

First B.P.E

Prospectus No.2011164

संत गाडगे बाबा अमरावती विद्यापीठ

SANT GADGE BABA AMRAVATI UNIVERSITY

शिक्षण विद्याशाखा

(Faculty of Education)

अभ्यासक्रमिका

प्रथम शारीरिक शिक्षण स्नातक परीक्षा २०११

PROSPECTUS

OF

**The First Examination for the Degree of
Bachelor of Physical Education 2011**



2010

(visit us at www.sgbau.ac.in)

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SANT GADGE BABA AMRAVATI UNIVERSITY
SPECIAL NOTE FOR INFORMATION OF THE STUDENTS

(1) Notwithstanding anything to the contrary, it is notified for general information and guidance of all concerned that a person, who has passed the qualifying examination and is eligible for admission only to the corresponding next higher examination as an ex-student or an external candidate, shall be examined in accordance with the syllabus of such next higher examination in force at the time of such examination in such subjects, papers or combination of papers in which students from University Departments or Colleges are to be examined by the University.

(2) Be it known to all the students desirous to take examination/s for which this prospectus has been prescribed should, if found necessary for any other information regarding examinations etc. refer the University Ordinance Booklet the various conditions/provisions pertaining to examinations as prescribed in the following Ordinances-

Ordinance No.1	: Enrolment of Students.
Ordinance No.2	: Admission of Students.
Ordinance No. 4	: National Cadet Corps.
Ordinance No. 6	: Examination in General (relevant extracts)
Ordinance No. 18/2001	: An Ordinance to provide grace marks for passing in a Head of passing and Improvement of Division (Higher Class) and getting Distinction in the subject and condonation of defficiency of marks in a subject in all the faculties prescribed by the Statute NO.18, Ordinance 2001.
Ordinance No.9	: Conduct of Examinations (relevant extracts)
Ordinance No.10	: Providing for Exemptions and Compartments.
Ordinance No.19	: Admission of Candidates to Degrees.
Ordinance No.109	: Recording of a change of name of a University Student in the records of the University.

Ordinance No.6 of 2008 : For improvement of Division/Grade.

Ordinance No.19/2001 : An Ordinance for Central Assessment Programme, Scheme of Evaluation and Moderation of answerbooks and preparation of results of the examinations, conducted by the University, Ordinance 2001.

Registrar
Sant Gadge Baba Amravati University

PATTERN OF QUESTION PAPER ON THE UNIT SYSTEM.

The pattern of question paper as per unit system will be broadly based on the following pattern :-

- (1) Syllabus has been divided into units equal to the number of question to be answered in the paper. On each unit there will be a question either long answer type or a short answer type.
- (2) Number of question will be in accordance with the unit prescribed in the syllabi for each paper i.e. there will be one question on each unit.
- (3) For every question long answer type or short answer type there will be an alternative choice from the same unit. However, there will be no internal choice in a question.
- (4) Division of marks between long answer and short answer type question will be in the ratio of 40 and 60
- (5) Each short answer type question shall contain 4 to 8 short sub question with no internal choice.

SANT GADGE BABA AMRAVATI UNIVERSITY

FACULTY OF EDUCATION

: ORDINANCE NO. 74

Examinations Leading to the Degree of शारीरिक शिक्षण स्नातक (Bachelor of Physical Education)

1. (i) There shall be three examinations leading to the Degree of शारीरिक शिक्षण स्नातक (Bachelor of Physical Education)
 - (i) The प्रथम शारीरिक शिक्षण स्नातक (First B.P.E.) Examination.
 - (ii) The द्वितीय शारीरिक शिक्षण स्नातक (Second B.P.E.) Examination.
 - (iii) The अन्त्य शारीरिक शिक्षण स्नातक (Final B.P.E.) Examination.
- (2) The duration of the course shall be of three academic years with the प्रथम शारीरिक शिक्षण स्नातक (First B.P.E.) Examination, at the end of the first academic year, the द्वितीय शारीरिक शिक्षण स्नातक (Second B.P.E.) Examination, at the end of second academic year and the अन्त्य शारीरिक शिक्षण स्नातक (Final B.P.E.) Examination at the end of the third academic year.
2. The examinations specified in paragraph I shall be held twice a year at such places and on such dates as may be appointed by the Academic Council.
3. Subject to his compliance with the provisions of this Ordinance and of other Ordinances in force from time to time, an applicant for admission to:
 - (A) The प्रथम शारीरिक शिक्षण स्नातक (First B.P.E.) Examination shall have:-
 - (i) (a) passed the पूर्व विद्यापीठ (Pre University) Examination of the University OR the 12th standard Examination of the Maharashtra State Board of Secondary and Higher

* Ordinance to be effective from the Academic session 1977-78 as approved by the Executive Council, 22/23-9-77, and amended by Executive Council, dated 22/23-9-1977, and amended by the Executive Council, dated 27/28-4-1979, and further amended by Ordinance Nos. 4 of 1980, (Executive Council, dated 19-4-1980), 7 of 1980, 25 of 1994 and 31 of 1998..

Secondary Education with English as one of the subjects of passing or an examination recognised as equivalent there to of any other Statutory University.

or

- (b) Passed the 12th Standard Examination of the Mahatashtra State Board of Secondary and Higher Secondary Education, with English or any Indian Language or any examination recognised as equivalent thereto in such subjects and with such standards of attainments as may be prescribed.

or

- (c) passed the Secondary School Certificate Examination of a Statutory Board with English or any Indian language as one of the subjects of passing and have also passed the examination for the Certificate Course in Physical Education of the Government of Maharashtra or any other Equivalent examination in Physical Education recognised by the State Government; and

- (i) Prosecuted a regular course of study for not less than one academic year in a College; and
- (ii) attained or shall attain the age of 17 years on the 1st of October of the year of his admission to the College.

(B) the द्वितीय शारीरिक शिक्षण स्नातक (Second B.P.E.) Examination shall have:

- (i) passed the प्रथम शारीरिक शिक्षण स्नातक (First B.P.E.) Examination of the University, and
 - (ii) Prosecuted a regular course of study for not less than one academic year in a College; and
- (C) the अन्त्य शारीरिक शिक्षण स्नातक (Final B.P.E.) Examination shall have:
- (i) passed the द्वितीय शारीरिक शिक्षण स्नातक (Second B.P.E.) Examination of the University; and
 - (ii) Prosecuted a regular course of study for not less than one academic year in a College.

