

ORDINANCE

**BACHELOR OF PHYSICAL EDUCATION & SPORTS (B.P.E.S)- Six Semester Course
(w.e.f. Session 2019-2020)**

Applicability of Regulations for the Time Being in Force

Notwithstanding the integrated nature of a course spread over more than two academic years, the regulations in force at the time a student joins a course shall hold good only for the examinations held during or at the end of each semester. Nothing in these regulations shall be deemed to debar the University from amending the regulations subsequently and the amendment regulations, if any, shall apply to the entire student whether old or new.

1. Duration of Programme:

The duration of the course shall be Three academic years, divided into six semesters.

2. Reservation:

The reservation policy of the Government of Haryana, as amended from time to time, for admission to government/government-aided educational institution shall be followed.

3. Intake:

There shall be a basic unit of One Hundred students for each year.

4. Eligibility:

(i) **Educational Qualification** Senior Secondary School (+2) or its equivalent examination passed with atleast 50% marks. However 5% relaxation be given to those who have participated in International/National/SGFI sports competitions.

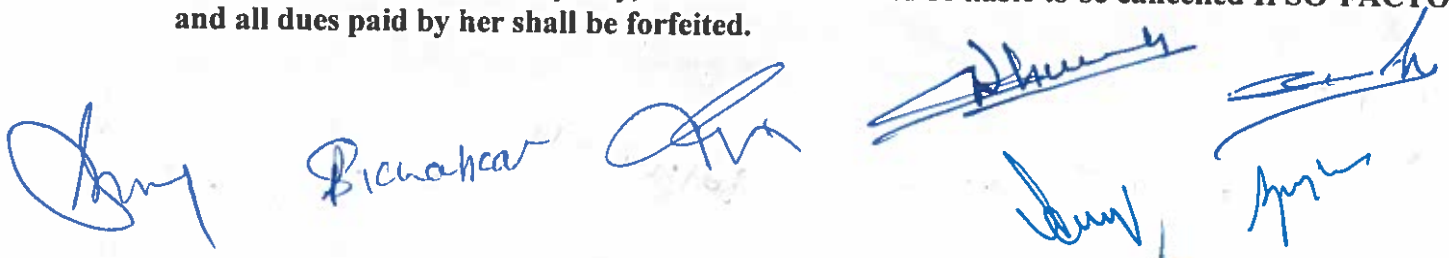
(ii) No Sports/Game certificate will be considered for weightage without its Gradation issued from the Director, Sports and Youth Welfare of the State concerned. In the Sports/Games where no Gradation Certificate is being issued by the concerned State/U.T. in such cases the certificate must be verified by the concerned Director, Sports of the State/U.T., the certificate issued by the Federation alone will not be considered. Further for inter college/inter university certificates of such games/ sports a gradation/verification certificate issued by the Director, Sports of the University concerned will be considered.

Note:- Certificates of sports and games organized by the Nehru Yuvak Kendra, Women Sports Festivals, Rural Games and Sports Festivals, Panchayats, and Invitation Tournaments will not be considered.

(iii) **Physical Efficiency Test:** All the eligible candidates will be required to qualify the Physical Efficiency Test (PET). However, the criteria and the specifications of the individual events of the Canadian Test will be decided by the Department of Physical Education, CRSU Jind.

Note:

(i) Married female selected candidates will have to submit a certificate from SMO/MO of the Civil Hospital that she is not in family way, along with an undertaking that if during the course of study, it is found that she is in family way, her admission would be liable to be **cancelled IPSO-FACTO and all dues paid by her shall be forfeited.**



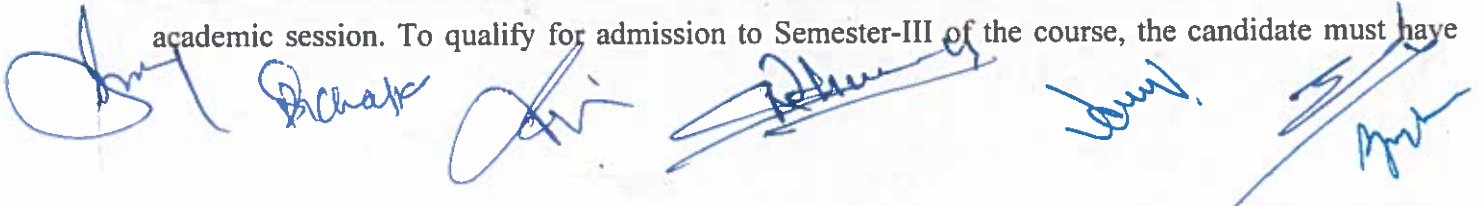
(ii) Every student (Male and Female) will submit medical fitness certificate at the time of admission. No excuse for physical activity during the course will be entertained.

5. The examination for the degree of Bachelor of Physical Education & Sports (B.P.E.S) shall be held in six semesters to be called Semester-I, II, III, IV, V & VI. The examination for the I, III & V semester shall be held in the month of November/ December and for the II, IV & VI semesters in the month of April/May or on such other dates as may be fixed by University.
6. The last dates by which admission forms and fees for Semester- I-VI examination should reach to the Controller Examination, C.R.S.U., Jind on dates as notified from time to time. No examination form will be accepted after the notified date.
7. The candidate will be required to pay examination fees as prescribed by the University from time to time.
8. The medium of examination will be English/Hindi.
9. The examination will consist of papers according to syllabus as prescribed by the concerned Board of Studies.
10. The marks required to pass the examination shall be 40% marks in internal assessment in each paper separately in theory and practical and 40% in aggregate of internal, external, theory and practical.
11. There shall be internal and external examination (assessment). The relative weightage of internal and external assessments of each theory paper shall be 20% and 80% respectively.
12. The break-up for internal assessment shall be as follows:

Criteria of awarding internal assessment (20 marks)

Sr. No.	Criteria	Marks
1.	One assignment in each paper	5 Marks
2.	One test in each paper	5 Marks
3.	One seminar/presentation in each paper	5 Marks
4.	Attendance	5 Marks
	Below 75%	0 Marks
	Up to 80%	2 Marks
	Up to 85%	3 Marks
	Up to 90%	4 Marks
	Above 90%	5 Marks

13. The question papers shall be set both in English and Hindi Languages.
14. There will be no condition of passing papers for promotion from odd semester to even semester in an academic session. To qualify for admission to Semester-III of the course, the candidate must have



Passed 50% of total papers of two Semesters in the first year. However, students have to attend classes in each semester as per the criteria given below:

The Chairperson of the Department/Principal of the college/Director of the course may condone shortage upto 15% lectures in a subject/paper and upto 5% in practicals/tutorials in each subject/paper. These shall also include loss of attendance due to participation in cultural and sports assignments etc. Provided that a student who represents CRSU, jind in the Inter-university Sports Tournaments/Inter University Youth Festivals shall be allowed additional condonation on this ground upto 10% in each paper on a certificate from the Director of Physical Education & Sports or the Director, Youth and Cultural Affairs Department, as the case may be, subject to the condition that such a student shall not be allowed to appear in the examination if his attendance, after condonation on all counts, falls below 50%.

- 15. A Candidate placed under reappear in any paper, will be given two chances to clear the reappear, which shall be available within consecutive two years/chances i.e. to pass in a paper the candidate will have a total of three chances. One as regular student and two as reappear candidate. In case of reappear in external examination, the internal assessment marks shall be carried forward. Provided that he/she shall have to qualify in all the papers prescribed in B.P.E.S course within a period of five years from the date he/she joined the course. In case he/she fails to do so within the prescribed period of five years as aforesaid he/she shall be declared fail and his admission shall be cancelled.
- 16. The examination of reappear papers of Odd Semester will be held with regular examination of the Odd Semester and reappear examination of the Even Semester will be held with regular examination of Even Semester. In case a candidate is placed under re-appear in fifth (odd) semester, he/she will be given chance to re-appear in the six semesters. But if a candidate is placed under reappear in the last semester of the course, he will be provided chance to pass the reappear with the examination of the Next Semester. It is understood that a reappear or failed candidate shall be allowed to take the examination in papers not cleared by him according to the date sheets of the semester examinations in which such papers may be adjusted.
- 17. After completing three years of studies (i.e. Six Semester Course); he/she shall not be admitted to any semester of the same course and will not have any privilege of a regular student.
- 18. The examination shall be open to any person who satisfies the following requirements:
 - i. has been on the rolls of the University/College throughout the academic year preceding the Part-I i.e. Semester-I & II examination.

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- ii. has his name submitted to the Registrar by the Head of the Department/Principal of the College having attended not less than 75% of the total number of lecturers delivered in each paper and 75% of the lectures held in Practical Work/ Activities in each paper during the academic year.
- iii. In case a candidate could not appear in the Sessional Examination owing to unavoidable circumstances or fails to secure the marks indicated and desires to appear in the University Examination as a regular student, the Head of Department / Principal may at his discretion hold a special test for the candidate(s).

19. The grace marks shall be allowed according to the General Ordinance relating to "Award of Grace Marks" of the university.

20. Students undergoing a Three Year Bachelor Course shall be awarded the Bachelor of Physical Education & Sports (B.P.E.S.) Degree on the basis of their combined score of Semester -I to VI examination.

University Gradation norms on percentage performance bases are as under:

- | | | |
|-------|---------------------------------|--------------|
| (i) | First Division with Distinction | 75% & above |
| (ii) | First Division | 60% & above |
| (iii) | Second Division | 50% to 59.9% |
| (iv) | Third Division | Below 50% |
| (v) | Fail | Below 40% |

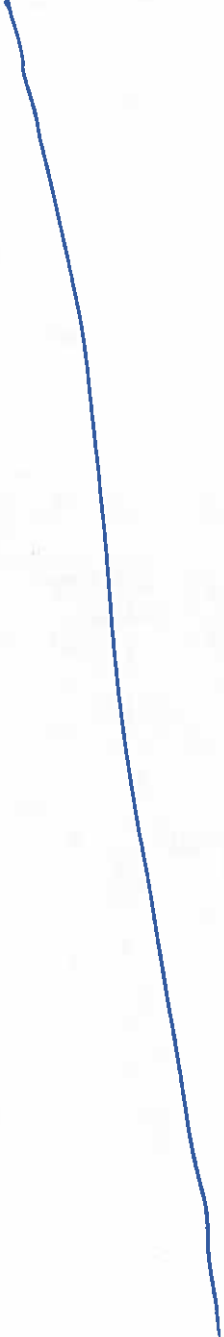
21. A candidate who has passed Bachelor of Physical Education & Sports (B.P.E.S) Examination from this university may be allowed to re-appear as a private candidate for improving his/her division/score of marks as under

- i) The candidates who have passed the semester I to VI of the B.P.E.S degree examination of this university and who desire to improve their marks will be permitted to appear only for theory (external) examination within a period of four years from the date of their appearance at B.P.E.S. examination.
- ii) Only one chance will be given to the candidate for each semester for improvement of performance. Such a candidate shall have to submit separate admission form and fee for each part. Such a candidate shall be allowed to appear in Semester Examination.
- iii) The result of such a candidate shall be declared only if the candidate improves his division/score, otherwise his result will be declared P.R.S. (Previous Result Stands).

22. Teaching (Skill and Prowess) activities for each game or athletics events will be of 21 days each.

23. Interpretation and Amendments:

The ordinances may be amended by the academic council and the amended ordinance, if any, shall be applicable to all the students whether old and new. Where this ordinance remains silent, the decision of the Vice-Chancellor shall be final.



