

B.P.Ed 2007

Prospectus No. 2007167

One Year Degree Course

संत गाडगे बाबा अमरावती विद्यापीठ

**SANT GADGE BABA AMRAVATI UNIVERSITY**

(FACULTY OF EDUCATION)

अभ्यासक्रमिका

शारीरिक शिक्षण स्नातक अभ्यासक्रम (१ वर्षीय)

परीक्षा २००७

**PROSPECTUS**

OF

**The Examination for Bachelor of Physical Education**

**2007**

**(One Year Degree Course)**



2006

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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 Ordinances 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 deficiency 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.138 : For improvement of Division.

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.

**Dr.P.S.Narkhede**

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 a 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. 79**

**Examination Leading to the Degree of**  
**शारीरिक शिक्षण स्नातक**  
**(Bachelor of Physical Education ) B.P. Ed. (One Year Course)**

1. The Examination leading to the Degree of शारीरिक शिक्षण स्नातक(Bachelor of Physical Education) B.P.Ed. (One Year Course) shall be held twice a year at such places and on such dates as may be appointed by the Academic Council.
2. 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 the degree of शारीरिक शिक्षण स्नातक (Bachelor of Physical Education)(one year course) shall-
  - (a) have been admitted to a degree of the University or equivalent Degree of any other Statutory University.
  - (b) since passing the examination for the Degree, have prosecuted a regular course of study for the examination for a period of not less than one academic year in a College; and
  - (c) have completed the age of 19 years on the date of submitting application for admission to the examination.

Provided that Physical Education Teachers of the University or of the Colleges or of the High Schools recognised by the Government and situated within the Jurisdiction of the University, who are already Graduates with Certificate in Physical Education shall be admitted to the Condensed Course for the Diploma in the second term i.e. after Diwali vacation till the end of the academic session.

Provided further that the scheme, syllabus and all other provisions which are applicable to the regular students of the Diploma in Physical Education Examination Course shall apply in to such students admitted to the Condensed Course for the Diploma Examination.

\* Effective from the academic session June/July 1986-87 as approved by the Executive Council, dated 22/23.9.1977, and amended by the Executive Council, dated 27/28.4.1979 and further amended by Ord. Nos 30 of 1979, 8 of 1980, 19 of 1983, 15 of 1986 and 29 of 1999.

3. Without Prejudice to the other provisions of Ordinance No. 6 relating to the Examinations in General, the provisions of Paragraphs 5,8,10 and 32 of the said Ordinance shall apply to every Collegiate candidate

4. The examination shall consist of the following Three Parts, namely.

Part I Theory	600 Marks
Part II Skills	300 Marks
Part III Teaching Ability or Practice Teaching	300 Marks

5. The Scheme of examination and distribution of marks shall be governed by a Regulation.
6. The fee for the examination shall be as prescribed by Original Ordinance No. 12
7. (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.
8. A candidate who fails at the examination may be permitted to appear at the subsequent examination as an ex-student. The marks obtained by such a candidate for Sessional Work at the Previous examination will be repeated for consideration.
9. An examinee failing in the examination but securing in any paper/practical/part not less than the minimum prescribed percentage of aggregate marks for passing in that paper/practical/part, shall be exempted at his option, from appearing in that Paper/Practical/Part at subsequent examination, Division will be assigned to such an examinee on the basis of the marks obtained by him in the examination as a whole.
10. In order to pass the examination an examinee must obtain. (1) (a) not less than 35% marks including internal assessment, in each theory paper and (b) 40% of the Aggregate marks in all the theory papers, (2) not less than 50% marks including internal assessment separately in (a) Part-II skill and (b) Part-III practice teaching.
11. (1) Successful examinees obtaining 65% or more marks in the aggregate of the examination as a whole, inclusive of all parts of the examination, namely Theory, Skills and Practice

Teaching shall be placed in the First Division, those obtaining less than 65% but not less than 55% in the second Division and all other successful examinees in the Third Division.

- (2) 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.
12. Provisions of Ordinance No.7-A relating to Condonation of deficiency of Marks for Passing an Examination shall apply to the examination under this Ordinance.
- 13.. As soon as possible after the examination but not later than 30th June next following , for the examination held in March/April and 28th February next following for the examination held in October/ November, the Board of Examinations shall publish a list of successful examinees arranged in Three Divisions . The names of those examinees arranged in Three Divisions . The names of those examinees passing the examination in the minimum prescribed period and obtaining the prescribed number of places in the First or Second Division, shall be arranged in Order of Merit as provided in the Examination in General Ordinance No. 6
14. Notwithstanding anything to the contrary in this Ordinance , no person shall be admitted to this examination if he has already passed this examination or an equivalent examination of any other Statutory University.
15. Successful examinees shall receive a Degree in the prescribed form signed by the Vice-Chancellor.

**% REGULATION NO. 21 OF 1986**

**Examination leading to the Degree of शारीरिक शिक्षण स्नातक (Bachelor of Physical Education) B.P.Ed. (One Year Course) herein after appearing Executive Council is here by pleased to make the following Regulation.**

Whereas it is expedient to frame a regulation in respect of Examination leading to the Degree of (शारीरिक शिक्षण स्नातक) (Bachelor of Physical Education) B.P.Ed. (One Year Course) herein after appearing Executive Council is here by pleased to make the following Regulation.