4.

Without prejudice to the other provisions of Ordinance No. 6 relating to the Examinations in General, the provisions of Paragraph, 5,8,10 and 32 of the said Ordinance shall apply to

every Collegiate-candidate.

5. An Application for admission to an examination shall produce a Certificate from the Principal regarding his physical and Medical fitness to undergo tests in skills.
6. The fee for each of the examinations shall be Rs. 77/- plus a fee of Rs. 10/- per practical Examination
7. An examinee who is unsuccessful at an examination shall be eligible for admission to a subsequent examination on payment of a fresh fee. The marks obtained by such candidate for sessional work when he appeared for the first time shall be taken into consideration when he reappears at the examination.
8. (i) The scope of the subjects shall be as indicated in the Syllabi.
(ii) The medium of instruction for the examination shall be Marathi, Hindi or English and the question papers shall be set in Marathi, Hindi or English. Translations of the papers shall be provided in the other two languages also other than in which the paper is set.
9. The प्रथम शारीरिक शिक्षण स्नातक (First B.P.E.) Examination shall consist of two parts and the द्वितीय व अन्त्य शारीरिक शिक्षण स्नातक(Second and final B.P.E.) Examinations shall consist of three parts viz.
Part-I Theory
Part-II Practical Skills,
Part-III Teaching Ability or Practice Teaching.

प्रथम शारीरिक शिक्षण स्नातक (First B.P.E.) Examination

Part-I Theory	Maximum Marks		
	Theory	Sessional	Total
1. Elements of Physical Education	80	20	100
2. General Science	80	20	100
3. History	80	20	100
4. Anatomy and Physiology	80	20	100

5. Health, Hygiene and Sanitation	80	20	100
6. Language	80	20	100

Part-II Skills.

(a) Skills in Major games (Indian and Foreign); Athletics, Gymnastics and other physical Exercises including Yoga	200
(b) Year's Sessional Work	100

Toatl Marks 900

द्वितीय शारीरिक शिक्षण स्नातक (Second B.P.E. Examination)

Part I Theory	Maximum Marks		
	Theory	Sessional	Total
1. Physiology of Exercises	80	20	100
2. Educational Psychology and Counseling & Guidance.	80	20	100
3. Yoga	80	20	100
4. Methods in Physical Education	80	20	100
5. Kinesiology	80	20	100

Part-II Skills

Skill in Games (Indian and Foreign), Atheletics, Gymnastics, other physical Exercises including Yogasana, Hykes and Cross Country Provided that for Second Year Part-II Skills, Internal Marks 200 shall be 100 out of 200, and External marks 100 shall-be distributed as follows:

(1) Major Games	30
(2) Atheletics (4 Events)	40
(3) Gymnastics (Any 2 Apparatus)	10
(4) Yoga and Kriya	10
(5) Indigenious activities (Any two activities)	5
(6) Combatives/Weight Lifting/Swimming	5

Part-III Practice/Teaching: Marks

a) 10 lessons taken throughout the year in Secondary school situation (marks to be assessed internally)	100
(b) Two lessons to be given at the Annual Examination of which one shall be on Games and Athletics and the other shall be on other Physical Activities.	200
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Total Marks for Part-I,II & III	1000
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अन्त्य शारीरिक शिक्षण स्नातक (Final B.P.E.) Examination.

Part-Theory Maximum Marks

	Theory	Sessional	Total
I. Principles and History of Physical Education	80	20	100
II. Organisation & Administration of Physical Education	80	20	100
III. Recreation	80	20	100
IV. Test and Measurement in Physical Education	80	20	100
v. Officiating and Coaching	80	20	100
VI. Health Education and Remedial and Corrective Physical Education	80	20	100

Part-II Skills

Classification of internal and External Marks for Part-II Examination Skills

	External Marks	Internal Marks
(a) Specialization in Games and Acquatics	50	50
(b) Specialization in Physical Activities	50	50
(c) Combatives and Indigenous Activities	40	40
(d) Specialization in Athletics	50	50
(e) Skills in Remedial Massage	10	10

Provided that for Final Parts-II Skills, Internal Marks shall be 200 out of 400

	<hr/>	<hr/>
	200	200
	<hr/>	<hr/>
Total	400	
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Part-III Practice Teaching**(External Examination)**

Maximum Marks

(a) Two lessons to be given at the time of the final Examination one on Athletics and the other on Major games	150	
		200
(b) Test in Officiating in two Games	50	
Total Marks for Part-I,II and III		<hr/>
		1200
		<hr/>

10. In Order to pass the examination, the examinee must obtain not less than 25% marks excluding the Internal Assessment marks and 30% marks in each Theory paper as a whole and not less than 40% marks in the external examination of the Part-II at the First B.P.E. and of Part-II and III at the Second and Final B.P.E. Examinations, and also obtain not less than 40% of the Aggregate prescribed for each part and for each examination as a whole of the First, Second and Final B.P.E. Examinations.
11. There shall be no classification of successful examinees at the प्रथम व द्वितीय शारीरिक शिक्षण स्नातक (First and Second B.P.E.) Examinations.
12. Successful examinees obtaining 65% or more marks in the aggregate for the प्रथम, द्वितीय व अन्त्य शारीरिक शिक्षण स्नातक(First, Second and Final B.P.E.) Examinations taken together inclusive of all the parts of the examinations, namely-Theory, Skills and Practice Teaching, shall be placed in the First Division; those obtaining less than 65% but not less than 50% in the Second Division, and all other successful examinees in the Third Division.
13. Successful examinees obtaining not less than 75% marks in a Paper of the Theory Part of the Examination shall be declared to have passed the examination with distinction in that Theory Paper, and those obtaining not less than 80% of the total marks in Part-II or Part-III of the Examination shall be declared to have passed the examination with Distinction in that part.
14. Provisions of Ordinance No. 7 A relating to the Condonation of Deficiency of Marks for Passing an examination and of

Ordinance No. 10 relating to Exemptions and Compartments shall apply to the examinations under this Ordinance.