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Scheme of Examination for B.P.E.S. w.e.f. Session 2019-2020

Theory Papers	2600 Marks
Practical Papers	600 Marks

Total – 3200 Marks

B.P.E.S.- (Semester-I)

Theory Marks: 475

Paper code	Paper	External	Internal	Total
BPEST-101	English (Compulsory)	60	15	75
BPEST- 102	Hindi (Compulsory)	60	15	75
BPEST-103	Foundation of Phy. Education and Sports	80	20	100
BPEST-104	Anatomy and Physiology	60	15	75
BPEST-105	Theory of games and sports-I	60	15	75
BPEST-106	Theory of games of sports-II	60	15	75
			Total	475

K. V. S.
22.03.22

B.P.E.S. (Semester-II)

Theory Marks: 475
Practical Marks: 150
Total Marks : 625

Practical Code	Paper	External	Internal	Practical (External)	Total
BPEST-107	English (Compulsory)	60	15	-	75
BPEST-108	Hindi (Compulsory)	60	15	-	75
BPEST-109	Foundation of Phy. Education and Sports	80	20	-	100
BPEST-110	Anatomy and Physiology (Theory)	60	15	50	125
BPEST-111	Theory of games and sports-I (Track & Field and Gymnastics)	60	15	50	125
BPEST-112	Theory of games of sports-II (Volleyball Game and Yoga)	60	15	50	125
				Total	625



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B.P.E.S. Semester -III

Theory Marks: 375

Paper Code	Paper	External	Internal	Total
BPEST-113	English	60	15	75
BPEST- 114	Health and Safety Education	60	15	75
BPEST-115	Physiology of Exercise	60	15	75
BPEST-116	Theory of Athletics and Gymnastic	60	15	75
BPEST-117	Theory of Games Basketball & Physiotherapy	60	15	75
			Total	375

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B.P.E.S.- (Semester-IV)

Theory Marks: 375

Practical Marks: 200

Total Marks : 575

Paper Code	Subjects	External	Internal	Practical	Total
BPEST-118	English	60	15	-	75
BPEST- 119	First aid and Rehabilitation	60	15	50	125
BPEST-120	Physiology of Exercise	60	15	50	125
BPEST-121	Theory of Athletics and Gymnastics	60	15	50	125
BPEST-122	Theory of Games Basketball & Physiotherapy	60	15	50	125
				Total	575

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B.P.E.S.- (Semester-V)

Theory Marks: 450

Part-A

Paper Code	Subjects	External	Internal	Total
BPEST-123	Psychology & Sociology of Physical Education & Sports	60	15	75
BPEST- 124	Fundamentals of Sports Training	60	15	75
BPEST-125	Kinesiology & Bio-Mechanics	60	15	75
BPEST-126	Theory of Games & Sports	60	15	75
BPEST-127	Theory of Games Kho-Kho & Physiotherapy	60	15	75
BPEST-128	English	60	15	75
			Total	450

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B.P.E.S.- (Semester-VI)

Theory Marks: 450
Practical Marks: 250
Total Marks : 700

Part-A

Paper Code	Subjects	External	Internal	Practical	Total
BPEST-129	Psychology & Sociology of Physical Education & Sports	60	15	50	125
BPEST- 130	Fundamental of Sports Training	60	15	50	125
BPEST-131	Kinesiology & Biomechanics	60	15	50	125
BPEST-132	Theory of Track & Field & Game of Specialization	60	15	50	125
BPEST-133	Theory of Games Kho-Kho & Physiotherapy	60	15	50	125
BPEST-134	English	60	15	-	75
				Total	700

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Paper Code –BPEST-101
English (Compulsory)

Time allowed: 3 Hours

Max Marks: 75
(External: 60, Internal: 15)

A Book of English for Polytechnics:

By Mrs. Anju (M.A..M.Phil)

Lect. Govt. Polytechnic, Ambala City
(Ishan Publiscation),
2765,/2, Patel Road, Ambala City.
Ph. 0171-244997

1. Following six chapters from the above book. **(15 Marks)**

1. Adventure in Space
2. An Engineering Wizard
3. The Diamond Necklace
4. Gold lives in the Punch
5. The man who found penicillin
6. Guru Nanak Dev

(One general question with internal choice)

2. Comprehension – from the text book. **(15 Marks)**

3. Grammer **(15 Marks)**

- a) Voice
- b) Nattation
- c) Tenses
- d) Prepositions
- e) Punctuation

4. Translation from English to Hindi **(08 Marks)**

5. Paragraph on Topic/ themes related to games and sports. **(07 Marks)**

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Paper Code -BPEST-102
Hindi (Compulsory)

Time allowed: 3 Hours

Max Marks: 75
(External: 60, Internal: 15)

1. 'पृथ्वीरारज की आँखें' एकांकी 25 अंक
(डॉ० रामकुमार वर्मा)

प्रस्तुत एकांकी में से दो गद्यांश दिए जाएँगे, जिनमें से एक की सप्रसंग व्याख्या लिखनी होगी। इसके लिए 15 अंक निर्धारित हैं।

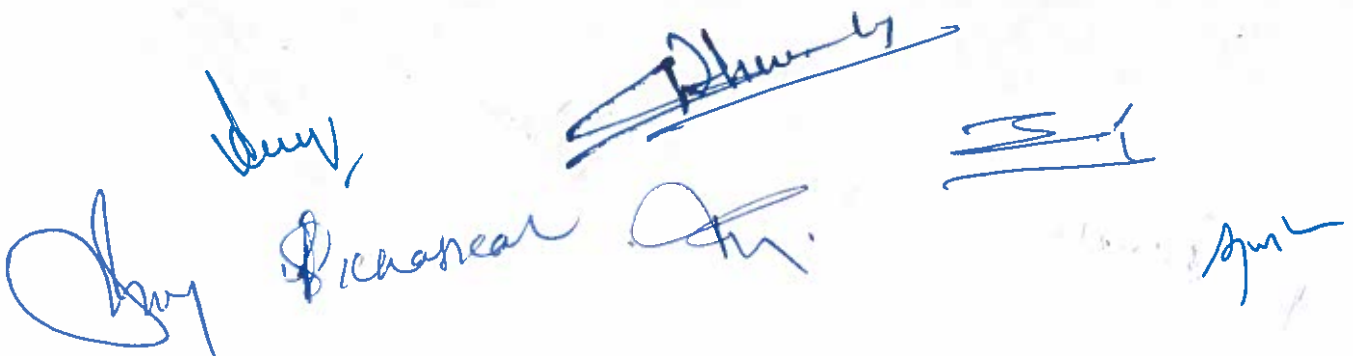
इसी एकांकी में से चरित्र-चित्रण, उद्देश्य, तात्विक समीक्षा आदि पर पूछे गए दो प्रश्नों में से एक का उत्तर देना होगा जो 10 अंक का होगा।

2. वाक्यांश के लिए एक शब्द 10 अंक
दिए गए वाक्यों/वाक्यांशों में से किन्हीं दस के लिए एक-एक शब्द लिखना होगा।
प्रत्येक के लिए एक अंक निर्धारित है।
3. पर्यायवाची शब्द 05 अंक
4. वाक्य - शोधन 05 अंक

(पर्यायवाची शब्द एवं वाक्य- शोधन के प्रश्न बहुविकल्पी होंगे। दिए गए चार-चार विकल्पों में से सही विकल्प का चयन कर परीक्षार्थी को अपनी उत्तर पुस्तिका में लिखना होगा। प्रत्येक भाग के लिए एक अंक निर्धारित है।)

5. निबंध लेखन 15 अंक

(राजनीतिक, सामाजिक, सांस्कृतिक, सभ-सामयिक आदि विषयों पर दिए गए पांच निबंधों में से एक का उत्तर देना होगा।)



Paper Code –BPEST-103
Foundation of Physical Education and Sports

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Internal: 20)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (15× 4= 60 Marks)

Unit – 1

Meaning, Importance of Physical Education
Need of Physical Education
Scope of Physical Education and Sports
Relation of Physical Education to General Education and Recreation.

Unit - II

Aim and Objectives of Physical Education and Sports
Physical, Mental, Social, Emotional Developments,
Neuro Muscular Co-ordination,
Development of Good Citizenship,
Worthy Use of Leisure time.

Unit – III

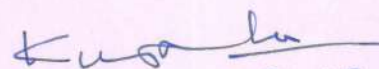
A Brief Historical Review of Physical Education and Sports Activities of Indian Heritage, History of Asian and Modern Olympic Games, History of Phy.Edu. of Greace.

UNIT – IV

National Programme of Physical Education and Sports
National Institutes of Physical Education & Sports
Sports Talent Search Scholarship

References

1. Khan, E.A, History of Phy.Edu;Patna Scientific Corporation (1964).
2. Kamlesh, M.L.Physical Education Facts and Foundation; Faridabad P.S publication(pvt) Ltd.(1988).
3. Kamlesh, M.L.Principles& History of Phy.Edu., Prakash Bros., Patiala,1991.
4. Hoffman,G.J.&Harris J.C Introdouction to Knesiology studying Phy.Activity,2000.
5. Revenas, R.S.(1978) Foundations of Physical Education.
6. Barrow, R.M.(1983) Man and Movement.
7. Bucher, G.A(1922)Foundation of Phy.Edu.and Sports.


22.03.22

**Paper Code -BPEST-104
Anatomy & Physiology**

Time allowed: 3 Hours

Max Marks: 75
(External: 60, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10x 4= 40 Marks)

UNIT - 1

Concept of Anatomy & Physiology and their implications.
Description of Cell, tissue, Structure and functions of the Cell
Properties of living Cell.

UNIT - II

Structure and Functions of Skelton System
Bones- composition, Classification and Function of Bones
Features of Different Bones of the Body i.e. Scapula, Radius, Ulna, Humorous, Hip Bone, Femur, Tibia, Ribs and Bones of the Skull.
Joints – Definition and Classification of Joints, Structure of a Synovial Joints.

UNIT - III

Planes & Axis of Movements and Terminology of Movement around the Joints.
Respiratory System .
Structure of Lungs.
Mechanism of Respiration.
Second wind and Oxygen Debt.

UNIT - IV

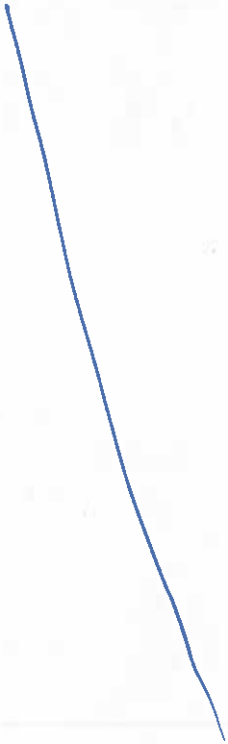
- i) **Cardiovascular System :**
Structure of Heart and Major Blood Vessels in different Part of the Body. Process of blood circulation in the body.
- ii) **Excretory System :**
Structure of Kidney and Urinary Tract. Various Channels of Excretion such as Kidney, Skin and Rectum.

Reference Books.