- (1) This Regulation may be called " Examination leading to the Degree of शारीरिक शिक्षण स्नातक (Bachelor of Physical Education) B.P.Ed.(One Year Course) Regulation,1986
- (2) This regulation shall come into force from the academic year.1986-87
- (3) Statement of papers and scheme of Examination of the Degree of शारीरिक शिक्षण स्नातक (Bachelor of Physical Education) B.P.Ed.(One Year Course) shall be as shown in Appendix-A.

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% Amended Vide Amendment Regulation No. 2 of 1987 and 44 of 1989

## APPENDIX - A

1. The one year Bachelor of Physical Education Examination shall consist of Three parts namely:
- |   |            |
|---|------------|
| (i) Part I Theory                                       | 600 Marks. |
| (ii) Part II Skills                                     | 300 Marks. |
| (iii) Part III Teaching ability<br>or Practice Teaching | 300 Marks. |
2. (i) Scheme of Examination under Part I will be as follows-

Sr. No.	Name of Paper	Max. Marks Theory Paper	Internal Assessment marks for the paper.	Total Marks
1.	Philosophical; Sociological Foundations and History of Education and Physical Education.	90	10	100
2.	Education and Sports Psychology	90	10	100
3.	Organization, Administration, Supervision and current Trends in Education and Physical Education.	90	10	100
4.	Anatomy , Physiology of Exercise , Health Education and Kinesiology.	90	10	100
5.	Educational Methodology	90	10	100
6.	Officiating and Coaching	90	10	100
	<b>Total</b>	<b>540</b>	<b>60</b>	<b>600</b>

- ii) Distribution of internal Assessment Marks will be as follows-
- |   |                 |
|---|-----------------|
| (a) One assignment on each Paper-           | 5 Marks         |
| (b) One internal Examination of each Paper. | 5 Marks.        |
|   | <u>10 Marks</u> |
3. (i) The examination under Part-II Skills will consist of-
- |                         |                  |
|-------------------------|------------------|
| (1) External Assessment | 250 Marks        |
| (2) Internal Assessment | 50 Marks         |
| Total                   | <u>300 Marks</u> |

- (ii) Examination under External Assessment will consist of 7 Sections:-

(1) Section I - 2 Major games	60 Marks
(2) Section II Athletic performance	60 Marks
(3) Section III Asnas and Kriyas	30 Marks
(4) Section IV	30 Marks
(5) Section V Gymnastics	30 Marks
(6) Section VI Formal Activity	30 Marks
(7) Section VII Optional	10 Marks
Total	<u>250 Marks</u>

- 4 (i) The examination under Part-III Teaching Ability or Practice Teaching will consist of

(1) External Assessment	210 Marks
(2) Internal Assessment	90 Marks
Total	<u>300 Marks</u>

- (ii) Examination under External Assessment will consist of:

(1) Two lessons to be given :	
(i) One lesson on Physical Education	100 Marks
and	
(ii) One lesson on special subject	100 Marks
(2) Record of observations made throughout the year	10 marks
Total	<u>210 Marks</u>

- (iii) Examination under Internal Assessment will consists of:

(1) 10 lessons on the subject on Physical Education (4 Marks for each lesson)	40 Marks
(2) 10 lessons on the special subject (5 Marks for each lesson)	50 Marks
Total	<u>90 Marks</u>

5. Topics to be covered under different heads and distribution of marks for them will be as given in the syllabus.

**SYLLABUS**  
**PRESCRIBED FOR THE EXAMINATION FOR THE**  
**BACHELOR OF PHYSICAL EDUCATION**

(ONE YEAR DEGREE COURSE)

In Part I there shall be SIX papers of 90 Marks each as mentioned below:

- Paper I Philosophical, Sociological Foundations and History of Education and Physical Education.
- Paper II Education and Sports Psychology.
- Paper III Organization , Administration, Supervision and current Trends in Education and Physical Education.
- Paper IV Anatomy , Physiology of Exercise Health Education and Kinesiology.
- Paper V Educational Methodology.
- Paper VI Officiating and Coaching.

**PART - I THEORY**

**PAPER - I**

**Philosophical, Sociological Foundations and History of Education and Physical Education.**

**SECTION - I**

**Philosophical and Sociological Foundation.**

- Unit-i (a) Need to Understand and study the educational Philosophy to the teachers.
- (b) Education: Definition, Meaning , Aim and objectives.
- (c) Sociological foundation of Education.:
- i) Social Nature and learning of man.
  - ii) Traditions and their influence on behaviour patterns (Social inheritance).
  - iii) Competition and cooperation.
  - iv) Social recognition.
- (d) Education for social and national solidarity .The role of schools in fostering the spirit of social and national integrity among the students in adolescent age.
- Unit - II (a) Meaning , objectives and Aim of Physical Education.

(b) Meaning of the terms: Physical culture, Physical training , Physical education, Drill, Sports, games, Gymnastics , Athletics, Aquatics.

(c) Relation between Physical education and education.

(d) Relationship of Physical Education to Health Education and Recreation.

Unit III Scientific Foundation of Education and Physical Education.

**(a) Biological**

- i) Growth and development .
- ii) Effect of Heridity and environment on Growth and Development.
- iii) Body types, Structural and functional differences in male and female.
- iv) Principles of exercise - Normal load, crest load, over load.
- v) Chronological , Physiological and Anatomical ages.

**(b) Psychological:**

- i) Law of learning and transfer of Training and its importance in learning Phy. Skills.
- ii) The Psycho-Physical Unity of human organism.