15. As soon as possible after the examination but not later than 30th June next following the Board of Examination shall publish a list of successful examinees arranged in three divisions. The names of examinees passing the examination as a whole in the minimum prescribed period and obtaining the prescribed number of places, in the First or Second Divisions shall be arranged in Order of Merit as provided in the Examinations in General Ordinance No. 6
16. Notwithstanding anything to the contrary in this Ordinance no person shall be admitted to an examination under this Ordinance if he has already passed the same examination or an examination of any other Statutory University which has been recognised as an equivalent to that examination.
17. Successful examinees at the प्रथम शारीरिक शिक्षण स्नातक (First B.P.E.) Examination or the द्वितीय शारीरिक शिक्षण स्नातक (Second B.P.E.) Examination shall be entitled to receive a Certificate signed by the Registrar and those successful at the अन्त्य शारीरिक शिक्षण स्नातक (Final B.P.E.) Examination shall on payment of the prescribed fees, receive a Degree, in the prescribed form, signed by the Vice-Chancellor.

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SYLLABUS

Prescribed for

The First Examination for the Degree of Bachelor of Physical Education

Part-I Theory

Paper-I

ELEMENTS OF PHYSICAL EDUCATION

- Unit-I 1. Physical Education (i) Definition
(ii) Meaning and Scope, Misconception about Physical Education.
2. Aims and objectives of Physical Education General outline.
- Unit-II 1. Meaning of various terms used in physical Education:
(1) Gymnastic (2) Athletics (3) Formal Activities (4) Indigeneous Activities (5) Games (6) Miner Games (7) Acquatics (8) Rhythmics (9) Yoga (10) Hiking (11) Picnic (12) Camping (13) Corrective Physical Education
2. Contribution of Vyayamshalas and Akhadas in Growth and Development of physical Education in India.
- Unit-III Physical Education as Science: Brief History of allied sciences and topics.
- a) Sports Psychology
b) Sports Medicine
c) Sports Sociology
d) Sports Biomechanics
e) Fitness; conditioning and Training
f) Sports Nutrition
- Unit-IV Guiding Principles of Physical Education :
- i) Biological Principles
a) Growth And Development
b) Heridity and Environment
c) Body Types
d) Anatomical Differences

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ii) Psychological Principles:

- a) Learning
b) Transfer of Training.
c) Motivation
- iii) Sociological Principles
a) Cultural Influence
b) Group dynamics
c) Recreation

Unit-V

Physical Education as a profession:

- a) Meaning and characteristics of profession
b) Physical Education in Schools and Colleges
c) Characteristics and duties of physical Education Teacher
d) Teacher Training courses in physical Education

REFERENCE BOOKS:

1. Foundation of Physical Education : Bucher
2. Introduction to Physical Education: Sharma J.R.
3. Manual of Physical Education: Wakharkar
4. A History of Physical Education: E.A.Khan & Hariharan and Tirunarayan
5. Principles of Physical Education: Surajan Singh

PAPER-II

General Science

Physics

- Unit-1 1. Importance of Science; Basic Science. Science required for Physical Education.
Mechanics and General properties of matter: System of Units, Motion, Newton's law of motion and their applications, Velocity, Force, Centrifugal and centripetal with examples. centre of gravity simple pendulum.
2. Levers, energy, Trasformation of energy ; friction. Angle of Friction(only elementary), Barometer, Boiler's Law exhaust

pump and ball inflator. Density and specific gravity (without measurements). Elasticity. Stress and strain. Hooke's Law Young modulus (without determination).

- Unit-II 1. Heat: Effect of heat. Temperature and Thermometer (Simple Thermometer) Physical meaning of specific heat and latent heat. Mode of Transference of heat, Conduction, convection and radiation. Knowledge of mechanical equivalent of heat.
2. Light: Reflection of light at plane and curved surface (Ray diagrams only). Total internal reflection Refraction of light through lenses. Comparison of camera with human eye. Working of Microscope and Telescope with ray diagram only.

CHEMISTRY

- Unit-III 1. Atom, molecule, elements and compound, symbols formula. physical & chemical changes. Introduction to periodic classification. Ionic theory, solubility crystallisation. acids. bases salts. neutralisation. hydrolysis.
2. Atom Structure-Protons, Neutrons (Elementary ideas)
- Oxygen: Preparation Properties. Uses. classification of oxides, oxidation and reduction. water: Purification hard and soft water. Removal of hardness; Demineralisation.
- Unit-IV 1. Chlorine: Laboratory methods of preparation properties, uses Bleaching action of chlorine, Hydrochloric acid, Laboratory Preparation. Manufacture. Properties & uses.
- Carbon: Different allotropic forms. carbon monoxide, carbon dioxide precipitation, properties, uses, fuel gases, coal gas, oil gas.
2. Carbohydrates: Definition, classification, general properties. Glucose and Fructose preparation; properties; uses.
- Proteins-Classification. general characteristics; uses. Fats. Oils and Soaps-Extraction of fats and oils, properties.

BIOLOGY

- Unit-V 1 (i) Difference between Living and Non-living objects such as a cell as a unit of which bodies of the living objects are formed.
- (ii) Difference between plants and animals
2. (i) Metabolism-Anabolism and Ketabolism. Structure of Cell,

Cell Division. Different types of Cells. Tissues, Organs (Example from plants and animals).

- (ii) Classification of Plants (only elementary knowledge)
- Unit-VI 1. (i) Classification of Animals (only elementary knowledge).
- (ii) Elementary study of Hydra, Tapeworm, Earth Worm, Cockroach, Mosquito, Butterfly, Frog and Bird.
2. (i) Interdependence of Plants and Animals.
- (II) Theory of Evolution and heredity.

Note: Though there is no necessity of setting up of a laboratory, But it is desirable to have some experiments on the important topics in the syllabus.

BOOKS RECOMMENDED:

1. Intermediate Physics by Ray, Choudhary and Sinha.
2. Intermediate Physics by Jog.
3. Inorganic Chemistry by Mitra.
4. Elementary Organic Chemistry by Bahl and Tuli.
5. A class Book of Botany by Dutta.
6. Text-Book of Zoology by Vidyarthi.
7. Intermediate Physics by Basu and Chaudhari
8. Pre-University Physics, Parts I & II by C.H.Gupta.