- 1. Pearee Evelyn, C Anatomy and Physiology for Nurses, London, Faber and Faber Ltd.,1962

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2. Pavat.J
Anatomy for Students and Teachers of Physical
Education, London, Edward Arnold and Co., 1959.
3. Willion. J.F
Anatomy and Physiology, London, W.B.Saunders.
4. Senson Wright
Applied Physiology
5. Best and Taylor
The Living Body, New Delhi, Asia Club House, 1960.
6. Smount, C.F.V.and
Physiotherapy, Occupational,
McDonald, R.J.S
7. Therapy and Gymnastics, Edward Arnold Pvt.Ltd., 1969. Kiober Grcy Anatomy and
Physiology Stackpoles
8. Anatomy and Physiology (6th ed.).



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**Paper Code -BPEST-105
Theory of Games & Sports -I
(Athletics and Gymnastics)**

Time allowed: 3 Hours

Max Marks: 75
(External: 60, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10x 4= 40 Marks)

UNIT - I

Sprints:-

- a) Correct Running Style Emphasis on Proper Body Position
- b) Crouch Start – Fixing of Starting Blocks, Getting off the Block
- c) Practice of Starts with Blocks using Proper Command
- d) Curve Running
- e) Walking

UNIT - II

High Jump:-

- a) Approach run
- b) Take Off
- c) Flying Phase (Stadel Technique & Fosbury Flop)

Note : Fosbury Flop is only Taught if Proper Facility available.

UNIT - III

History of Gymnastics in India, Asia and World

The measurements and the layout of various apparatuses of Gymnastics

Unit - IV

For Boys

- 1. **Floor Exercises**
 - a) Forward Roll
 - b) Backward Roll
 - c) Handstand Roll Forward

For Girls

- 1. **Floor Exercises**
 - a) Roll Forward
 - b) Roll Backward
 - c) Handstand Roll Forward

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- d) Cart Wheel
- e) Roll Backward to Handstand
- f) Front Split
- g) Scale Balance

- d) Cart Wheel
- e) Cat Leap Jump
- f) Handstand Forward

2. Parallel Bar

- a) Upper Arm Sport
- b) Back Uprise From Upper Arm
- c) Perfect Swing on Parallel Bar
- d) Sitting Position Straddle
- e) Shoulder Stand
- f) Front Wall Dismount

2. Balancing Beam

- a) Jump to Squat Stand
- b) Knee Scale with support
- c) Walking on the Beam
- d) Standing Scale front ways
- e) Cat Leap

3. Horizontal Bar

- a) Perfect Swing on Horizontal Bar
- b) Single Leg upstart (with swing)
- c) Single leg Circle Forward
- d) Single Leg Circle Backward
- e) Under Swing Dismount

REFERENCES:

1. Chauhan, B.S., Khel Jagat Mein Athletics, Jalandhar: A.P.Pub., 1999.
 2. Fox, E.L., Physiological Basis of Physical Education and Athletics, Brown Pub., 1989.
 3. Gothi, Ekta, Teaching and Coaching Athletics, ND: Sports Pub. 1997.
 4. Anand, Om Parkash., Yoga Dawara Kaya Kalp, Kanpur, Sewasth Sahitya Perkashan, 2001.
 5. Code of Points Trampoline Gymnastics, Federation Int. De Gymnasics, 2005.
 6. Federation International Gymnastics, Federtion Int. De Gymnasics, 2006.
 7. Jain, R., Play and Learn Gymnastics, Khel Sahitaya Kendra, 2005.
- Pearson, D. Play The Game Gymnastics, Britain : Ward Lock, 1991.

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**Paper Code –BPEST-106
Theory of Games & Sports - II
(Volleyball Games and Yoga)**

Time allowed: 3 Hours

Max Marks: 75
(External: 60, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10x 4= 40 Marks)

UNIT - I

- History of Volleyball in India & Asia
- Court – Dimensions, Officials of Volleyball
- Warming up – General & Specific

UNIT - II

- Techniques :-**
 - Service – Under Arm, Side Arm, Overhead & Floating
 - Pass – The Volley, The dig
 - Player's Stance – Receiving the ball and Passing the Teamates

UNIT - III

- Meaning Definition of Yoga, Types of Yoga
- Pranayama & Its techniques
- Asanas** – Meaning and Types of Asanas

UNIT - IV

- Importance of Yoga in Daily Life
- Techniques & benefits of following Asanas :-
 - Padmasana
 - Vajrasana
 - Halasana
 - Vakrasana
 - Sarvangasana
 - Vipritkarani
 - Bhujangasana
 - Surya Namaskar

REFERENCES

- Anand, Om Prakash. Yog Dawra Kay Kalo, Kanpur, Sewasth Sahitya Perakashan,2001.

[Handwritten signatures and marks]

2. Sarin, N. Yoga Dawara Ragoon Ka Upchhar, Khel ahitya Kendra, 2003.
3. Sri., Swami Rama, Breathing, Rishikesh, Sadhana Mandir Trust, 2001.
4. Swami, Ram., Yoga & Married life, Rishikesh Sadhana Mandir Trust, 2000.
5. Swami, Veda Bharti., Yoga Polity, Economy and family, Rishikesh Sadhana Mandir Trust, 2000.
6. American Program, Coaching Youth Volly Ball, Campaigon, H.K., 1996



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Paper Code -BPEST-107
English (Compulsory)

Time allowed: 3 Hours

Max Marks:75
(External: 60, Internal: 15)

A Book of English for Polytechnics:

By Mrs. Anju (M.A..M.Phil)
Lect. Govt. Polytechnic, Ambala City
(Ishan Publication),
2765,/2, Patel Road, Ambala City.
Ph. 0171-244997

1. Following six chapters from the above book.

1. Uncle Podger Hangs a Picture
2. Subhash Chander Bose
3. A pair of Mustachias
4. Guru Gobind Singh
5. With Photographer
6. Sir Jagdish Chander Bose

- | | |
|---|------------|
| One general question with internal choice | (15 Marks) |
| 2. Comprehension | (10 Marks) |
| 3. Letter Writing (Business) | (15 Marks) |
| 4. Idioms and Phrases / Autonyms/ Snony | (10 Marks) |
| 5. Translation from Hindi to English | (10 Marks) |



Paper Code -BPEST-108

Hindi (Compulsory)

Time allowed: 3 Hours

Max Marks: 75
(External: 60, Internal: 15)

- 1- कहानी : ;पद्म कफन ;प्रेमचंदद्व ;पद्म वृद्धी काकी ;प्रेमचंदद्व 25 अंक
प्रस्तुत कहानियों में से दो गद्यांश दिए जाएँगे, जिनमें से एक की सप्रसंग व्याख्या लिखनी
होगी। इसके लिए 10 अंक निर्धारित हैं

इन्हीं कहानियों में से चरित्र चित्रण, उद्देश्य, तात्त्विक समीक्षा, कथ्य, समस्याओं आदि पर पूछे गए
दो समीक्षात्मक प्रश्नों में से एक का उत्तर देना होगा, जो 10 अंक का होगा।

2. खेल सम्बंध पारिभाषिक शब्दावली 10 अंक
पूर्व पाठ्यक्रम में दिए गए 150 के लगभग शब्द निर्धारित हैं, जिनमें से 15 शब्द ;अंग्रेजी केंद्र
दिए जाएँगे। इनमें से किन्हीं दस के हिन्दी पर्याय लिखने होंगे। प्रत्येक के लिए एक अंक
निर्धारित है।

3. मुहावरे 5 अंक
4. लोकोक्तियाँ 5 अंक
5. विपरीतार्थक ;विलोमद्व शब्द 5 अंक
6. शब्द-शाधन 5 अंक

;विपरीतार्थक शब्द एवं शब्द-शाधन के प्रश्न बहुविकल्पी होंगे। प्रत्येक के लिए चार-चार विकल्प दिए
जायेंगे। सही विकल्प का चयन कर परीक्षार्थी को अपनी उत्तर-पुस्तिका में लिखना होगा।
प्रत्येक के लिए एक अंक निर्धारित है।

7. पत्र-लेखन ;शिकायती एवं सम्पादक के नामद्व 10 अंक
दिए गए दो पत्रों में से एक का उत्तर अपेक्षित होगा।



Paper Code –BPEST-109
Foundation of Physical Education and Sports

Time allowed: 3 Hours

Max Marks: 100
(External: 80, Internal: 20)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (15x 4= 60 Marks)

UNIT – I

Scientific basis of Physical Education and Sports,
Contribution of Allied Sciences – Anatomy, Physiology, Kinesiology, Psychology, Sociology,
Biomechanics & Anthropometry

UNIT – II

N.C.C., N.S.S., N.S.U.,
Scouting & Guiding,
Youth Hostels,
Youth Festivals
Nehru Yuva Kendras

UNIT – III


Coaching Schemes,
Rural Sports,
Women Sports
National Fitness Programme
National Awards & Honours to Outstanding Sportspersons and Coaches

UNIT – IV

Olympic Movement and its Impact on Physical Education and Sports
The contribution of Olympic Movement towards International Understanding

REFERENCES

- Khan, E.A, History of Phy.Edu; Patna Scientific Corporation (1964).
- Kamlesh, M.L.Physical Education Facts and Foundations; Faridabad P.S.publication (pvt) Ltd. (1988).
- Kamlesh, M.L.Principles & History of Phy.Edu., Prakash Bros., Patiala,1991.
- Hoffman, G.J & Harris J.C Introduction to Knesiology studying Phy. Activity,2000.
- Revenas, R.S (1978) Foundations of Physical Education.
- Barrow, R.M.(1983) Man and Moment.
- Bucher, G.A.(1992) Foundations of Phy.Edu. And Sports.


22.03.22

-24-

Paper Code –BPEST-110

Anatomy & Physiology (Theory)

Time allowed: 3 Hours

Max Marks: 125
(External: 60, Practical: 50, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10x 4= 40 Marks)

UNIT – 1

Muscular System:-

Structural & Functional Classification of Muscles
Significance & Characteristics of Muscles
Relation of Muscle & Bone Coverage

UNIT – II

Digestive System :-

Structure & Function of Various Parts.
Movement of Gastro Intestinal Tract.
Secretion and Functions of Digestive Juices.
Function of Liver and Absorption of Food.

UNIT – III

Nervous System :-

- a) Structure of Brain and Spinal Cord
- b) Function of Important Parts of Nervous System (Spinal Cord, Cerebrum, Cerebellum, Medulla Oblongata)

Autonomic Nervous System
Central Nervous System

UNIT – IV

Structure of Eye Organs for Vision.
Structure and Function of Skin.
Structure and Function of Ear

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PRACTICAL

50 Marks

1. Heart Sound & Measurement of blood pressure.
2. Determination of Blood Groups
3. Breathe Sound
4. Determination of Vital Capacity
5. Breathe Holding Time
6. Dissection of Goat's Heart
7. Estimation of Haemoglobin
8. Body Temperature
9. Normal Pulse Rate
10. Movement Time

Reference Books.

1. Pearee Evelyn, C Anatomy and Physiology for Nurses, London, Faber and Faber Ltd.,1962
2. Pavat.J Anatomy for Students and Teachers of Physical Education, London, Edward Arnold and Co., 1959.
3. Willion. J.F Anatomy and Physiology, London, W.B.Saunders.
4. Senson Wright Applied Physiology
The Living Body, New Delhi, Asia Club House,1960.
5. Best and Taylor
Smount,
6. C.F.V.and Physiotherapy, Occupational,
McDonald, R.J.S Therapy and Gymnastics, Edward Arnold Pvt.Ltd., 1969.
7. Kiober Grey Anatomy and Physiology.
8. Stackpoles Anatomy and Physiology (6th ed.).