**(c) The Physical Education as a profession**

- (d) Qualifications and qualities of Physical Education teacher.
- (e) Contribution of Physical Education Teachers to General Education.
- (f) Leadership and its importance.

**SECTION-II- HISTORY**

- Unit-IV(a) Nature of educational systems in Ancient India and Mediaeval India.
- (b) Nature of educational systems in Modern India- Educational Policy , Modern educationists Gandhi, Tagore.
- (c) Physical Education in Ancient Civilization in i) India ii) Greece, iii) rome , iv) Egypt.

(d) Development of Physical Education during 20th Century with special reference to following:

(i) U.S.A. (ii) U.S.S.R. (iii) Germany, (iv) Olympics, (v) Asian Games

- Unit - V (a) Physical Education in India during 20 th Century.
- i) Physical Training in Schools and Colleges.
  - ii) Movement of Akhadas and Vyayam Shalas.
  - iii) Contribution of H. V.P. Mandal in promotion of Indian System of Physical education in British India.
- (b) After independence.
- i) Central Advisory Board of Physical Education.
  - ii) All India Council of Sports.
  - iii) N.P.Ed.
  - iv) National Plan of Physical education and Recreation.
  - v) SNIPES,
  - vi) NSNIS,
  - vii) LNCPE
  - viii) Sports Authority of India.
  - ix) Awards - National and State Level.
  - x) Nehru Yuwak Kendra.

#### BOOKS RECOMMENDED.

1. Introduction to Physical Education by J.R. Sharman.
2. Physical Education: Interpretations and Objectives by J.B. Nash.
3. Principles of Physical Education by J.R. Williams.
- 4.
5. Foundation of Physical Education by Charles A. Bucher.
6. Physical Education by Oberteuffer, Delbert.
7. Modern Principles of Physical Education by J.R. Sharman.
8. Brief History of Physical Education by E.A. Rice.
9. History of Physical Education by Eraj Ahmed Khan.
10. World History of Physical Education by Van Dalen, Mitchell Benett.
11. Physical Education in India published by National Association of Physical Education and recreation India.
12. Philosophy and Sociology of Education: M.M. Bhatia.

13. Ground work of the Theory of Education : James Ross.
14. A Sociological Approach to Indian Education : S.S. Mathur.
१५. भारतीय शिक्षा के सिद्धांत : सुबोध अरावल
१६. शिक्षा सिद्धांत के मुलाधार : जेम्स रॉस
१७. आधुनिक शिक्षा का विकास : डॉ. सिताराम जयस्वाल
१८. आधुनिक शिक्षा के तात्विक सिद्धांत : शरयुप्रसाद चौबे
१९. शैक्षणिक तत्वज्ञान व शैक्षणिक व समाजशास्त्र : प्रा. म. वा. कुंडले

#### PAPER-II EDUCATION AND SPORTS PSYCHOLOGY

- Unit I (a) i) Psychology as a Science-its meaning , its bearing on Education and Physical Education.
- ii) Sports Psychology - its meaning and importance to Physical Education Teachers and Coaches.
- (b) General innate Tendencies; Motives; Needs; Drives, Sympathy, Imitation; Suggestion; Play, Play Way in Education and sublimation of innate Tendencies.
- Unit II (a) i) Stages in Development , The nature of Growth and Development; Characteristics at various stages of Development.
- ii) Products of Development - Habits , Complexes, Sentiments and Character.
- (b) i) Heridity and Environment.
- ii) Individual Differences.
- Unit-III (a) i) The learning Process- Natures: Laws of learning: Types of learning . Motivation in learning; Attention and Interest: Learning Curves.
- Transfer of Training with special reference to sports.
- ii) Intelligence - its nature and development.
- (b) i) Mental Hygiene Meaning , its importance : Handling of exceptional children: Role of Physical Education in preventing mal- adjustment and promotion of proper mental health.
- ii) Fatigue - physiological and Psychological aspects of fatigue.

- Unit-IV (a) Personality-its meaning, Development of personality. Adjustment through Physical Education.  
(b) Discipline and Behaviour.
- Unit- V (a) The Psychology of the Groups.  
(b) Experimental Psychology and Statistical Methods.  
i) Importance of Test.  
ii) Type of intelligence Test.  
iii) Statistical Methods Applied to Education: Mean, Mode, Median, Frequency curve and Normal Probability Curve.

**BOOKS RECOMMENDED:**

1. General Psychology by Garret.
2. Educational Psychology by Skinner.
3. Educational Psychology by Gats.
4. Elements of Educational Psychology by L.R. Shukla.
5. Solving personal Problems by Elliot.
6. Statistics in Psychology and Education by H.E. Garrett.
7. Elementary Experiment in Psychology by B. Kuppaswamy.
8. Sport Psychology by John D. Lawther.

**PAPER-III**

**ORGANIZATION ADMINISTRATION, SUPERVISION AND CURRENT TRENDS IN EDUCATION AND PHY. EDUCATION**

- Unit-I i) Introduction, Definition of terms , importance, objectives, Guiding Principles.  
ii) The educational structure from pre-primary to University stages.  
iii) Role of the personnel involved in school and college organization.  
(1) Principal, (2) Registrar, (3) Head Master, (4) Teacher , (5) Students.
- Unit-II Administrative elements in schools and colleges.  
(i) **Programme Planning** - Principles and factors affecting the Time table, Preparing time- table , scheduling school sports , problems of school sports, Interamurals and competitions , co-curricular activities.  
(ii) **Facilities**- Construction and care of school building , Gymnasia, Swimming Pool, play fields , Play grounds.