BOOKS FOR REFERENCE

अभिनव भौतिक शास्त्र (मराठी)	लेखक श्री.डी.एस.निमाडे श्री.पी.एस.वांजपे श्री.डी.एस.सुपे श्री. एस.बी.चौधरी	मे. सुविचार प्रकाशन मंडळ ४६ १,४ सदाशिव पेठ, पुणे
हायर सेकंडरी फिजीक्स (इंग्रजी)	लेखक प्रा.बि.जी.लागु प्रा.पी.एल.काळे प्रा.पी.जी.वाळुंजकर	मे.विद्या प्रकाशन, २५० १६, शनिवार पेठ, अप्परभुजा देवी रस्ता, पुणे-३०
प्रगत माध्यमिक रसायनशास्त्र भाग १ (मराठी)	लेखक श्री.आर.पी.सोसोनी,	दी.मॅकमिलन कं. ऑफ इंडिया ली. मर्केटाईल हाऊस, २रा

	श्री.एल.एच.गाडगीळ	माळा मॅजेस्टीक स्टुडीओ रोड, (पुर्व) मुंबई-१०
प्रिन्सिपल्स ऑफ केमेस्ट्री	लेखक श्री.व्ही.एस. दर्शन श्री.व्ही.जी. सोमलवार श्री.एस्.वाय.नामजोशी	दी. मॅकमिलन कं. ऑफ इंडिया ली. मर्केटाइल हाऊस, २रा मजला मॅजेस्टीक स्टुडीओ रोड, (पुर्व) मुंबई-१०
जीविक विज्ञान (मराठी)	लेखक प्रा.जी.आर. क्षीरसागर प्रा.सी.एन.पाटील	मे.गो.य.राणे प्रकाशन, २०४० ४. सदाशिव पेठ, पुणे-३०
लाईफ सायन्स	लेखक प्रा.एस्.डी.मुञ्जुमदार प्रा.एस्.डी.पाटील प्रा.आर.बी.फळसाळंकर	मे.सुविचार प्रकाशन, ४६ १,४ सदाशिव पेठ, पुणे-३०

PAPER-III**HISTORY**

(History of India from 1761 A.D. to 1947 A.D.)

Unit I: 1	Effect of the Third Battle of Panipat 1761, Peshwa Madhavrao I, Nana Fadnavis.
2.	Mahadhogi Scindia-Anglo-Maratha relations 1775 to 1818, Downfall of the marathas.
Unit II. 1.	Lord Clive Establishment of British Rule in Bengal, Dual Govt. established by Lord Clive.
2.	Warren Hastings- Lord Cornwallis, Lord Wellesley, Lord Hastings, Lord Amherst.
Unit III: 1	Lord William Bentinck, Lord Anckland, Ellenborough, Rise of Sikh power under Ranjeet Singh.
2.	Lord Dalhousie, War of Independence 1857, Queen's Proclamation, Lord Lytton, Lord Ripon.
Unit IV: 1	Lord Curzon, Religious and Social movement in India

2.	Raja Rammohan Roy, Swami Dayanand Saraswati, Swami Vivekanand, Dr. Annie Besent.
Unit V: 1.	Indian Nationalism, Indian National movement (1885 to 1947).
2.	Dada Bhai Nauroji, Gopal Krishna Gokhale, Lokmanya Tilak, Mahatma Gandhi.

BOOKS RECOMMENDED:

1. Thompson and Garrett: Rise and Fulfilment of British Rule in India.
2. S.R.Sharma: The marking of Modern India.
3. R.C.Majumdar: Advanced History of India.
4. Cambridge Shorter History of India.
5. S.C. Sarkar & K.K. Datta: Modern Indian History Vols 1 & 2 (1951).
6. सत्यनारायण दुबे : आधुनिक भारत का इतिहास.
7. ईश्वरीप्रसाद : आधुनिक भारत का इतिहास
8. आर.आर. सेठी : आधुनिक भारत का इतिहास
9. गो.स.सरदेसाई : ब्रिटिश रियासत (पूर्वार्ध)
10. गो.स.सरदेसाई : ब्रिटिश रियासत (उत्तरार्ध)
11. C. Davies: Historical Atlas of India.
12. G.S.Sardesai: New History of the Marathas.
13. A History of India from the earliest time to the present Day by Micheal Edwards (Asia publishing House, Bombay)
14. प्र.श.गो.कोलारकर : भारताचा इतिहास , १७६१ ते १९३५ भाग दुसरा. (आनंद प्रकाशन, नागपूर).
15. के.मु.केशट्टीवार : अर्वाचीन भारत (पडगीलवार प्रकाशन, नागपूर)
16. एस.जी.कोलारकर : युरोपचा इतिहास.

Note: Maps on relevant topics showing important places, Kingdoms etc are to be studied.

Paper-IV**Anatomy and Physiology****Anatomy**

Unit-I 1	(i) The Body- A general study of the human body and its systems.
	ii) Bones of the Body; Form and General Structure and classification of bones.
2.	Joints: Movable, slightly movable and immovable joints. Classification of movable joints; Ligaments of knee and ankle

joint.

Unit-II Muscular System

1. General structure of straited and unstraited muscles. Distribution of these two types of muscles in the body. Position, origin, insertion, Action of the following skeletal muscle: Traphesius, Rhomboids-Serratus Anterior, Pectoralis, Deltoid, Supparaspinus, Lattissmus Dorsi, Bicepsbrachi, Brachioradialis, Brachialis, Triceps, Psoas Major and Minor, Sartorius Gleuteus, Maximus, Biceps Femoris, Rectus Femoris, Gastrocremius, Soleus, Tibialis, Posterior, Perongus, Tibialis Anaticus, Rectus Adbominis, External Obliques; Internal Obliques.
2. Brief account of the following systems of the Body:-

1. Circular System
2. Respiratory System.

Unit-III 1. i) Nervous System.

ii) Excretory System.

2. i) Digestive System.

ii) Endocrine System.

HUMAN PHYSIOLOGY

Unit-IV 1. (a) Voluntary and involuntary muscles. Their nerve cell and nerve fibres.

(b) The mechanism of nutrition food, its digestion and absorption. Metabolism. Principles of Dietics. The vitamins.

2. (a) The blood and its circulation including the physiology of hear and blood vessels. Lymph gland, Tissue, Fluids and Cerebro Spinal Fluids.

(b) Respiration including knowledge of adoption under different atmospheric conditions.