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Chy

Prakash

Dr. J. S.

Sharma

Sharma

**Paper Code –BPEST-111
Theory of Games & Sports -I
(Track & Field and Gymnastics)**

Time allowed: 3 Hours

Max Marks: 125
(External: 60, Practical: 50, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- Rest of the paper shall contain Four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10x 4= 40 Marks)

UNIT - I

1. Middle Distance Running :-

- Correct Running Style emphasis on Proper Body Position and Foot Placement
- Practice of Standing Start

2. Long Jump

- Approach run
- Take off
- Flying Phase (Hang & running in the Air Styles)
- Landing


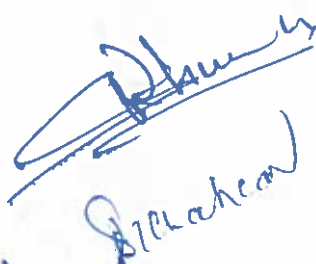
UNIT - II

3 Shot Put

- Holding
- Placement of Shot
- Initial Stance
- Glide
- Delivery Stance
- Delivery action
- Reverse

UNIT - III

- General Development Exercises with & without Apparatus
- Duties of Judges and Superior Judges on the various apparatuses
- Rules related to the various apparatuses and exercises







UNIT - IV

For Boys

1. **Vaulting Table**
 - b) Cat Vault
 - c) Straddle Vault
2. **Pommel Horse**
 - a) Perfect support Position on Pommel Horse
 - b) Half Single Leg Circle
 - c) Single Leg Circle Outward (Front support)
 - d) Single Leg Circle Inward (Front Support)
3. **Roman Rings:-**
 - a) Perfect Swing on Roman Ring
 - b) Inverted Hang
 - c) L hang
 - d) Indicate forward with Bend Body
 - e) Indicate Forward with Straight Body

For Girls

1. **Vaulting Table**
 - a) Cat Vault
 - b) Straddle Vault
2. **Uneven Bars**
 - a) Hang higher bar to Squat forward to rear support
 - b) Swing
 - c) One leg squat rise to scale
 - d) Underswing Dismount

PRACTICAL

50 Marks

Part - A Track & Field

: 25 Marks

- (a) Spirits
- (b) Distance running
- (c) Jumps (High jump, long jump & Pole vault)
- (d) Throws- short-put javlin discuss

Two events of the following will be assessed for examination.

Part - B Gymnastics

: 25 Marks

For Boys

1. **Vaulting Table:-**
 - a) Cat Vault
 - b) Straddle Vault
2. **Pommel Horse:-**
 - a) Perfect support Position on Pommel Horse
 - b) Half Single Leg Circle
 - c) Single Leg Circle Outward (Front support)
 - d) Single Leg Circle Inward (Front Support)

For Girls

1. **Vaulting Table:-**
 - a) Cat Vault
 - b) Straddle Vault
2. **Uneven Bars:-**
 - a) Hang higher bar to Squat forward to rear support
 - b) Swing
 - c) One leg squat rise to scale

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d) Under swing Dismount

3. Roman Rings :-

- a) Perfect Swing on Roman Ring
- b) Inverted Hang
- c) L hang
- d) Indicate forward with Bend Body
- e) Indicate Forward with Straight Body

REFERENCES

- 1. Chauhan, B.S., Khel Jagat Mein Athletics, Jalandhar: A.P.pub.,1999.
- 2. Fox, E.L., Physiological Basis of Physical Education and Athletics, Brown Pub.,1989.
- 3. Gothi, Ekta, Teaching and Coaching Athletics, N.D: Sports Pub.1997.
- 4. Anand, Om Parkash., Yoga Dawara Kaya Kalp, Kanpur, Sewasth Sahitya Perkashan,2001.
- 5. Code of Points Trampoline Gymnastics, Federation Int. De Gymnasics,2005.
- 6. Federation International Gymnastics, Federation Int. De. Gymnasics,2006.
- 7. Jain, R, Play and Learn Gymnastics, Khel Sahitaya Kendra, 2005.
- 8. Pearson, D. Play The Game Gymnastics, Britain : Ward Lock,1991

The image shows several handwritten signatures in blue ink. A long, thin line starts from the top left and points down to a signature that appears to be 'Dhruv'. Below this signature are four other signatures: 'Anand', 'Om', 'Dhruv', and 'Anand'. The signatures are written in a cursive, flowing style.

**Paper Code -BPEST-112
Theory of Games & Sports - II
(Volleyball Games and Yoga)**

Time allowed: 3 Hours

Max Marks: 125
(External: 60, Practical: 50, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2x10 = 20 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10x 4= 40 Marks)

UNIT - I

- 1. Duties of officials before, during and after the competition.
- 2. Organization of Tournament at district, state, Intramural & Inter college level

UNIT - II

- 1. **Techniques of Volleyball:-**
 - a) Footwork
 - b) Spiking - Straight arm, Round Arm,
 - c) Blocking - Individual & Group
 - d) Dives & Rolls
- 2. **Tactics:-**
 - a) Individual & Group Tactics
 - b) Tactics of Offence
 - c) Tactics of Defense

UNIT - III

- 1. Shat Karma - Techniques & Importance
- 2. Asthang Yoga - Yama, Niyam, Asana, Pranayama, Pratihara, Dharana, Dhyana and Samadhi
- 3. Difference between Yogic & Non-yogic System of Exercise.

UNIT - IV

- 1. Importance of Asanas
- 2. Techniques & Benefits of Following Asanas
 - a) Tadasana
 - b) Vrikshasana
 - c) Spiritkarani
 - d) Bakasana
 - e) Ardhmastenderasana
 - f) Matsyasana

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- g) Janusirasana
3. Jal Neti / Sutra Neti, Kapalbhathi
4. One technique of Pranayama

PRACTICAL

50 Marks

SEMESTER – II

Part –A Volleyball Games : 25 Marks

1. General and Specific Warming up
2. Techniques
 - a) Service – Under Arm, Side Arm, Overhead & Floating
 - b) Pass – The Volley, The dig
 - c) Player's Stance – Receiving the ball and Passing the Teamates

Part – B Yoga : 25 Marks

1. Techniques of following Asanas :-

- a) Padmasana
 - b) Vajrasana
 - c) Halasana
 - d) Vakrasana
 - e) Sarvangasana
 - f) Vipritkarani
 - g) Bhujangasana
 - h) Surya Namaskar
2. Jal Neti / Sutra Neti, Kapalbhathi
3. One technique of Pranayama

REFERENCES

1. Anand, Om Prakash. Yog Dawra Kay Kalo, Kanpur, Sewasth Sahitya Perkashan,2001.
2. Sarin, N., Yoga Dawara Ragoon Ka Upchhar, Khel ahitya Kendra,2003.
3. Sri., Swami Rama, Breathing, Rishikesh, Sadhana Mandir Trust,2001.
4. Swami, Ram., Yoga & Married Like, Rishikehs Sadhana Mandir Trust,2000.
5. Swami, Veda Bharti., Yoga Polity, Economy and family, Rishikesh Sadhana Mandir Trust,2000.
6. American Program, Coaching Youth Volly Ball, Campaign, H.K.,1996.
7. FIVB, Backcourt Spiking in modern Volly Ball, Chennai:FIVB,1996.
8. Saggat, S.K., Cosco Skills Stactics- Volley Ball, Delhi: Sports Publication,1994.
9. Scates, A.E. Winning Volley Ball, WC Brown,1993.

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**Paper Code -BPEST-113
ENGLISH**

Time allowed: 3 Hours

Max Marks: 75
(External: 60, Internal: 15)

Books : English through Reading

1. Following three chapters from the above written book. (15 Marks)

I. Civilization and history II.

The Fun they had

III. Oil

(One general question with internal choice)

2. Comprehension – from above mentioned chapters of text book (10 Marks)

3. Grammer from above mentioned chapters of text book. (15 Marks)

a) Articles

b) Voice

c) Narration

d) Prepositions

e) Tenses

4. Translation from Hindi to English (10 Marks)

5. Essay writing related to games and sports (10 Marks)















Paper Code –BPEST-114

HEALTH AND SAFETY EDUCATION

Time allowed: 3 Hours

Max Marks: 75
(External: 60, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10x 4= 40 Marks)

UNIT-I

- Meaning of Health. Relationship of physical mental emotion & social health with each other
- Importance of health for individual, family, community and Nation
- Meaning of Health Education. Its needs, scope ,aim & objectives
- Principles of health education and Programme for health education

UNIT- II

- World health Organization and other voluntary Agencies
- Effort to reduce ill effect of environment on health
- Health Problems of college students, use of leisure time , recreation and traveling
- Meaning and importance of personal hygiene, care of skin, eyes, ears, nose, feet hands and hairs.

UNIT-III

- Meaning of importance of safety education
- Prevention of accidents.
- Needs of safety education in physical education & sports.
- Safe environment health careers available in India

UNIT-IV

- Principles of safety with respect of building & play fields.
- Equipments, dress etc. safety in water ,
- Safety during floods, hurricane. Thunder lighting, air raids ,
- Safety of roads , camps, picnics & tours

Books recommended for further study:

- Bauer, W.W(Editor) Today' Health Guide, American, Medical Association, Revised Edition 1968.



- Harg jossie Helen, School Health Programme New York, Holt Reinehart Nad Winston, Inc, 1965.
- Ariderson, CL school Health Practice., ed.4, saint laduies, the C.V. Maby Com., 1968
- Health Education by Moss and other (National Education on Association at UTA)
- Turner et al: school Health Education, Harper st. louis , The V.C Mosby Co. 1976.
- Hamir A : The school Education , Harper and Brother Newyork, 1965.
- Oberteutfar D: School Education Harper and Brother New York, Latest edition, 1972

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Paper Code -BPEST-115
PHYSIOLOGY OF EXERCISE

Time allowed: 3 Hours

Max Marks: 75
(External: 60, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- Rest of the paper shall contain Four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10x 4= 40 Marks)

UNIT-I

- Meaning of Physiology of Exercise.
- Importance of Physiology of Exercise in the field of Physical Education & Sports.
- Nature of Physiology of Exercise.

UNIT-II

- Meaning and types of exercise.
- Effects of exercise on muscular system.
- Effects of exercise on respiratory system .
- Effects of exercise on cardio-vascular system

UNIT -III

- Muscles and types of muscles.
- Properties of voluntary muscles.
- Functions of voluntary muscles.
- Conditions affecting muscular contraction.

UNIT-IV

- Definition of Physical Fitness.
- Components of Physical Fitness.
- Benefits of Physical Fitness.
- Factors influencing Physical Fitness.