- (iii) Equipment - Need, purchase, Maintenance, Issue and disposal.  
(iv) **Camping and excursion:**  
(a) Meaning , Educational Value and type of Camps.  
(b) Programme Daily and Weekly Time-Tables , Selection of activities.

- Unit - III (a) i) Records and Registers - Types and Maintenance.  
ii) Budgets and Finance - Preparation of budget, Administration, Rules for expenditure Forms and Routine for payments and entries. Accounting and Auditing.  
(b) Some General Problems in Indian educational systems:  
i) Education of girls and co-education.  
ii) Education of Tribal people.  
iii) Adult education and part time education.  
iv) Education of the gifted and handicapped children.  
v) Medium of instruction and study of language.
- Unit- IV i) Meaning importance and purposes of Supervision.  
ii) Nature of supervision in different types of institution.  
iii) Inspection and its follow up.  
iv) Qualities of Supervisor.  
v) Principles of evaluation.

- Unit V (a) Types of Tournaments, fixtures and competitions.  
(b) Planning layout and marking of the running track and fields.

**BOOKS RECOMMENDED.**

1. Organisation of Physical Education by Dr. J.P. Thomas
2. Organisation and Administration of Physical Education by Voltmer E.F. and Esslinger, A.A.
3. Organisation of Physical Education by P.M. Joseph.
4. The Administration of Health Education and Physical Education by Williams , Brownell , Vernier.
5. Mohiyuddin , M. Sultan : School Administration and Management.
6. Safaya, R.N. and B.D. Shaida : School Administration and Organisation.
7. J.F. Willams and C.L. Brownll: Adminstration of Health and Physical Education.

8. Jay B. Nash : The Administration of Physical Education.
9. Seymour: Organisation and Administration of Physical Education.
10. Foresyth and Duncan : Organisation of Physical Education.
11. Chewwith and Selkrit : School Health Problems.
12. Turner: Principles of Health Education.
13. MaCurdy and MckenZy. Physiology of Exercise.
14. Peter V. Karpovich : Physiology of Muscular Activity.
15. Elsbree and McNally : Elementary School Administration and Supervision.
16. Process of Education in Free India: J.C. Agarwal.
17. Report on Women Education: Durgabai Deshmukh
18. Secondary School Administration : S.K. Kochar.
१९. आजचे शिक्षण आजच्या समस्या : लीला पाटील.
२०. विधातम प्रशासन एवम् संघटन : सुखिया एस.पी.
२१. भारतीय शिक्षा की समस्याए : जोहरी व प और पाठक प द .
22. Track Marking : V.M. Sharma.
23. Methods in Physical Education : C Tirunavayanan and S. Harihara Sharma.
24. Track Marking : C. Tirunarayanan and S. Harihara Sharma.
२५. शारिरीक शिक्षा में प्रबंध एवम् प्रशासन : शर्मा ,करमरकर , तिवारी.
२६. शारिरीक शिक्षा संगठन , प्रशासन , पर्यवेक्षण एवम् शिबीर : अ.के. करमरकर , अभयकुमार श्रीवास्तव
२७. Dr.A.K.Srivastava : शारीरिक शिक्षा और खेल में संगठन, प्रशासन एवं पर्यवेक्षण, B.R.International, Delhi.

#### PAPER - IV

### ANATOMY, PHYSIOLOGY OF EXERCISE; HEALTH EDUCATION & KINESIOLOGY

#### SECTION-I

- Unit I- (a) i) Introduction to the Human Body, Basic, Constituents of the living body-cells, Tissues, Organs and Systems.
- ii) Skeletal System , Bones of the Skeleton-Structure and types. Developments of bone in body.
- (b) Muscular system:
- (i) Muscles types-voluntary; involuntary and cardiac.
  - (ii) Gross structure of the skeleton muscle.
  - (iii)Physical changes during muscle construction.

- Unit-II(a) Circulatory systems:  
Heart structure and function.  
Blood Constituents and functions. Blood pressure.  
Major Blood vessels and the arrangements.  
Lymphatic system general information; changes during exercise in heart beat.minute volume blood pressure and blood circulation.  
Effect of training on Circulatory system.
- (b) i) Respiratory System - Organs of respiration- structure and function.  
Mechanism of respiration, vital capacity, Exchange of gases. Oxygen debt, Aerobic and Anaerobic capacity; Second wind; changes in respiratory system during exercise. Effect of training on respiration system.
- ii) Digestive System: Organs of digestion structure and functions: Digestion absorption and Assimilation of food,metabolism.
- Unit III(a) i) Excretory System- Organs of excretion structure and functions : Composition of normal urine- Fluid balance. Acid-Base Balance : Skin-structure and functions; sweat Glands : Temperature regulation: Effect of exercise on the excretory organs.
- (ii) Nervous System: Organs-Location and functions: Brain and its parts centres of Localization : Spinal Cord: Reflex action. Autonomous nervous system. Neuromuscular Co-ordination.
- (b) i) Endocrines- Important. Endocrine glands-Location and functions: Role in growth , health , development and emotional make up of an individual.
- ii) Special Senses- Ear, Nose,Eyes- Tongue. Skin and their functions.

#### SECTION-II HEALTH EDUCATION

- Unit IV (a) i) Schools Hygiene - School building ventilation and light,seating arrangements,water supply facilities , play grounds.
- ii) Health Education- Definition of Health Education: Health Instruction: Health Supervision. Health service and

guidance: instruction in personal hygiene: Defection of defects of common ailments : Medical Examination Follow up work.