(c) The General Senses: Custaneous senses, Muscle sense, etc.

2. (a) Spiral Sense Such as that of vision, hearing; voice and speech, smell, taste.

(b) Ductless glands (endocrine organs)

(c) Skin and skin glands. The temperature of the body and its regulation.

BOOKS RECOMMENDED.

1. Text Book of Anatomy by Holinshed.
2. Applied Physiology by Samson Wright.
3. Physiology and Anatomy by Kimber and Gray.
4. Primary Caste Anatomy by Besmagine (Williams and Wilkins Company,Baltimore)
5. Anatomy and Physiology by Smount and Mackdonald (Edward Amold).
6. An Introduction to Fundamental Anatomy by David Sinclair (Blakewell Publications)
7. Kinesiology by katherine Wells (Saunders Company)
8. An introduction to Fundamental Anatomy by David Sinclair (Blackwell Publications)..
9. मानव शरीर रचना एवम् किंवा क्रिया विज्ञान - वैद्य एस.बी.हिल्लेकर
10. Gray's Anatomy by D.V.Davies (Lanmans).
11. Cunningham's Manual of Practical Anatomy
12. Kinesiology and Applied Anatomy by Reasch- Burke (Lee and Tebiger).
13. Text-book of Human Physiology by C.C.Chaterjee (Central Book Agency, 14,Bankim Chatarji Street, Calcutta-12)
14. Essential of Human Physiology by S.M.Banerjee (S.Bhattacharya & Co.)
15. Essentials of Physiology by Benbridge and Manzies (Edited by Hargrige and D'Silva).
16. Dr. Bhave-Anatomy and Physiology.
17. The living Bocy by Best and Tayer (Asian Publications.)
18. Samson Wrights' Applied physiology (Oxford Midical Publications).

PAPER-V

Health, Hygiene and Sanitation

- Unit-I 1. Health, Concept of health, personal health-care of eyes, ears, mouth, skin, hair, clothing, rest, exercise,relaxation and sleep, care of surroundings.
2. Diet and nutrition, air, Ventilation, Beverges, Alcohol,narcotics, smoking-their effect on health.
- Unit-II 1. First Aid (1) Outline and scope of First Aid, (2) Dressing and bandages with Practical Instruction, (3) Asphyxia, (4) Shock, its causes and treatment.

2. Methods of artificial respiration, (2) Common causes of insensibility and general rules of treatment and practical instruction.
- Unit-III 1. (1) Various types of wounds and hemorrhages with general rules of treatment and practical instruction (2) The symptoms, types and general treatment of fractures and other injuries to the joints and muscles of human body.
2. (1) General rules of treatment for-
(a) Poisoning by administering antidotes.
(b) Burns and scalds.
- Unit-IV 1. (1) Foreign matter under the skin, eyes, ears etc.
(2) Snake -bite.
2. (1) The carrying of injured persons and
(2) Common athletic injuries.
- Unit-V 1. Hygiene and Sanitation. Problems of water supply; food stuffs, air and Ventilation.
2. Disposal of refuse-Dumping-Conservancy and water carriage system.

BOOKS RECOMMENDED:

1. Hand-book of Hygiene and Public Health Y.P.Bedi.
2. The School Hygiene Service by Leff Vera and Leff. S.
3. A Text-book of Health Education Denis Priries and A.J.Dalzeltward.
4. Health Education- Dr. S.P.Chaubey.
5. Health Education and Hygiene- B.C.Rai.
6. Anatomy Physiology for Nurses by Evelyn Pearce.
7. (Furmeaux's) Human Physiology. Edited by William A.M. Smart.
8. First Aid-John Ambulance.

PAPER-VI

Language

Object: The object of this paper will be to develop the ability of expression of Hind or Marathi or English amongst the Students. The students should be able to teach either one of these languages.

मराठी (अनिवार्य)

- वेळ : ३ तास) (गुण : ८०)
- या विषयाची एक प्रश्नपत्रिका राहिल. सूक्ष्म वाचनाकरीता पाठ्य पुस्तक : पूर्णामाय भाग-१ (संत गाडगे बाबा अमरावती विद्यापीठ प्रकाशन) राहिल.
- विभाग अ : वैचारीक : दिर्घोत्तरी प्रश्न १० गुण
(Unit 1) : लघुत्तरी प्रश्न ६ गुण
- विभाग ब : ललित : दिर्घोत्तरी प्रश्न १० गुण
(Unit 2) : लघुत्तरी प्रश्न ६ गुण
- विभाग क : कविता : दिर्घोत्तरी प्रश्न १० गुण
(Unit 3) : लघुत्तरी प्रश्न ६ गुण
- विभाग ड : निबंध : वैचारीक, सामाजिक, १६ गुण
(Unit 4) आर्थिक (निबंध हा पाठ्यपुस्तकावर आधारित राहिल.)
- विभाग ई : व्यावहारीक मराठी : अभिनंदन, आभार, ८ गुण
(Unit 5) निमंत्रण अभिप्राय व्यक्त करणारी पत्रे एक प्रश्न ८ गुण
उतारा शुध्दीकरण.

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हिन्दी (अनिवार्य भाषा)

- समय : ३ घंटे) (पूर्णांक : ८०)
१. नियोजित पाठ्यपुस्तक : 'अस्मिता'- जयभारती प्रकाशन, इलाहाबाद यह पुस्तक अध्ययन के लिए तथा अध्यापन के लिए निर्धारित की गयी है ।
२. प्रथम घटक : आधारभूत पाठ्यक्रम-दिर्घोत्तरी १ प्रश्न १० अंक
लघुत्तरी १ प्रश्न ६ अंक
३. द्वितीय घटक: भाषागत पाठ्यक्रम - दिर्घोत्तरी १ प्रश्न १० अंक
लघुत्तरी १ प्रश्न ६ अंक
४. तृतीय घटक: पद्य विभाग (दो प्रश्न) - प्रत्येकी ८ अंक १६ अंक
५. चतुर्थ घटक: व्यावहारीक भाषा एवं व्याकरण - १६ अंक
(इस घटक का अंक विभाजन निम्न प्रकार है)
(व्याकरण- १० अंक, व्यावहारीक भाषा- ६ अंक)
६. पांचवा घटक: निबंध १० अंक
परिच्छेद शुध्द करना - ६ अंक

व्यावहारिक भाषा : अभिनंदन, आभार, निमंत्रण और अभिप्राय व्यक्त करनेवाले पत्र रहेंगे ।

व्याकरण : पर्यायवाची शब्द (दो), अनेकार्थी शब्द (दो), विशेषण रूप (दो) शब्द शुद्धी (दो), वाक्य शुद्धी (दो)

निबंध : निबंध वैचारीक, सामाजिक और आर्थिक विषयोंपर पाठ्यपुस्तकपर आधारित पुछा जाएगा.