Books recommended for further study:

- Devies,H.A. Physiology of exercise for Physical Education and Athletes' London:Staples Press,1979
- Lal,D.C. 'Hand book of Exercise Physiology'New Delhi:Sports Publication:2006
- Tiwari,Sandhya 'exercise physiology' Physiology'New Delhi:Sports Publication:2009
- Singh,Ajmer et.al.'Essentials of Physical Education'New Delhi:Kalyani Publication:2003
- Srivastava et.al. 'Text book of Practical physiology' Kolcutta:Scientific book agency.1976
- Chatterjee,C.C. 'Human Physiology'New Delhi:Prentice Hall of India Pvt Ltd.,1973
- Macey,Robert I. 'Human Physiology'New Delhi:Prentice Hall of India Pvt Ltd.,1973

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Paper Code -BPEST-116
THEORY OF GAMES
(ATHLETICS AND GYMNASTICS)

Time allowed: 3 Hours

Max Marks: 75
(External: 60, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10x 4= 40 Marks)

UNIT -1

- Marking of Standard Track
- Distribution of Stagers
- Marking of Acceleration and Exchange's Zone in relay races.
- Style of Baton Exchange (Visual and Non Visual) in relay races.
- Fixing up Runners for Different relay races
- General rules of the competition

UNIT-II

- Marking and complete measurement of landing Pit and runway of triple jump
- General rule of the competition
- Teaching of different stages / phases of triple jump
 - a) Approach Run
 - b). Take off. For hop, Step, Jump and Landing of Hop& Step
 - c). Flying Phases
 - d). Landing
- Preparation of Score Sheet

UNIT -III

- Definition of Gymnastics and kinds of Gymnastics
- Various safety measure used in Gymnastics.
- Measurement and Diagram of various apparatuses of Gymnastics
- General rules of the competition

UNIT -IV

Techniques of exercises on Gymnastics Apparatuses

For Boys

For Girls

Floor Exercises

Floor Exercises

1. Stand Scale front ways ,Side ways

1. Front Split

- 2. Jump forward to roll Forward(Dive roll)
- 3. Round off
- 4. Head spring
- 5. Hand spring

- 2. Side Scale
- 3. Hand Stand to Bridge
- 4. Roll backward to hand Stand
- 5. Back walk -Over
- 6. Hand Spring

Parallel Bar

Balancing Beam

- Front Upraise to hand Support with one leg (Right or Left)
 - "L" Support
 - Roll backward on Upper arms
 - Roll Forward on Upper arms
 - Swing to Hand stand

- 1. Jump to squat stand
- 2. Scissor Lead Jump
- 3. "V" Balance
- 4. Roll Forward
- 5. Standing scale Sideways

Horizontal Bar

- Single leg up- Start (with Straight Leg)
- Sole Circle Forward(leg Bent)
- Hip Circle Backward
- Front hip Circle
- Straddle Dismount

Books recommended for further study:

ATHLETICS:

Varghese,Sandhu 'Teaching and Coaching of Athletics', Sports Publication,New Delhi,2006
 Vidyasagar,'Training Systematics in throwing' NIS Publication,Patiala,1979 Narang,P.'athletic Training'p.Narang;Lakshay Publication New Delhi 2005 Syal,Meenu, 'Teach yourself Sprinting' Prena Publication,Delhi,2004 Balayan.D. 'play and learn thowing' Khel sahitya Kendra,New Delhi,2008
 Arrora,Monika 'Athletics -Coaching Manual' Sports Publication,New Delhi,2005 -Sharma,O.P. 'Athletics- Skill & Rules. Khel sahitya Kendra,New Delhi,2003

GYMNASTICS:

Cooper,Phyllis AND Trnka,Milan' Teaching gymnastics skills to men and women'Surjeet Publication,Delhi,1982
 Bawa, Gurdial Singh 'Fundamentals of men's Gymnastics'Friends Publications(India) Delhi,1994
 Brown ,James R. and Wardell David B. 'Teaching and Coaching Gymnastics for men and WOMEN' john wiley and SONS,New York,1980
 Madak Pinto 'Coaching Gymnastics' Khel sahitya Kendra,New Delhi,2000. Thani lokesh 'Skills and Tactics-Gymnastics, Sports publication ,New Delhi,1995. Nagi Kunal 'Teach Yourself Men Gymnastics' Sports publication ,New Delhi,2007 Nagi Kunal 'Teach Yourself Women Gymnastics' Sports publication ,New Delhi,2007 Thani Lokesh 'Gymnastics' Sports publication ,New Delhi,2000

Paper Code -BPEST-117

THEORY OF GAMES BASKETBALL & PHYSIOTHERAPY

Time allowed: 3 Hours

Max Marks: 75

(External: 60, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10x 4= 40 Marks)

UNIT-I

- History of Basket Ball : a) In India (b) In Asia (c) In World
- Organisation of Basket Ball : Working Federation of Basket Ball at District Level State Level, National Level and International Level
- Warming Up: Meaning, Definition, Importance Of Warming up
- Principles of Warming Up, training load

UNIT- II

- Cooling Down : Its meaning and Importance
- Layout and Maintenance of Basket Ball Play field
- Equipment of Basketball and their specifications
- Sports awards and personalities of Basket Ball

UNIT III

- Meaning and definition, objectives and importance of Physiotherapy
- Guiding Principles of Physiotherapy
- Electro Therapy: Meaning, sources of direct current, effects of direct current
- Actinotherapy: Meaning of Infrared rays, Ultra-violet rays , their sources effects and techniques
- Hydrotherapy: Meaning of Hydrotherapy and Cryotherapy, techniques and benefits of wax bath, contrast bath and whirlpool bath

UNIT IV

- Massage Therapy: Meaning, Definition and history of massage
- Physiological Effects of general massage on circulatory and respiratory systems.
- Exercise therapy : Meaning of exercise therapy
- Fundamental Position: Lying position , sitting position, standing position, kneeling position and hanging position with uses and modifications

Books recommended for further study:

BASKETBALL:

[Handwritten signatures and scribbles in blue ink]

Coleman and Ray, 'Basketball' An official E.B.B.A. Publication, West Yorkshire, 1976.
Pruitt, Jim 'Play Better Basketball' Matchplay Books, Wiltshire, 1982. Jain, Renu 'Teach yourself basketball' Prena Publication, Delhi, 2004 Sharma, O.P. 'Basketball - skill & rules' Khel Sahitya, New Delhi, 2003.
Sharma, J.P. 'Skills & Techniques - Basketball' Khel Sahitya, New Delhi, 2008.

PHYSIOTHERAPY:

Wale, J.O. 'Tidy, S Massage And Remedial Exercise', Henery Ling Ltd. The Dorset Press, UK, 1987
Chandra Shekher, K. 'sports physiotherapy' khel sahitya kendra, new delhi, 2003 Pandey, P.K. & Gupta, L.C. 'Outline of Sports Medicine' Jaypee Brothers, New Delhi, 1996 Thomson, Ann, Skinner & Piercy, Joan 'Tidy's Physiotherapy', Verghese Publishing House, New Delhi, 1996 Ambast, Anju, 'Prevention and Treatment of Sports Injuries' Khel Sahitya, New Delhi, 2005. Griffith, Winter, H. 'Complete guide to Sports Injuries' The Body Press/Perigee, New York, 1986.



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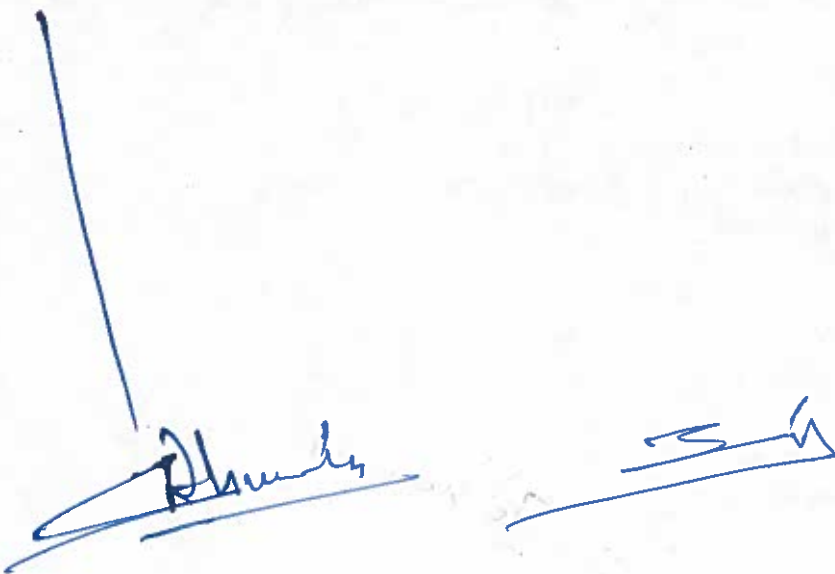
Paper Code -BPEST-118
ENGLISH

Time allowed: 3 Hours

Max Marks: 75
(External: 60, Internal: 15)

Books : English Through Reading

1. Following four chapters from the above written book (15 Marks)
 - I. An observation and an explanation
 - II. A wrong man in worker's paradise
 - III. Making surgery safe
 - IV. Using hand wisely
2. Comprehension : From above mentioned chapters of text book (15 Marks)
3. Grammar from above mentioned chapters of text book (10 Marks)
 - a) Articles
 - b) Voice
 - c) Narration
 - d) Prepositions
 - e) Tenses
4. Translation from Hindi to English (10 Marks)
5. Letter writing (Official) (10 Marks)





Paper Code-BPEST-119

FIRST AID AND REHABILITATION

Time allowed: 3 Hours

Max Marks: 125

(External: 60, Practical: 50, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain Four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10x 4= 40 Marks)

UNIT-I

- Meaning scope aim and objectives of first aid
- Importance of first aid in physical education and sports
- Types of First Aid
- First aid box and its articles.

UNIT-II

- Causes of sports injuries
- Principles of First Aid
- Qualities and functions of First Aider
- First Aid and emergency treatment of various cases-drowning, dislocation, fracture, burns, electric shock, snake bite& poison

UNIT-III

- Rehabilitation procedures of sport injuries.
- Principles of Rehabilitation of injuries and Exercises for rehabilitation
- Balanced diet and its constituents
- Massage and its types

UNIT-IV

- Meaning and types of Disability.
- Causes of Disability.
- Problems of the Disabled persons
- Preventive measures of Disability

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PRACTICAL

50 MARKS

- **FIRST AID AND EMERGENCY TREATMENT OF FOLLOWING CASES-**
 - a) drowning,
 - b) dislocation,
 - c) fracture,
 - d) burns,
 - e) electric shock,
 - f) snake bite
 - g) poison

- **TYPES OF BANDAGES**
- **ARTIFICIAL RESPIRATION**
- **FIRST AID BOX**
- **TRANSPORTATION OF INJURED PERSONS**
- **PRACTICAL NOTE BOOK AND VIVA**

Books recommended for further study:

1. Armstrong and Tuckler; Injuries in sports, London, Staples Press, 1964
2. Bolan J.P : Treatment and prevention of Athletic injuries.
3. Rasch, P.J inters state printer and publisher, 1967.
4. Morehouse, L.E and Rasch, P.J; Sports medicine for Trainers, Philadelphia
5. W.B Saunder Co., 1963.
6. Morehouse : Physiology of exercise
7. Falls : Exercise Physiology
8. Karpovich : Physiology of Muscular activity
9. Pande, P.K."Know how sports medicine?" AP Publication, Jalandhar.
10. Safety at school (Education Pump let Number -53) London :Her Majesty 's Stationary Office 1969
11. School Safety Policies -Washington L.C American Association For Health, Physical Education and Recreation
12. Stack, Harbert J,DukeElkow Education for safe Living:: Englawood Cliff, New Jersey , Prentice Hall Inc,1966
13. Florio, A.& Stafford G.T-safety Education New York, Mc Graw Hill Book Com.1967
14. Evans, A William Everyday safety, Chicago :Iyon and Camaha.