- (b) Dietetics- Food its constituents: Caloric value of food: Balance diet: Special diets for children and athletes. Under weigh/over weigh.

### SECTION - III

#### KINESIOLOGY

- Unit-V(a) i) Meaning; Scope and importance in sports coaching.  
 ii) Basic concepts Planes and axes of body. Centre of gravity. line of gravity. Terminology of various types of movements, Joints and their kinds and movements.
- b) i) Laws of motion and their implication on sports coaching.  
 ii) Levers-kinds and usage-bony levers in the body, use of levers in sports . Safety education in first-aid in sports.  
 iii) Basic Principles of Safety in Sports  
 iv) First Aid.

#### BOOKS RECOMMENDED:

1. Fumeaux's Human Physiology by W.A.M. Smart.
  2. Anatomy and Physiology for Nurses by Evely, Pearce.
  3. Hand Book of Hygiene and Public Health by Y.P. Bedi.
  4. MaCudy and MaGrace : Muscular Exercise.
  5. Pater V. Karpovich : Physiology of Muscular Activity.
  6. Bunn, J.W. : Scientific Principles of Coaching .
  7. Morehouse and Rash : Scientific Basis of Athletic-Training.
  8. Morehouse and Cooper: Kinesiology
  9. Rash and Burk : Kinesiology and Applied Antaomy.
  10. Wells, K: Kinesiology.
११. मानव क्रिया विज्ञान - डॉ. एस. एच. देशपांडे.

#### PAPER V

#### EDUCATIONAL METHODOLOGY

#### SECTION I

#### General Methods in Education

- Unit-1 (a) Foundation of Methods , Maxims of Teaching.  
 (b) Methods of Teaching, Orientation, Lecturing Demonstration,

Questioning and Discussion Practice, Assignments, Problem solving , Programme of instructions, Supervised study and Home work, Remedial teaching, Project Method, Kidergarton Method etc.

- Unit-II (a) i) Types of lessons : Knowledge lesson, Drill lesson, skill lesson, Review lesson, Appreciation lesson.  
 ii) Planning and observation of Class-Room Teaching" lesson.  
 iii) Planning and observation of field Activity Teaching" lesson.

- (b) Teaching aids-importance, Types and uses, Audio-Visuals, Charts, Models, Films, Black Board, etc.

Unit-III(a) Elements of educational Technology.

- i) Team Teaching - Group procedure, Seminars, work-shop, symposia.  
 ii) Radio lesson, educational Television, Computer  
 iii) Micro Teaching-Importance , Teaching- Acquiring the skill micro teaching.

(b) Evaluation and Devices of Testing:

- i) Evaluation procedure-old concept, New approach, Types of examinations.  
 ii) Unit test, elementary knowledge of Achievements tests, Diagnostic tests, Aptitude test  
 iii) Other tools of evaluation; Rating scales, interview checklist

Unit-IV(a) Procedure of Teaching-presentation Techniques.

- i) Personal preparation.  
 ii) Technical preparation.  
 iii) Organising subject matter.  
 iv) Presentation of subject matter.  
 v) Class management.

(b) Teaching of Physical activities:

- i) Game of high organisation, individual, team.  
 ii) Games of low organisation: Track and field activities, callisthenics, Gymnastics, Rhythmics, combatives and Defensive activities.

#### BOOKS RECOMMENDED: (Section-I)

1. Principles of Education : Dr. R.S. Pandey

2. Principles and Methods of Teaching: Bhatia
3. Introduction of teaching : Bernard H.C.
४. शारीरिक शिक्षा अध्यापन पध्दती : करमरकर , शर्मा, तिवारी
५. शिक्षाके सामान्य सिध्दांत तथा विधियां : के.के. भाटीया , सी.एल. नारंग
६. शिक्षाके सामान्य सिध्दांत : पाठक और त्यागी.
७. शिक्षण , कला , शिक्षण तकनीक एवम् नवीन पध्दतीयाँ : डॉ. एस.एस. माथूर
८. सफल पाठ योजना : श्री . आर. एच. तिवारी.
९. अध्यापन शास्त्र आणि पध्दती : म.बा. कुंडले.
१०. आजचे अध्यापन : लीला पाटील
११. शिक्षण और शारीरिक शिक्षण अध्यापन पध्दती : ले. मु. ह. असनारे

## SECTION-II METHODOLOGY OF SPECIAL SUBJECT

Any one of the following subjects:-

- 1) Marathi, 2) Hindi, 3) English, 4) Mathematics, 5) Science, 6) History, 7) Geography, 8) Civics, 9) Sport Coaching.

The Syllabus for each subject is as given below:

### १) मराठी

#### विशेष अध्यापन पध्दती

#### (१) मराठीचे मातृभाषा म्हणून महत्व व स्थान

मातृभाषा व व्यक्तिविकास, मातृभाषा व सामाजिक विकास, मातृभाषा व इतर भाषा यांचा संबंध, इतर शालेय विषयांशी संबंध, मातृभाषेचे वैयक्तिक, सामाजिक, राष्ट्रीय व सांस्कृतिक जीवनातील स्थान, शिक्षणाचे माध्यम म्हणून मराठीचे महत्व.

#### (२) मातृभाषेच्या अध्यापनाची उद्दिष्टे

माध्यमिक शाळांतून मातृभाषेच्या अध्यापनाची सामान्य ध्येय व उद्दिष्टे व स्पष्टीकरण शिक्षणाच्या राष्ट्रीय उद्दिष्टांशी व माध्यमिक स्तरावरील उद्दिष्टांशी त्याचा संबंध.