परिच्छेद शुद्ध करना : पाठ्यपुस्तकपर आधारित परीच्छेद शुद्ध करना.

सहाय्यक पुस्तक सूची -

१. मानक हिन्दी का शुद्धिपरक व्याकरण - डॉ. रमेशचंद्र मेहरोत्रा.
२. सामान्य हिन्दी बोधायन - डॉ. रामदयाल कोष्टा एवं विजयकुमार सिंघई. प्रकाशक - खन्ना प्रकाशन, जबलपुर.
३. हिन्दी रचना प्रबोध - डॉ. बच्चूलाल अवस्थी प्रकाशक - साहित्य भवन प्रा.लि. के.पी. कक्कड रोड, ईलाहाबाद-२.
४. हिन्दी व्याकरण - प्रबोध एवं रचना - डॉ. विजयपाल सिंह जयभारती प्रकाशन, ईलाहाबाद.
५. प्रयोजनमूलक व्यावहारिक हिन्दी. - ओमप्रकाश सिंहल जगताराम एण्ड संस, नयी दिल्ली.

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1. COMPULSORY ENGLISH

(M.Marks 80)

1. Books for detailed study:

- (a) 'FRONTIERS OF PROSE' Edited by T. Prabhakar.
Macmillan (All lessons excluding the 'The Gandhi Came' by Nehru)
- (b) The POETIC VISION Edited by Orient Longman.

The following poems:

1. The quality of Mersy : Willam Shakespeare
2. On his Blindness : John Milton.

3. The Village Schoolmaster : Oliver Goldsmith
4. The solitary Reaper : William Wordsworth
5. The Cloud : P.B.Shelley
6. Nightingales : Robert Bridges
7. Snake : D.H.Lawrence
8. Snowy Evening : Robert Frost.

2. Text Book for Non detailed study-

'SILAS MARNER' by George Eliot. sangam English supplementary readers, Published by Oriet Longman

3. I. a) Change of naration.
b) Change of voice.
c) Idioms and Phrases.
d) Questions forms and tenses
 - II. a) Comprehension Passage.
b) Letter writing or story building
- OR
- Story Building

The above said exercise under 3 (1) in communication skills shall be based on the compulsory English text prescribed for B.A. part I

Distribution of Marks:

1. Frontiers of prose:

- a) There shall be three short answer questions out of eight of five marks each. 15
- b) There shall be two long answer questions out of five each carrying 8 marks. 16
- c) Four passages for explanation, two each from the detailed texts for prose and poetry: each carrying 3 marks. 12
- The poetic Vision.
- d) Two questions out of four on poetry 10

2. Non detailed text:		
One question out of two	10	
3. Grammer: I (a) to (d)	10	
II (a) to (b)	7	
Internal assessment	20	

	Total	100

Part II-Skills

Examination System, Distribution of Marks and Teaching Contents

Activities of the examination are grouped into the following Sections and Contents of each activity of examination are also given below with its procedure and system of examination.

(a) Skills in major games (Indian and Foreign) Athletics, Gymnastics and other physical Exercises including yoga

Total Marks 20

Section- I

Major Games (Any Two) Marks: 40

1. System of Examination:

The examination will be conducted in any TWO games selected by the examinee. The examinee has to select any TWO games for the examination from the following:

Basket Ball, Volley Ball, Hockey,

Kabaddi, Table Tennis, Net Ball,

Distribution of marks for a game examination is given below:

i) Game performance 10 Marks)	20 Marks
ii) Viva 5 Marks)	for each
iii) Note Book 5 Marks)	Game

2. Teaching Contents:

The Contents of each game are as follows:-

- A. i) Brief History of the Game
 ii) Measurements and preparation of the field

- iii) Fundamental Skills.
iv) Lead Up Games.
v) Rules of the Game
vi) Records and Awards
vii) Officials
viii) Books and Magazines

B. Details of Fundamental Skills of play of each Game are given below:

Basket Ball

- i) Player's stance and ball handling
ii) Passing and receiving:
 a) Two hand passes- Over head pass, Base Pass, Chest Pass, Bounce Pass, Side Pass.
 b) One hand passes- Over head Pass, Base Pass, Bounce pass, Side pass.
iii) Dribbling- a) Low Dribble
 b) High Dribble
iv) Shooting:
 a) Two hand shots - Over Head Shot, Base Shot, Set Shot.
 b) One hand Shots- Over Head Shot, Base Shot, Set Shot.
v) Rebounds - a) Offensive Rebound
 b) Defensive Rebound
vi) Foot work

Volley Ball

1. Service - Under hand service, Side Arm Service, Round Arm Service, Tennis Service.
2. Receiving - Under Hand and Over Head
3. Passing - High, Medium and Low.
4. Smashing - Straight Arm Smash, Wrist Smash, Round Arm Smash.
5. Blocking - Individual Block, Group Block
6. System of Play- 4-2,5-1,6-0

24
Kabaddi

1. Skills of Raider-
 - a) Cant, Stance, Foot Work
 - b) Mule Kick, Side Kick, Round Kick, Leg Thrust
 - c) Pursuing
 - d) Toe Touch
 - e) Use of hands
2. Skills of Anti Raider-
 - a) Position
 - b) Stance and movement
 - c) Chain Formation
 - d) Holds-Ankle hold, Leg Hold, Thigh Hold, Waist Hold, Wrist Hold
 - e) Release from Hold

Hockey

1. Fundamental Skills:
 - (i) Hitting
 - (ii) Stopping
 - (iii) Pushing
 - (iv) Flicking
 - (v) Scooping
 - (vi) Dribbling
 - (vii) passing
 - (viii) Tackling
2. System of play : 5-3-2-1; 4-4-2-1; 4-3-3-1

Table Tennis

1. Service - Fore hand Simple Service; Back hand Simple Service
2. Push - Fore hand Simple Push; Back hand Simple Push
3. Block - Fore Hand Block; Back Hand Block
4. Counter - Fore Hand Counter; Back Hand Counter.