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Paper code - BPEST-120
PHYSIOLOGY OF EXERCISE

Time allowed: 3 Hours

Max Marks: 75
(External: 60, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- Rest of the paper shall contain Four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10× 4= 40 Marks)

UNIT-I

- Effect of exercise on excretory system.
- Effect of exercise on metabolic processes.
- Effect of exercise on endocrine system.

UNIT-II

- Structure of voluntary muscle.
- Structural classification of muscles.
- Nervous control of muscular contraction.
- Energy for muscular work.

UNIT-III

- Physiological concept of Speed.
- Physiological concept of Strength.
- Physiological concept of Endurance.
- Physiological concept of Agility.

UNIT-IV

- Physiological concept of Vital capacity, Second Wind & Oxygen Debt.
- Physiological concept of Fatigue.
- Physiological basis of Warming up.
- Environmental factors affecting sports performance.

PRACTICAL - 50 marks

- To listen the breath sound by means of stethoscope.
- To listen the heart sound by means of stethoscope.
- To study the effect of exercise on pulse.
- Harvard step test of cardio-vascular endurance.
- To measure the vital capacity.
- To measure the ability to react and move quickly and accurately (Nelson choice response movement test).
- To test the vision by Snells vision chart.
- To test the colour vision by Ishihara colour vision charts.

Books recommended for further study:

[Handwritten signatures and scribbles in blue ink]

- Devies,H.A. Physiology of exercise for Physical Education and Athletes' London:Staples Press,1979
- Lal,D.C. 'Hand book of Exercise Physiology'New Delhi:Sports Publication:2006
- Tiwari,Sandhya 'exercise physiology' Physiology'New Delhi:Sports Publication:2009
- Singh,Ajmer et.al.'Essentials of Physical Education'New Delhi:Kalyani Publication:2003
- Srivastava et.al. 'Text book of Practical physiology' Kolcutta:Scientific book agency.1976
- Chatterjee,C.C. 'Human Physiology'New Delhi:Prentice Hall of India Pvt Ltd.,1973

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Long Deekhan Ch. Long, Apr 1973

Paper Code -BPEST-121
THEORY OF GAMES
(ATHLETICS AND GYMNASTICS)

Time allowed: 3 Hours

Max Marks: 125
(External: 60, Practical: 50, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10× 4= 40 Marks)

UNIT -1

- Marking and Specific measurement of throwing sector and discus
- General Rule of Discus throw Competition
- Teaching of Different stages of Discus throw
 - Holding
 - Initial stance
 - Preliminary swings
 - Turns
 - Delivery action
 - Reverse
 - Score Sheet of Discus Throw

UNIT -II

- Correct running Style emphasizing on proper body position and foot placement in long distance races
- Proper Leg and arm Action in long distance races
- Running Tactics in long distance races
- Detailed list of officials and their duties of the Athletics Meet

UNIT -III

- Organization of Gymnastics Competition, Types of Competition and Method of Scoring.
- Define Gymnasium Hall, Size, and Facilities to be provide in a Gymnasium hall.
- Measurement and Diagrams of Following apparatuses of Gymnastics.
 - Vaulting Table
 - Pommel Horse/Un- Even Parallel Bar
 - Roman Ring

UNIT -IV

Technique of exercises on Gymnastics Apparatuses

For Boys

Vaulting table

1. Jump to Straddle Stand

For Girls

Vaulting table

1. Jump to Straddle Stand

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2. Squat Vault

Pommel

- 1. Jump to Front Support
- 2. Single Leg Circle Outward(From Un- even Support) backward
- 3. Scissor Forward
- 4. Both Leg Circle
- 5. Single leg Dismount forward

Roman Ring

- 1. Hanging scale rear ways.
- 2. Up- Start
- 3. "L" Support on Roman ring
- 4. Shoulder Stand
- 5. Dislocation

2. Squat Vault

Un- Even Parallel Bar

- 1. Jump to Front Support
- 2. Squat Through with one leg
- 3. Single Leg Circle forward
- 4. Single Leg Circle backward
- 5. Free Hip Circle backward
- 6. Under Swing dismount over the low bar

PRACTICAL

50 MARKS(25+25)

1. ATHLETICS

25 MARKS

RELAY RACES:

- Style of Baton Exchange (Visual and Non Visual) in relay races.
- Fixing up Runner for Different relay races
- General rules of the competition

TRIPLE JUMP:

- Teaching of different stages / phases of triple jump
 - a) Approach Run
 - b). Take off. For hop, Step, Jump and Landing of Hop+ Step
 - c). Flying Phases
 - d). Landing
- General rules of the competition

DISCUS THROW:

- Teaching of Different stages of Discus throw
 - a). Holding
 - b) Initial stance
 - c). Preliminary
 - d). Turn
 - e) Delivery action
 - f) Reverse
- General rules of the competition

LONG DISTANCE RACES:

- Correct running Style emphasizing on proper body position and foot placement

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- Proper Leg and arm Action
- Running Tactics
- General rules of the competition

PRACTICAL NOTE BOOK & VIVA

2. GYMNASTICS

25 MARKS

For Boys

For Girls

FLOOR EXERCISES

FLOOR EXERCISES

- Stand Scale front ways ,Side ways
- Jump forward to roll Forward(Dive roll)
- Round off
- Head spring
- Hand spring

- Front Split
- Side Scale
- Hand Stand to Bridge
- Roll backward to hand Stand
- Back walk -Over
- Hand Spring

PARALLEL BAR

BALANCING BEAM

- Front Upraise to hand Support
- Jump to squat stand with one leg (Right or Left)
 - "L" Support
 - Roll backward on Upper arms
 - Roll Forward on Upper arms
 - Swing to Hand stand

- Scissor Lead Jump
- "V" Balance
- Roll Forward
- Standing scale Sideways

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HORIZONTAL BAR

- Single leg up- Start (with Straight Leg)
- Sole Circle Forward (leg Bent)
- Hip Circle Backward
- Front hip Circle
- Straddle Dismount

VAULTING TABLE

- Jump to Straddle Stand
- Squat Vault

POMMEL

- Jump to Front Support
- Single Leg Circle Outward (From Un- even Support)
- Scissor Forward
- Both Leg Circle
- Single leg Dismount forward

ROMAN RINGS

- Hanging scale rear ways.
- Up- Start
- "L" Support on Roman ring
- Shoulder Stand
- Dislocation

PRACTICAL NOTE BOOK AND VIVA

VAULTING TABLE

- Jump to Straddle Stand
- Squat Vault

UN- EVEN PARALLEL BAR

- Jump to Front Support
- Squat Through with one leg backward
- Single Leg Circle forward
- Single Leg Circle backward
- Free Hip Circle backward
- Under Swing dismount over the low bar

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Paper Code -BPEST-122
THEORY OF GAMES
(BASKETBALL AND PHYSIOTHERAPY)

Time allowed: 3 Hours

Max Marks: 125
(External: 60, Practical: 50, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10× 4= 40 Marks)

UNIT I

- Fundamental Skills of Basketball:- a) Passes -Two hand chest pass , Two hand bounce pass, overhead pass, side arm pass, hook pass and back pass
- Dribbling: High low and reverse dribbling
- Shooting: Lay up Shot, Free Shot, Hook Shot, Jump Shot
- Rebounding: Offensive and Defensive

UNIT II

- Techniques and Tactics:- Meaning, Definition and types of tactics- Offensive (Fast Break , Offensive against Man to man, Offensive against zone Defence), Defensive (Man to Man Defence and Zone Defence)
- Motor qualities related to basketball and their training.
- Officiating: Meaning, officials and their duties.
- Rules and their interpretation

UNIT-III

- Electrotherapy: Meaning and uses of high frequency current, short wave dia-thermy and ultra sound therapy.
- Sports Injuries: Meaning, definition of sports injuries, precautions and preventions of sports injuries.
- Hydrotherapy: Hot Packs, Mud Bath, Spring Water Bath, Under water exercises
- Massage therapy: Meaning, Classification and Techniques of Massage, Lubricants used in massage
- Stroking/ Effleurage, Kneading/ Petrisage, Rubbing/ Friction, Tapotment, Vibration and Shaking

UNIT IV

- Exercise Therapy : Basic Mechanical Points, Centre of Gravity, Line of Gravity, Planes and Axis
- Traction Therapy: Meaning, Uses and Techniques of Traction
- Classification of Movements : Active , passive and resistive and their effects

- Physiological Classification of movements: Voluntary and involuntary movements (associated, reflex and cardiac movements)

Books recommended for further study:

BASKETBALL:

Coleman and Ray, 'Basketball' An official E.B.B.A. Publication, West Yorkshire, 1976.
 Pruitt, Jim 'Play Better Basketball' Matchplay Books, Wiltshire, 1982. Jain, Renu 'Teach yourself basketball' Prena Publication, Delhi, 2004. Sharma, O.P. 'Basketball - skill & rules' Khel Sahitya, New Delhi, 2003. Sharma, J.P. 'Skills & Techniques - Basketball' Khel Sahitya, New Delhi, 2008.

PHYSIOTHERAPY:

Wale, J.O. 'Tidy's Massage And Remedial Exercise', Henery Ling Ltd. The Dorset Press, UK, 1987
 Chandra Shekher, K. 'sports physiotherapy' Khel Sahitya Kendra, New Delhi, 2003. Pandey, P.K. & Gupta, L.C. 'Outline of Sports Medicine' Jaypee Brothers, New Delhi, 1996. Thomson, Ann, Skinner & Piercy, Joan 'Tidy's Physiotherapy', Verghese Publishing House, New Delhi, 1996

Ambast, Anju, 'Prevention and Treatment of Sports Injuries' Khel Sahitya, New Delhi, 2005.

Griffith, Winter, H. 'Complete guide to Sports Injuries' The Body Press/Perigee, New York, 1986

PRACTICAL

50(25+25) Marks

a) BASKETBALL

25 Marks

- Players stance and ball handling
- Passing and receiving techniques
- Passing - Two hand chest pass, Two hand bounce pass, overhead pass, side arm pass, hook pass and back pass
- Dribbling: High and low dribbling
- Shooting: Lay up Shot, Free Shot, Hook Shot, Jump Shot
- Rebounding: Offensive and Defensive
- Tactics- Offensive (Fast Break, Offensive against Man to man, Offensive against zone Defence), Defensive (Man to Man Defence and Zone Defence)
- Practical Notebook and Viva

b) PHYSIOTHERAPY

25 Marks

- Electrotherapy: Short wave diathermy and ultra sound therapy.
- Hydrotherapy: Hot Packs, Mud Bath, Spring Water Bath, Under water exercises
- Massage Therapy:- Stroking/ Effleurage, Kneading/ Petrisage, Rubbing/ Friction, Tapotment, Vibration/ Shaking, massage of upper limbs, lower limbs, back, head, face, chest and abdomen.
- Exercise Therapy:- Active, passive and resistive movements
- Practical Notebook and Viva

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Paper Code –BPEST-123

PSYCHOLOGY & SOCIOLOGY OF PHYSICAL EDUCATION & SPORTS

Time allowed: 3 Hours

Max Marks: 75

(External: 60, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10× 4= 40 Marks)

UNIT-I

- Meaning & Scope of Psychology & sports Psychology
- Psychological factors effecting Physical Education
- Meaning & Nature of Learning
- Laws of learning ,type of learning curve
- Learning Process