#### (३) मातृभाषेच्या अभ्यासाची मुलतत्त्वे व विविध अंगे :

भाषा व्यवहाराची विविध अंगे - श्रवण, कथन, वाचन, लेखन व पाठांतर, त्यांचे महत्व, व अन्योन्य संबंध भाषाद्वारे आकलन व आविष्काराचे विविध मार्ग, मुलतत्त्वे ज्ञानग्रहण आत्माविष्कार, सारसंकलन.

#### (४) मातृभाषाचा अभ्यासक्रम:

माध्यमिक शाळेतील मातृभाषेच्या अभ्यासक्रमाचा परिचय अभ्यासक्रमाचे मुख्य घटक, उपघटक व पाठ्यघटक निश्चित करण्याची तत्त्वे, भाषा अभ्यासक्रमाच्या

दोन श्रेणी सामान्य व प्रगस्तर, अभ्यासक्रम-रचनेतील नवीन प्रवाह, मातृभाषेच्या अभ्यासक्रम रचनेसाठी त्यांचा उपयोग, अभ्यासाचा स्तर व दर्जा उंचावण्यासाठी अभ्यासक्रमात करावयाच्या तरतुदी.

#### अध्यापन व तंत्रे:

गद्य, पद्य लेखन व व्याकरण यांचे उद्दिष्टाधिष्ठित अध्यापन - अध्ययन अनुभव प्रसंगाची निर्मिती, त्यातील कृती व त्यांचे टप्पे, व्याख्यान, कथन, चर्चा, प्रश्नोत्तरे, समन्वय, स्वाध्याय प्रकल्प, नियोजित अभ्यास या विशेष अध्यापन तंत्राचा मातृभाषेसाठी उपयोग, व्यक्तिगत व सामुदायिक तंत्राचा समन्वय, अध्यापन साहित्य निर्मिती, संग्रह व उपयोग.

अध्यापन साहित्याचे प्रकार, त्याचा मातृभाषेच्या अध्यापनात उपयोग, ग्रामोफोन, रेडियो, टेपरेकॉर्ड, तक्ते, आराखडे, फलक इत्यादिचा उपयोग, मातृभाषेची क्रमिक पुस्तके, प्रचलित पुस्तकाचे परीक्षण पुरवणी, वाचन पुस्तके.

सर्व ग्रंथालये व शालेय वाचनालय, हस्तलिखिते व शालेय नियतकालिके, संग्रह पुस्तिका, अवांतर वाचन साहित्य, विद्यार्थी वाङ्मय.

#### अभ्यासान्तर्गत उपक्रम :

अभ्यासांतर्गत उपक्रम व सार्वभौम भाषा विकास, माध्यमिक शाळात उपयुक्त असणारे भाषिक व वाङ्मयीन उपक्रम विविध मंडळ व त्यांचे वाङ्मयीन उपक्रम व प्रकल्प, व्यक्तिगत व सामुदायिक अभ्यास सवयीसाठी उपक्रमांचे आयोजन.

#### मातृभाषेच्या शिक्षकांचे व्यक्तिमत्व.

#### प्रगतीचे मुल्यमापन-

मुल्यमापन तंत्रानुसार चांचण्या तयार करणे.

संदर्भ ग्रंथ:

- |                      |  |                                       |
|----------------------|--|---------------------------------------|
| 1. Ryburn W.M.       | Suggestion for the Teaching of mother Tongue | Oxford University Press               |
| २. अकोलकर व पाटणकर   | मराठीचे अध्यापन                              | व्हीनस प्रकाशन पुणे-२                 |
| ३. फाटक, म. वि.      | मराठी कवितेचे अध्यापन                        | मॉडर्न बुकडेपो, पुणे-२                |
| ४. डांगे, चंद्रकुमार | मातृभाषेचे अध्यापन                           | प्रतिभा मुद्रणालय, टिळक रस्ता, पुणे-२ |

## २-हिन्दी

१. **भारतीय जीवन में हिन्दी का स्थान-**  
भारतीय संघराज्य की विविध भाषाएँ। संविधान में हिन्दी को दिया हुआ स्थान। हिन्दी बनाम अंग्रेजी। हिन्दी का सांस्कृतिक महत्व। भाषा और संस्कृति।
२. **हिन्दी शिक्षा का उद्देश**  
(अ) व्यापक उद्देश-सांस्कृतिक, साहित्यिक और व्यावहारिक उद्देश .  
(आ) विशिष्ट उद्देश .  
अपेक्षित स्तर-भाषण योग्यता अभिव्यक्ति क्षमता, अनुवाद क्षमता और आकलन क्षमता-अभिरुचि का संवर्धन.
३. **भाषा शिक्षा का मनोविज्ञान-**  
बालक भाषा कैसे सिखते हैं? श्रवण का महत्व। अनुकरण और उच्चारण। अभ्यास में वातावरण का स्थान.
४. **पाठ्यक्रम और पाठ्य पुस्तके -**  
पाठ्यक्रम का स्वरूप और शिक्षा के उद्देश्यों की पूर्ति, अच्छे पाठ्य पुस्तको के लक्षण
५. **शिक्षा प्रणालियाँ -**  
संभाषणात्मक प्रणालि, व्याकरण - अनुवाद प्रणालि, संवाद प्रणालि, पठन प्रणालि, प्रणालियों का समन्वय।
६. **पाठ्य पुस्तकों का संपादन**  
शिक्षाविषयक साहित्य का उपयोग और प्रकार।
७. **पाठ प्रकार और पाठ नियोजन**  
प्रारंभिक पाठ, बातचित के पाठ पाठ्य साहित्य, ' गद्य पद्य ' पाठ रचना, पाठ और व्याकरण, पाठ रचना या अविष्कारो के विविध प्रकार तथा उनसे संबंधित पाठ।
८. **सहाय्यक उपक्रम**  
संभाषण सभा, वकृत्व सभा, हस्तलिखित पत्रिका, वाचनालय, नाटक, खेलना, पुस्तक प्रदर्शन प्रकल्प.