25
Section II
Athletics

55 Marks

1. System of Examination:

a) Performance

The Examination will be conducted in any one event from each group as selected by the examinee. The groups are given as follows:

- | | | | | | |
|------|----------|---|-----------------------|------|----------|
| i) | Running | - | 100 Mts/400 Mts | | 10 Marks |
| ii) | Jumping | - | High Jump/Broad Jump | | 10 Marks |
| iii) | Throwing | - | Shot Put/Discus Throw | | 10 Marks |

b) Style

Any one event to be selected from each group for each group for demonstrating style:

- | | | | |
|------|------------------|-------|----------|
| i) | Running Style | | 5 Marks |
| ii) | Jumping Style | | 5 Marks |
| iii) | Throwing - Style | | 5 Marks |
| c) | Book Keeping | | 10 Marks |

Main Note Book of Athletics covering history, warming Up and Skill analysis of the event.

2. Teaching Contents:

The Teaching contents of Athletics are given below:

- A)
 - i) Brief History, ii) Measurement and preparation of Track, Throwing Cicles, Sectors, Aporoach run,pits etc. iii) Fundamental Skills, iv) Imnportant Rules and fouls, v) Officials and their duties, vi) Records, vii) Athletic Journals.
- B) Skills
 - i) Running:

History of Athletics, Fundamentals of running, Running distances, (Sprints, Middle, Long), Standing Start, crouch Start (techniques and commands used), Starting Blocks; (Placement, Angles, Measurements), Gun, Stop-watch (Dealings), Relay race: (Order of running, Methods of passing, check Marks, baton); Hurdles; (Start, clearance, landing, stride pattern) Marathon combined events: (Decathlon, Heptathlon, Pentathlon)

- ii) High Jump: i) Straddle Approach:(Approach, Take off, Bar Clearance, Landing)
 ii) Fosbury Flop:
 (Take off, Flight path, Bar Clearance, landing)
 iii) Scissors Style:
 (Approach, Take off, Bar Clearance, landing)
- iii) Long Jump: i) Hang Style:
 ii) Hitch Kick:
 (Approach, Take off, Flight, Landing)
- iv) Shot Putting:
 i) Peri O' Brien Technique:
 ii) Rotational Technique:
 (Preliminary Stance, Shift,delivery)
- v) Discuss Throwing:
 (Holding, Swings, Turn, Turn and Winding up, Uncoiling, Reverse)

Section III

40 Marks

Gymnastics

1. System of Examination:

The examination will be conducted in Ground Gymnastics; Horizontal Bar, Beam, Vaulting Box and Keeping Note Book.

The distribution of marks and examination system is given below:

- | | | | |
|--|-------|--|----------|
| i) Ground Gymnastics: | | | |
| a) Two stunts as told by Examiner (Each stunt 3 Marks) | | | 6 Marks |
| b) One stunt of candidate's choice | | | 4 Marks |
| | | | ----- |
| Total | | | 10 Marks |
| ii) Horizontal Bar/Beam: | | | |
| a) Two stunts as told by examiner | | | |
| (Each stunt 3 Marks) | | | 6 Marks |
| b) One stunt of candidate's choice | | | 4 Marks |
| | | | ----- |
| Total | | | 10 Marks |

- | | | | |
|------------------------------------|-------|--|----------|
| iii) Vaulting Box: | | | |
| a) Two Vaults as told by Examiner | | | 6 Marks. |
| (Each Vault 3 Marks) | | | |
| b) One Vault of candidate's choice | | | 4 Marks |
| | | | ----- |
| Total | | | 10 Marks |
| iv) Note Book | | | |
| | | | 10 marks |

2. The Teaching Contents:

The contents of Gymnastics are given below:

- i) Brief History ii) Measurement iii) Officials iv) Records.

Skills:

- | | | | |
|---|--|--|--|
| i) Ground Gymnastics: | | | |
| a) Forward and Backward Roll from Sitting position. | | | |
| b) Forward and Backward Roll from Kneeling position. | | | |
| c) Forward and Backward Roll from Straddle Position. | | | |
| d) Forward and Backward Roll from stooping Position. | | | |
| e) Cart Wheel | | | |
| f) Hand stand, Hand Stand and Forward Roll. | | | |
| g) 'V' Balance, Frog Balance, Aeroplane Balance, 'T' Balance, | | | |
| h) Head stand Balance | | | |
| i) Dive and Roll. | | | |
| ii) Horizontal Bar: | | | |
| a) Simple Swing | | | |
| b) Belly Roll to upright position. | | | |
| c) Short Cicles | | | |
| d) Upstart | | | |
| e) Upstart to down swing | | | |
| f) From Swing to reverse split dismount. | | | |
| iii) Balance Beam: | | | |
| a) Walk on toe | | | |
| b) Novelty walk | | | |

- c) 'V' Balance
 - d) Saggori Jump
 - e) 180 Turn
 - f) Simple dismount
 - g) Forward Roll
 - h) Simple Jump
 - i) Knee Balance
 - j) Aeroplane Balance
 - k) 'T' Balance
- iv) Vaulting Box:
- a) Jump on: Jump off
 - b) Knee on: Jump off
 - c) Through Vault
 - d) Split on Astride Vault
 - e) Side Vault
 - f) Hand Spring
- V) Note Book:
- The Note Book will cover the following items;
- a) Brief History of Gymnastics
 - b) Equipments and materials required
 - c) Measurement
 - d) Skills and Techniques
 - e) Duties of Officials
 - f) Records- International, National, Asian and Indian,
 - g) Rules and Regulations.

Section IV

Formal Activities. 25 Marks

1. System of Examination:

The examination will be conducted in Lezim, Dumbbells, Indian Club, Ex. Table, Drill Marching and Band in a group of 10 to 15 candidates.

