
1	Dick, W. F.	Sports training principles	London: Lepus Books.
2	Harre, D	Principles of sports training	Berlin: Sporulated.
3	Jensen, R. C.& Fisher, A.G.	Scientific basis of athletic conditioning	Philadelphia: Lea and Fibiger, 2ndEdn.
4	WeinHarat	The Science of Hockey”	London Pelham Books, 1979
5	Claim Michal	Field Hockey Techniques, Tactics,	London Taverna (2009)–:

s

<b>Course Area</b>	<b>DSE-IV</b>
<b>Course Code</b>	<b>PED310-19</b>
<b>Course title</b>	Sports Psychology
<b>Type of course</b>	Theory
<b>L T P</b>	4:0:0
<b>Credits</b>	4:0:0
<b>Course Prerequisite</b>	+2
<b>Course objective</b>	<ol style="list-style-type: none"> <li>1. Understand the basic knowledge about Sports Psychology.</li> <li>2. Explain the Nature of learning.</li> <li>3. Understand the Social Science.</li> <li>4. Gain knowledge about Socialization.</li> <li>5. Understand the meaning and importance of Culture.</li> </ol>
<b>SYLLABUS</b>	

#### **UNIT-I**

Meaning, definitions of sports psychology. Need and Importance in competitive sports .Meaning, definition, nature, principle conditions of motor skill learning. **Learning/Sports Performance Curve:** Its types, characteristics; Plateau in learning/sports performance curve, its reasons and solutions.

#### **UNIT-II**

**Attention:** Definition, nature, characteristics, types, and role of attention in physical education and sport. Strategies for improving attention. **Interest:** Meaning, definition, types, ways and means of arousing and sustaining student's interests in physical education and sports.

#### **UNIT-III**

**Motivation:** Meaning and definition, need and importance of motivation in the field of physical education and sports. Motives, drives and needs, Types of motivation. **Personality:** Concept, meaning, definition, characteristics, dimensions, traits of personality, classification. Factors affecting the development of personality. Athletic / Sports performance and personality.

#### **UNIT-IV**

**Psychological Factors Affecting Sports Performance:** Stress, personality, and aggression and their measuring tools. Management of psychological factors for optimum performance.

### Reference Books

S. No.	Author(S)	Title	Publisher
1	Ball, D. W. & Loy, J. W	Sport and social order; Contribution to the sociology of sport	London: Addison Wesley Publishing Co., Inc.
2	Blair, J.& Simpson, R.	Educational psychology	New York:McMillan Co.
3	Cratty, B. J	Psychology and physical activity	Eaglewood Cliffs. Prentice Hall
4	Kamlesh, M.L.	Sport and social system	New Delhi:Metropolitan Book Co.



<b>Course Area</b>	<b>Practical</b>
<b>Course Code</b>	<b>PED312-19</b>
<b>Course Title</b>	Athletics: Hurdles, Competitive Walk, Road Race & Discus Throw
<b>L T P</b>	0 0 4
<b>Credits</b>	2
<b>Course pre-requisite</b>	Graduation
<b>Course Objective</b>	<ol style="list-style-type: none"> <li>1. To know about history of the athletics events.</li> <li>2. To learn the skills and fundamentals of the events.</li> <li>3. To know about the dimensions of the events.</li> <li>4. To Know about rules and regulations of the events.</li> </ol>
<b>SYLLABUS</b>	

### UNIT-I Hurdles

- 1) Types of Hurdles
- 2) Starts
- 3) Techniques of Hurdles

### UNIT-II

1. Basic of walking and road race
2. Techniques of walking road race
3. Fundamental skills
4. Equipment
5. Officiating and organization of these races

### UNIT III

- a. Discus Throw
- b. Basic Skills and techniques of the Throw.
- c. Ground Marking / Sector Marking
- d. Interpretation of Rules and Officiating.
- e. Grip
- f. Stance
- g. Release
- h. Reserve/ (Follow through action)
- i. Rules and their interpretations and duties of officials

**References:**

S.No	Authors	Title	Publisher
1	Dr. A.K. Srivastava	Book of Rules of Games and Sports	Sports Publication
2	Becky Oakes	Track and Field and Road Race Rules	NFHS
3	U.S.A. Track and Field	Track & Field Coaching Essentials	Human Kinetics; 1 edition



<b>Course Area</b>	<b>Practical</b>
<b>Course Code</b>	<b>PED314-19</b>
<b>Course Title</b>	Teaching Practice
<b>L T P</b>	0      0      4
<b>Credits</b>	2
<b>Course pre-requisite</b>	+2
<b>Course Objective</b>	1. To know about the history of Light Apparatus , Hockey & Table Tennis
	2. To know about the dimensions of the game
	3. To know about the rules and regulation of game.
	<b>SYLLABUS</b>

**Teaching practices:**

Lessons for out-door activities within premises on the students of B.P.E.S

course. Micro Lesson: - 10

Movement Lesson

- a. Action Song (5)
- b. Motion Story (5)

**Teaching practices:**

**Sports Specialization: Track and field / Gymnastics /Swimming**

(5 internal lessons at practicing school and 1 final external lesson on the students of Practicing school as a sports specialization of any discipline mentioned above.)

**Games Specialization: Kabaddi, Kho-kho, Baseball, Cricket, Football, Hockey, Softball Volleyball, Handball, Basketball, Netball, Badminton, Table Tennis, Squash, Tennis**

(5 internal lesson at practicing school and 1 final external lesson on the students of practicing school as a games specialization of any discipline mentioned above.)



1. Rules and their interpretations and duties of officials
2. Attacking Strategy
3. Defense Strategy

#### References

S.No	Authors	Title	Publisher
1	Shanti Sharma , Dr. Alok Mishara , Jaya Sharma	History & Benefits of Malkhamb	Bikaner: Nidhi publishers Ltd
2.	Neil Strauss	Health and physical education	Gupta Prakashan