UNIT-II

- Motivation , Meaning & Definition
- Role of Motivations in Physical Education & Sports
- Types of Motivation, Methods of Motivation Importance of Motivation in Phy. Edu. & Sports

UNIT-III

- Sociology , Meaning of Sociology
- Scope of Sociology
- Sociology of Physical Education & Sports
- Social Significance of Sports

UNIT-IV

- Sports as an Socializing Agency
- Social Phenomenon
- Sports & Socialization
- Definition of Socialization group cohesion

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**Paper Code -BPEST-124
Fundamentals of Sport Training**

Time allowed: 3 Hours

Max Marks: 75
(External: 60, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10x 4= 40 Marks)

UNIT I

Meaning & Definition of Sports Training
Aims of Sport Training objectives of sports Training.
Characteristics of Sports Training Important Features
of Training Load

UNIT II

Training Plan
Long term & short term plan
Cycle process of Training
Method of development of techniqu

UNIT III

Definition of load & Training Load
Type of Load
Relationship between load & adaptation
Condition of adaptation

UNIT IV

Physical fitness
Development of important motor components
Strength training means & methods
Endurance- forms of endurance, means & methods

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Paper Code -BPEST-125
KINESIOLOGY & BIOMECHANICS

Time allowed: 3 Hours

Max Marks: 75
(External: 60, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10x 4= 40 Marks)

UNIT I

- Meaning of Bio Mechanics
- Aim and objectives of bio mechanics
- Importance of bio mechanics in the field of physical education and sports
- Meaning and types and causes of motion

UNIT II

- Meaning of linear kinematics
- Speed, velocity, acceleration and projectile motion
- Meaning of angular kinematics
- Angular speed, Angular velocity and angular acceleration

UNIT III

Relationship between linear and angular acceleration

- Meaning of linear kinetics
- Mass weight, force, pressure, work, power, energy, friction
- Meaning of angular kinetics

UNIT IV

- Movement of inertia, conservation of momentum and transfer of momentum
- Meaning and types lever
- Meaning types equilibrium
- Newtons Law of Motion

BOOKS RECOMMENDED FOR FURTHER STUDY:

1. A.Yobu, Sports Biomechanics Jogishwar Goswami Basic Kinesiology Friends Publication India 2009
2. Bunu, Scientific principals of coaching, Prentics Hall, Inc. N.J. 1962
3. Dysom, the mechanics of athletics, Halmes and Meiar M.K. 1977
4. Hay, the biomechanics of sports techniques Prentics Hall, Inc. N.J. 1978
5. Mechnotech Biomechanic Sportlicher Bowegungun sports verley Berlin 1978
6. Miller and Nelson, biomechanics of sports, Log and Fehier, Philadelphia 1973
7. P.D.Sharma Gatavigyan ka yantrik Vishlashan Jogishwar Goswami Basic Kinesiology Friends Publication India 2009
8. Rajlakshmi D. Biomechanics in games and sports Friends Publication India 2009
9. Sussan J Hall Basic Biomechanics Friends Publication India 2009
10. Uppal, A.K. Biomechanics in physical education and exercise science, Friends Publication India 2009

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Paper Code -BPEST-126

THEORY OF ATHLETICS AND HANDBALL

Time allowed: 3 Hours

Max Marks: 75
(External: 60, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10x 4= 40 Marks)

UNIT I

Hurdles

- Swinging leg action
- Training leg action
- Clearance of hurdle emphasizing on proper truck
- Position & arm action.
- Development rhythm from start to first hurdles & be between hurdles

UNIT- II

Pole Vault:

- Pole grip & carry.
- Role plant.
- Rock lack
- Pull up
- Push up
- Bar clearance
- Landing

UNIT III

History of Handball :-

The correct way to catch the ball with two hands,
 Catching the low ball, running ,catching the high ball ,
 Catching the ball to the side.
 Diagram of hand ball court ,preparation of score sheet

UNIT IV

Passing & Throwing :

- Two handed chest pass
- One handed shoulder pass
- The reverse pass
- The pass to the side
- The long pass
- Running with the ball (dribbling)

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Paper Code -BPEST-127
THEORY OF GAMES
(KHO-KHO AND PHYSIOTHERAPY)

Time allowed: 3 Hours

Max Marks: 75
(External: 60, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10x 4= 40 Marks)

Kho-Kho
UNIT I

History of Kho-Kho in India

Organisation of Kho-Kho: working federation of kho-kho at district level, state level and national level.

Warming up meaning, definition types and importance of warming up.

Maintenance of Score Sheet

UNIT II

Layout and Maintenance of Kho-Kho play field

Equipment used in Kho-Kho and their specifications

Motor qualities related to Kho Kho and their training

Training load – Meaning & its types

PHYSIOTHERAPY
UNIT III

Exercise Therapy :-

Posture meaning, classification of posture, values of good posture, causes of poor posture.

Postural deformities, Kyphosis, Lordosis and Scoliosis causes, corrective exercises

Method of checking Posture Alignment

UNIT IV

Circulatory System:-

Meaning physiology of heart, causes of heart failure, coronary occlusion and thrombosis, chronic valvular disorder, symptoms, causes and treatment

Respiratory System:-

Meaning, organs, Bronchitis, Tuberculosis, symptoms, causes and treatments

Arthritis :-

Meaning, Rheumatoid Arthritis, Osteo Arthritis Symptoms, Causes and treatment of Arthritis.

REFERENCE BOOKS:

Kho-Kho

Mishra Shard Chander (2007) Kho Kho Seekhain . Sports Publication New Delhi AP Publisher (2003) Kho Kho , 19 Market Chowk Adda Tanda, Jalandhar

Physiotherapy:

Wale,J.O.'. Tidy.S Massage And Remedial Exercise', Henery Ling Ltd.The Dorset Press ,UK, 1987 Chandra Shekher,K. 'sports physiotherapy'khej sahitya kendra,new delhi,2003 Pandey,P.K.&Gupta ,L.C.'Outline of Sports Medicine' Jaypee Brothers,New Delhi, 1996

**Paper Code -BPEST-128
ENGLISH**

Time allowed: 3 Hours

Max Marks: 75
(External: 60, Internal: 15)

1. The following Chapters of book. The Spectrum of Life-Anthology of Modern Press: **20 Marks**
 - (i) If you are wrong Admit it
 - (ii) Streamlining
2. Summary writing **10 marks**
3. Business letters for puocuring goods etc. **10 marks**
4. Grammar : Common errors & Punctuation **10 marks**
5. Vocabulary related to sports (English to Hindi): Physical Education, Health Education, Socialisation, Cooperation, Competition, Psychology, Idealism, Pragmatism, Aim, Objectives, Importance, Culture, Recreation, Offensive, Defensive, Rhythm, C orrective, Dedication, Emotions, Profession, Patriotism, Common Wealth Games, Artistic and Sociology Asian Games, Olympic Spirit, Olympic Motto, Olympic torch, National Flag, National Anthem, National Song, Awards. **10 marks**







Paper Code –BPEST-129

PSYCHOLOGY & SOCIOLOGY OF PHYSICAL EDUCATION & SPORTS

Time allowed: 3 Hours

Max Marks: 125

(External: 60, Practical: 50, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10× 4= 40 Marks)

UNIT-I

- Transfer of Training
- Definitions of Transfer of Training
- Types of Transfer of Training
- Factors effecting Transfer of Training

Unit-II

- Personality, Meaning & Definition
- Personality traits
- Characteristics of Personality factors effecting development & personality (Heredity -& Environment) Role of Physical Activity in the development of Personality.

Unit-III

- Relationship of Physical Education & Sports With other Socializing Institutions (family & education System)
- Sports as a regulating institute of Society
- State & Religion
- Role of institutions in Participation in games & sports with regards to either sex

Unit-IV

- Sports & Social Problems
- Behaviour of Sportman & Spectators
- Leadership through Physical Education & Sports
- Qualities & Qualification of good leader.

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Practical-50 Marks

Any four test of 10 marks each.

Practical file & viva 10 marks.

1. 1 Sports man Personality test 13+ Spielberger- Indian Adopt
2. Social Intelligence Test Dr. N.K. Chadda Ms. Usha Gane san
3. Sports competition Anxiety Inventory Ravi kant & Dr.V.N. Mishra
4. Inventory for factors influencing sports by Dr. M.L. Kamlesh
5. Sociometry
6. Reaction time
7. will to win Question naire Dr. Kumar Games & Sports interest Test Age12+

Shubh

SCU

Shubh

Prakash

Shubh

Shubh

Paper Code -BPEST-130

FUNDAMENTAL OF SPORTS TRAINING

Time allowed: 3 Hours

Max Marks: 125

(External: 60, Practical: 50 Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10× 4= 40 Marks)

UNIT I

Motor Components, Meaning
Importance of motor components
Development of motor components

UNIT II

Flexibility & Agility
Forms of Flexibility & Agility
Base of Flexibility & Agility
Development of flexibility & Agility its methods

UNIT-III

Meaning of Coordination
Coordination Ability
Development methods of coordination

UNIT-IV

Warning up & Cooling Down Types of Warming up Significance of W.U. Methods of W.P.
Cooling Down free hand & Stretching Exercise for W.P.& C.D.

Practical- 50 Marks :

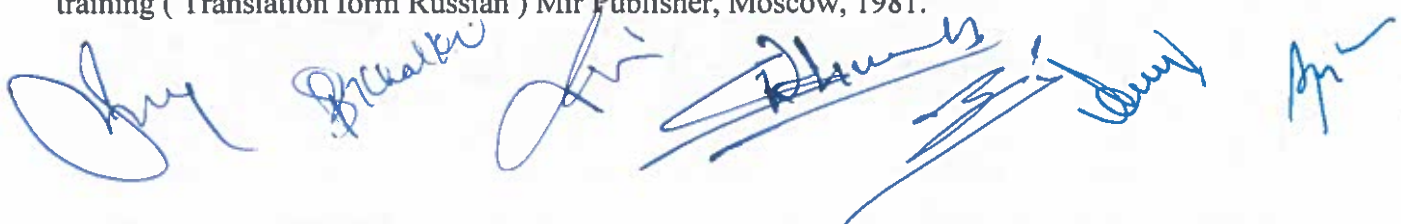
Practical file & viva 10 marks

Any four of 10 Marks each.

- (a) Continuous Running.
- (b) Interval Training
- (c) Canadian Test for phy. fitness
- (d) Circuit Training
- (e) Weight Training

Book Recommended

Batty , B: Practical & Motor Development in infants & children. Prentice hall,1979.
Dick, F.W. ;Sports Training Principles lepus, London 1980.enson C.R. Bischer, A.G. Scientific basic of Athletic Condition lea & Bebiger, Philedophie, 1972 Matweyew, L.:P: Fundamental of Sports training (Translation form Russian) Mir Publisher, Moscow, 1981.