The distribution of marks and the system of examination is given below:-

- i) Lezim 5 Marks
 - ii) Dumb-bells/Indian Club/Ex. Table 5 Marks
 - iii) Drill Marching 5 Marks
 - iv) Band (Flute-Drum-Side Drum)
 - a) Any one song on Flute 5 Marks
 - b) Play on Drum and Side Drum ... 5 Marks
-
- Total 25 Marks

2. Teaching Contents:

The contents of each activity are given below:

- i) Lezim:
 - a) Ghati Lezim-Char Avaz, Ath Awaz, Age Pav, Pav Chakkar, Aadha Chakkar, Aadhi Baithak, Puri Baithak, Kopara
- ii) Dumb-bells/Indian Club/Ex. Table:
 - a) Eight exercises on Dumbbells
 - b) Eight exercises on Indian Clubs
 - c) Sitting Mass P.T.-Eight Exercises
 - d) Standing Mass P.T.-Eight exercises.
- iii) Marching:
 - Savdhan, Vishram, Dahine Mud, Bayen Mud, Pichhe Mud, Kadam Tal, Tej Chal, Samane Salute, Khuli Line Chal, Nikat Line Chal, Kadam Tal.
- iv) Band (Drum, Side Drum & Flute):
 - a) National Antham
 - b) Salute (Salami)
 - c) March Past
 - d) Demonstrations of Drills

Section -V

Yoga ... 25 Marks

1. System of Examination:

The Examination will be conducted in Asanas and Kriyas selected by candidates and told by examiners.

The distribution of marks and system of examination is given below:

- i) Asanas:
- a) Three Asanas as told by Examiner:
(Each asana 3 Marks) ... 9 Marks
- b) Two Asanas of candidate's choice
(Each Asana 3 Marks) ... 6 Marks
- Total 15 Marks
- ii) Kriya:;
- a) Two Kriyas as told by Examiner
(Each Kriya 5 Marks) ... 6 Marks
- b) One Kriya of candidate's Choice ... 4 Marks
- Total 10 Marks

2. Teaching Contents:

The contents of Asanas and Kriyas are given below:

- i) Yogasanas:
- 1) Padmasana 2) Baddha-Padmasana
3) Paschimottanasana 4) Mahamudra 5) Yogamudra
6) Bhujangasana 7) Ardha Shalabhasana 8) Shalabhasana
9) Dhanurasana 10) Akarnadhanurasana 11) Halasana
12) Chaukrasana 13) Vakrasana 14) Utkatasana
15) Jalanulasana 16) Ardhamatsyendrasana
17) Bakasana 18) Kukutasana 19) Vajrasana
20) Sarvangasana 21) Matsyasana 22) Naukasana 23) Garudasana
24) Gomukhasana 25) Tadasana.
- i) Kriyas:
- 1) Jal Neti 2) Agnisar 3) Kapalbhata 4) Tratak 5) Dhouti 6) Nauli

Section VI

Combatives

Swimming/ Wrestling/ Judo 15 Marks.

1. System of examination:

The examination will be conducted in Swimming, wrestling and Judo. The examinee will have to select any ONE of them.

The distribution of marks and examination system is given below:

Swimming/ Wrestling/ Judo (Any ONE)

- 2) Swimming:
- Two skills as told by examiner 6 Marks
(Each skill 3 Marks)
- Two skills of candidate's choice 6 Marks
(Each skill 3 Marks)
- 50 Mts. Swimming with any style 3 Marks
- Total 15 Marks
- b) Wrestling:
- Two skills as told by examiner 6 Marks
(Each skill 3 Marks)
- Two skills of candidate's choice ... 6 Marks
(Each skill 3 Marks)
- A bout of 3 minutes 3 Marks
- Total 15 Marks
- c) Judo:
- Two Holds as told by examiner 6 Marks
(Each hold 3 Marks)
- Two Holds of candidate's choice 6 Marks
(Each Hold 3 Marks)
- A Bout of 3 Minutes 3 Marks
- Total 15 Marks

2. Teaching Contents:

The contents of Swimming, Wrestling and Judo are given below:

- i) Swimming:
- I. Introduction to the Swimming:
- a) Historical development of Swimming strokes

- b) Rules of Swimming
- c) Measurement of the Swimming Pool
- d) The Equipments
- e) Officials
- f) Records

II The Stroke Mechanics:

- a) The Crawl Strike
- b) The Back Stroke
- c) The Butterfly
- d) The Breast Stroke
- e) Starts and Turns

Books Recommended:

1. Competitive Swimming Manual for Coaches and Swimmers: By Dr. James E. Consilman.
 2. Science of Swimming : By Dr. James E. Counsilman.
 3. Coaching the Young Swimmer: By Kurt Williams & Orjan Modsen
- ii) Wrestling:
- a) Brief History
 - b) Mat Measurement
 - c) Rules
 - d) Officials and their duties
 - e) Stance- Square stance, Cross Stance, Right Cross Stance, Left Cross Stance, Wrestling Grip.
 - f) Skills
 - (1) Dast (2) Sanzir a buggal dub(3) Sitting Dasrang (4) Standing Dasrang (5) Kastana Latna (6) Ghissa (7) Oj-band/ Nelson (8) Bangadi (9) Ru Dast a Pa (10) Tega
- iii) Judo:
1. History of the Judo
 2. Rules and Regulations
 3. Officials and their duties

4. Techniques :

- a) Falling techniques:
 - i) Urono Ukemi - Back fall
 - ii) Uoko Ukemi - Side Fall
 - iii) Mai Ukemi - Front Fall
- b) Throwing Techniques:
 - i) Ogeshi - Hip Throw
 - ii) Haraigoshi - Sweeping Loin Throw
 - iii) Oppon Shio Nage - One Arm Side Throw
 - iv) Shio Nage - Shoulder Throw
 - v) Uchimata - Thigh Throw
- c) Ground Techniques:
 - i) Keshagalami - Scraf hold
 - ii) Kata Galami - One Arm Side Hold
 - iii) Hada Kajami - Necket Neck Chop

b) Year's sessional work ----- Total Marks 100

- i) Internal Assessment --- 60
(10 marks in each section)
 - ii) Participation in Internal competition. --- 10
 - iii) camp leadership --- 10
 - iv) Social service/Participation in Cultural activities. --- 10
 - v) Attendane --- 10
- Internal Assessment in Theory part-I** --- 120
- 20marks in each paper:
- a) Terminal examination --- 10
 - b) Assignment --- 5
 - c) Attendance --- 5

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SYLLABUS FOR

FIRST B.P.E.EXAMINATION.

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