९. **हिन्दी शिक्षा में दृक्श्राव्य साधनो का स्थान और उपयोग**  
मुल्यमापन : मुल्यमापन तंत्र के अनुसार कसौटियां तयार करना।
  - १० **हिन्दी अध्यापक का व्यक्तितत्व.**  
**संदर्भ ,सुची :**  
१. लज्जाशंकर झा. भाषाशिक्षण पध्दति, मिश्रबंध कार्यालय, जबलपुर  
२. साठे, ग.न. : राष्ट्रभाषा का अध्ययन, महाराष्ट्र राष्ट्रभाषा, पुणे  
३. सीताराम चतुर्वेदी : अध्यापन कला, नंदकिशोर एन्ड सन्स, चौक, वाराणशी  
४. सीताराम चतुर्वेदी . भाषा की शिक्षा, हिन्दी साहित्य कुटीर, वाराणशी  
५. भाई योगेन्द्रजित : हिन्दी भाषा शिक्षण, विनोद पुस्तक मंदिर, आगरा  
६. रजनीकांत लहरो : हिन्दी शिक्षण, रामचंद्र एन्ड सन्स, आगरा.
- ### 3. ENGLISH
1. The Place of English in the curriculum of Secondary Schools.
  2. Aims and objectives of teaching the subject as a compulsory language. The stage at which to begin study and the time to be devoted.
  3. Different aspects of the teaching of English.
    - (a) Types of reading . Oral and silent reading, their objectives and how to improve reading.
    - (b) Poetry , place of poetry teaching, choice of poems, methods of teaching recitation chorus reading.
    - (c) Composition Oral, Written , Comprehension, Methods of correction, teaching ,spelling.
    - (d) Grammer , Place of Grammer in the technique of English, Method of teaching in Grammer , formal and functional grammer.(ii) the difficulties of English Word order. Sentences patterns,the usage , language exercise.
    - (e) Supplementary reading , intensive and extensive readers , use of library.
    - (f) Dictation its objectives , planning a dictation lesson
    - (g) Translation , paraphrase,precis writing.

4. Critical study of the English Syllabus at the higher and lower levels . Essentials of a good text book.
5. Methods of teaching: The direct method . Dr. West's Method, The Grammer translation method. New Direct (Structural) approach, the comprehensive method.
6. Lesson planning with reference to different types of lessons.
7. The teaching of handwriting.
8. Teaching aids and devices. Pictures , Charts, Models, Film strips , the Gramophone. radio, cinema , tape Recorder, Linguaphone. Flash cards, Dictionary Dramatization Debates, story telling , Pen-Friendship, language games.B.B. Work , Dialogues. Celebration of Festivals.
9. Co-curricular activities. Excursions . Class Magzines.
10. Evaluation procedure in English . Preparation of New type tests in English.
11. The qualities and qualification of the teaching of English.
12. Phonetics English speech sounds,accent and intonation. Difficulties of pronunciation.

#### **Books Recommended.**

1. T.K.N. Menon and Patel : The teaching of English as a Foreign language , Acharya Book Depot. Baroda.
2. Gurry: Teaching of English as Foreign language, Orient Longman.
3. Frisby : The teaching of English .Oxford University Press.
4. French : Teaching of English Abroad.

#### **4. MATHEMATICS**

1. Importance and place of Mathematics in the school curriculum.
2. Aims, objectives and specifications of instructions in Mathematics.
3. Criteria of a good syllabus and text books in Mathematics study of the prescribed courses in Mathematics for High School classes in the Maharashtra State.
4. Lessons planning in Mathematics.
5. Methods of teaching Mathematics.
6. Inductive Deductive Analytical synthetical , Heuristic and laboratory.
7. Special problems and method of teaching Arithmetics, Algebra, Geometry and Trigonometry including concepts in modern Mathematics.
  - a) Importance of concepts in Mathematics, How to build concepts
  - b) Correlation of different branches of Mathematics with one another and with other school subjects.
8. Oral work, class work, Home work and Drill work, Correction of work in Mathematics.
9. Aids to teaching Mathematics , Film Projector, Epidiascope . Model and Charts Blackboard work in Mathematics.
10. Qualities of Mathematics teacher.
11. Evaluation preparation of test items.

#### **Book Recommended:**

1. Dharmveer and Agrawal: Teaching of Mathematics Papsu Publication , Nabha.

2. Potter . F.P. The Teaching of Arithmetics , Sir issac Pitman and Sons Ltd. , London.
3. Derell: The Teaching of Algebra. Macmillan and Co.
4. Mathematics Association Report: The Teaching of Arithmetics , Algebra and Geometry in School. C. Bell and sons Ltd., London.
5. Siddhu: Teaching of Mathematics , Arya Book Depot., Delhi.