**Paper Code -BPEST-131
KINESIOLOGY & BIOMECHANICS**

Time allowed: 3 Hours

Max Marks: 125
(External: 60, Practical: 50, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10x 4= 40 Marks)

UNIT I

- Meaning of kinesiology
- History of kinesiology
- Aims and objective of kinesiology
- Importance of kinesiology in the field of physical education and sports

UNIT II

- Centre of gravity and line of gravity
- Anatomical standing position and fundamental standing position
- Planes and types of planes
- Axis and types of axis

UNIT III

- Movements on sagittal plane with frontal axis
- Movements on frontal plane with sagittal axis
- Movements on horizontal plane with vertical axis
- Structural classification of muscles

UNIT IV

- Structure of motor actions- cyclic, acyclic and movement combination
- Movement rhythm, movement coupling, movement flow and movement amplitude
- Reciprocal innervation and inhabitation
- All or none law , muscle tone and its importance

BOOKS RECOMMENDED FOR FURTHER STUDY:

1. Cooper and Glassgow, Kinesiology, C.V. Mosby co. Saint Louis, 1976
2. David Paul Green Kinesiology: Movement in the context of activity Jogishwar Goswami Basic Kinesiology Friends Publication India 2009
3. Dugch and Duch, Kinesiology and applied anatomy, Lee and Fabiger, Philadelphin, 1977
4. Graive, Miller, Mitohelgon, Paul and Smith, techniques for the analysis of human movement lapse books London, 1975
5. Hay and Deij ,the anatomical and mechanical basis of human motion, Prentics Hall, Inc. N.J. 1982

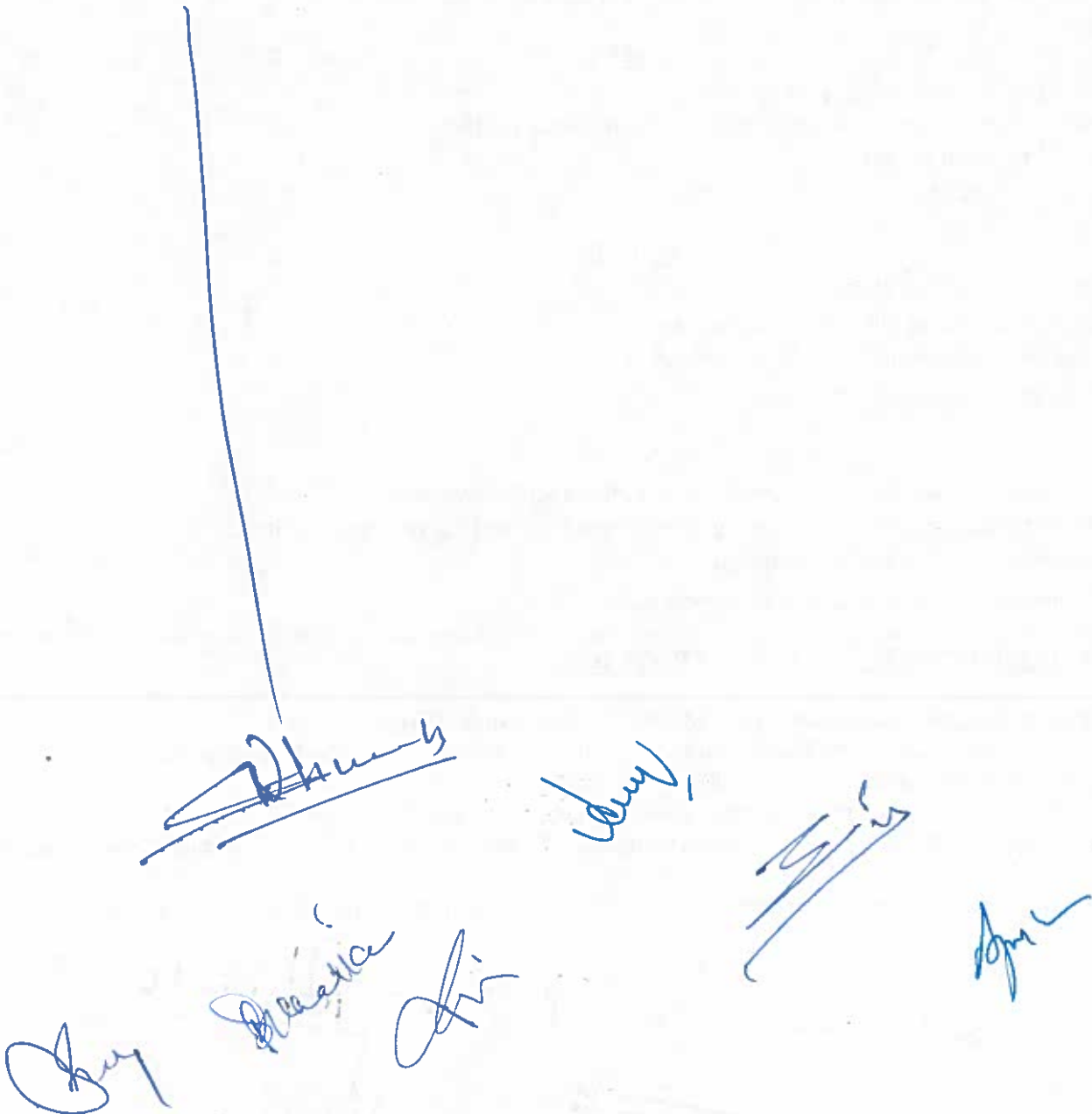
The bottom of the page features several handwritten signatures and marks in blue ink. On the left, there is a large, stylized signature. In the center, there is a signature that appears to be 'S. S. S.' with a horizontal line underneath. On the right, there is a signature that looks like 'R. S. S.' with a horizontal line underneath, and below it, another signature that is partially obscured and less legible.

6. Jogishwar Goswami Basic Kinesiology Friends Publication India 2009

PRACTICAL

50 MARKS

- Practical Note Book and viva
- Centre of gravity, line of gravity
- Anatomical standing position and fundamental standing position
- Planes and types of planes
- Axis and types of axis
- Movements on sagittal plane about frontal axis
- Movements on frontal plane about sagittal axis
- Movements on horizontal plane with vertical axis



**Paper Code -BPEST-132
Theory of Athletic & Handball**

Time allowed: 3 Hours

Max Marks: 125
(External: 60, Practical: 50, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10x 4= 40 Marks)

Unit 1

Javelin Throw

- Holding
- Carry
- Approch run
- Last five strids rhythm including impulse stride
- Delivery stance
- Reverse

Unit II

Hammer Throw

- Grip
- Initial stance
- Preliminary From swings to turns
- Transition from swings to turns.
- Truns
- Delivery Stance
- Delivery Action
- Reverse

Unit III

Shooting

- The falling shot form outside.
- The falling shot with feint
- The diving shot
- The standing throw shot
- The jump shot
- The penalty shot
- The reverse shot
- The fall shot

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Unit IV

Goal Keeping
Characteristics of good goal keeper
Importance of goal keeping.

Tactics

6-0 Setting -up defence
5-1 Defence formation & movement.
4-2 Defence formation & movement.
3.2 Defence formation & movement.
Attack against 6-0 defence.
Attack against 5-1 defence
Attack against 4-2 defence
Attack against 3-3 defence
Duties of officials (before game during game after the games)

Practical – 50 Marks

25 marks Track & field 5 marks each File & viva 10 marks
25marks Handball file & viva 10 marks & 5 marks each for 3 fundamentals

Books Recomendded

Rowland B.J. Handball a Complete Guide London ;
Faber & Faber Ltd., 24 Rosset square ,1970
Mend,Charless L? Handball fundamentals.Cino Charle,
E.Maril Company (columns) 1968.
Philips E. E. Hand ball its play & Management
New York. The Ronal Press Company , 1957
Roberson, Richard & 01 son
Nerbert. Geainning Hand ball
California Wadswow H "Company
Ine.Belmost, !969.

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Paper Code -BPEST-133

THEORY OF GAMES KHO-KHO & VOCATIONAL ORIENTED

Time allowed: 3 Hours

Max Marks: 125

(External: 60, Practical: 50, Internal: 15)

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **10** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **20 marks** i.e., two marks each question. All questions are compulsory. (2×10 = 20 Marks)
- c) Rest of the paper shall contain four units for descriptive questions. Each unit shall have **two** questions and the students shall be given internal choice i.e. the students shall attempt **one** question from each unit. (10x 4= 40 Marks)

KHO-KHO

UNIT I

- Rules and their interpretation
- Factors Affecting Sports performance
- Center of gravity and line of gravity
- Tie Break in Kho Kho
- Officiating meaning and principles of officiating

UNIT II

- Duties of officials in Kho-Kho(Before, After and during the game)
- Sitting in square and its methods
- Giving Kho and its methods
- Techniques and tactics meaning, attacking and defensive skills.
- Types of Kho-Kho and tappin

PRACTICAL:- 25 Marks

Practical Note Book and viva

Offensive skills- chasing, giving Kho, sitting in the square, covering, ring game, pole dive, simple dive, taping

Defensive skills- single chain, double chain, 3,3,2 chain,2,2,3 chain, ring(short, middle, long) game, pole hold, avoid pole.

PHYSIOTHERAPY

UNIT III

- Sports Injuries:- Meaning, types, precautions and treatment of sports injuries
- Massage Therapy :- Meaning, physiological effects of general massage on muscular system & nervous System
- Postural deformities :- Bow Leges, Knocking Knees & Flat Foot Causes .Corrective exercise

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UNIT IV

- Circulatory System :- Meaning, congenital abnormalities, hyper tension, anemia, symptoms causes and treatment
- Arthritis :- Meaning, Spondylities, Symptoms Causes & treatment
- Deruded positions by moving the arm, leg head , Neck & Trank in all these fundamental position
- Duties of physiotherapists before and after surgery

PRACTICAL: 25 Marks

- Practical Note Book and viva
- Soft tissue sports injuries- symptoms, causes and treatment
- Massage Therapy- qualities of good massager and lubricants used in massage
- Order of technique of message for different parts of the boby upper limbs & lower limbs
- Bronchitis, tuberculosis symptoms causes and treatment
- Kyphosis , Lordosis , symptoms, causes and treatment.

BOOKS RECOMMENDED FOR FURTHER STUDY:

KHO-KHO

Mishra Shard Chander (2007) Kho Kho Seekhain . Sports Publication New Delhi AP Publisher (2003)
Kho Kho , 19 Market Chownk Adda Tanda, Jalandhar

PHYSIOTHERAPY

Wale,J.O.'. Tidy.S Massage And Remedial Exercise',Henery Ling Ltd.The Dorset Press ,UK, 1987
Chandra Shekher,K. 'sports physiotherapy'khel sahitya kendra,new delhi,2003
Pandey,P.K.&Gupta ,L.C.'Outline of Sports Medicine'Jaypee Brothers,New Delhi, 1996
Thomson,Ann,Skinner & Piercy,Joan 'Tidy's Physiotherapy',Verghese Publishing House,New Delhi, 1996
Ambast,Anju,'Prevention and Treatment of Sports Injuries' Khel Sahitya,New Delhi,2005.
Griffth,Winter,H.'Complete guide to Sports Injuries'The Body Press/Perigee,New York,1986.

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**Paper Code -BPEST-134
ENGLISH**

Time allowed: 3 Hours

Max Marks: 75
(External: 60, Internal: 15)

1. The following Chapters of book. The Spectrum of Life-Anthology of Modern Press:
The Western intellectual tradition
The scientific point of view. **20 Marks**
2. Paragraph writing on Sports related topics **10 Marks**
3. Grammar : Tag questions, Agreement of verbs and subject & confusion of adjectives and adverbs. **10 Marks**
05 Marks
4. Vocabulary related to sports (Hindi to English)
5. **Full Form of Degree,** **05 Marks**
C.Ped.
B.Ped.
M Ped.,M.Phill.
M..P.E Ph.D.
6. Application writing with bio data for jobs. **10 Marks**

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