## 5. SCIENCE

1. Importance and place of Science in the school curriculum.
2. Aims; objectives and specifications of teaching Science.
3. Criteria of good syllabus and text books in Science. Study of the prescribed course in Science for High School Classes in Maharashtra State.
4. Lesson planning in Science.
5. Method of teachig science.  
  
Lecture , Historical, Demonstration, Laboratory, Heuristic and problem methods. Contribution of the Dalton Plan and the project method to the teaching of the Science.
6. (a) Special problems and methods of Nature . Study and General Science.  
  
(b) Correlation of various branches of Science with one another and with other School subjects.
7. Laboratory and its equipment, Improvised apparatus.
8. Co-curricular Activities:
  - (a) Visits to workshops, factories and other places of Scientific interest.
  - (b) School Museum.
  - (c) Science clubs and science fairs.

9. Aids of teaching science- Charts , Models , Specimens, Film Projector, Epidiascope, Radio and Tape Recorder.
10. Qualities and qualification of the Science Teacher.
11. Evaluation-Preparation of test items.

### Book Recommended:

1. H.N. Sunders(UNESCO): Teaching of General Science in Tropical Secondary Schools Oxfords University Press., London.
2. Ghanshamdas: The Teaching of Physics and Chemistry in India, Oxford University Press, London.
3. T.S. Negpal: The Teaching of Science, Krishna Brothers, Amritsar Ludhiyana.
4. D.R. Dawing : Introduction of Teaching of Science . Halt Richnant and Wisston Terouts.
5. Sharma and Sharma : Teaching of Science, S. Chand, New Delhi.

## 6. HISTORY

1. Meaning and scope of History, The palce of History in the school curriculum.
2. Aims, objectives and specification of teching History.
3. Criteria of good syllabus.
  - (a) Chronological
  - (b) Periodical
  - (c) Concentric.
  - (d) Lines development .
  - (e) Local History
  - (f) World History
  - (g) Current Events- Essential of a good Text book in History- Study of the prescribed course in History for High School classes in Maharashtra.
4. Different methods of teaching history-
  - (a) Story telling method.
  - (b) Discussion method.

- (c) Text Book method.
  - (d) Lecture method.
  - (e) Project method.
  - (f) Dalton Plan.
  - (g) Source method.
  - (h) Problem method.
  - (i) Biographical method.
5. **Teaching aids and devices-** Charts , Maps, Graphs, Models , Discussions, Questions, Poems, Novels, Ballads, Picture, Inscriptions, Historical documents and time line.
  6. **Co-curricular activities-** Visit of places of historical importance, Lectures , note making , note taking and parallel reading, Dramatisation.
  7. Correlation History with other school subjects.
  8. Education for National integration and international understanding through teaching of history.
  9. **Evaluation-** Preparation of text items.
  10. Qualities and qualifications of the History Teacher.

#### BOOKS RECOMMENDED :

1. V.D. Ghate: The Teaching of History- Oxford University Press.
2. Johnson: The teaching of History - Macmillan Co. Bombay.
3. Ghosh K.D.: Creative Teaching of History . Oxford University Press.
4. Kochhar: Teaching of History - Sterling Publishers, Jallunder.
५. धारपकर पारसनीस: इतिहासाचे अध्यापन , व्हीनस प्रकाशन, पुणे-३
६. व.भा. निरंतर : इतिहासाचे अध्यापन , मॉडर्न बुक डेपो, बाजीराव रस्ता , पुणे.
७. चितळे वि. इतिहास कला शिकवावा, अनाथ विद्यार्थी गृह प्रकाशन , पुणे.
८. वि.पा. वोकील : इतिहासाचे अध्यापन , चित्रशाळा प्रकाशन , पुणे.
9. Miss Majreshwari : Teaching of History: Allied Publishers, Bombay-1.

#### 7. GEOGRAPHY

1. Meaning and Scope of Geography : The palce of Geography in school curriculum.

2. Aims , objectives and specification of teaching Geography with special emphasis on National integration and international understanding.
3. Criteria of a good syllabus and text book in geography . Grammer of geography, Study of local and regional Geography . Study of the prescribed course in Geography in schools of Maharashtra State.
4. Different methods of teaching Geography.  
(a) Observation method,(b) Story telling method.  
(c) Journey method. (d) excursion method.(e) Laboratory method(f) Regional method(g) Project method
5. Map reading and map making.
6. Teaching aids and devices. Maps , Charts , Diagrams, Models , Globe, Epidia-scope, Films, Pictures Specimens, Atlases and School Broadcast.
7. Co-curricular activities, Excursions, Lectures, Notemaking, Note-taking,parallel reading preparing albums,stamp collecting and geography clubs.
8. Correlation of Geography with other school subjects.
9. Evaluation- preparation of test items.
10. Qualities and qualifications of the Geography Teacher.

#### BOOKS RECOMMENDED :

1. Barnard: Principles and Practice of Geography Teaching , University Tutorial Press Ltd., London.
2. Gospel: Teaching of Geography, University Press, London.
3. Verma: Teaching of Geography in India. University Publication, Jallunder.
4. Maonee: Suggestions for Teaching Geography, Oxford University Press.
5. UNESCO: Source Book of Teaching Geography ( UNESCO, Longman).
६. भा. गो. बापट भूगोल अध्ययन आणि अध्यापन , व्हीनस प्रकाशन , पुणे-३०.
७. ना. व्ही. पाटणकर: भूगोलाचे अध्यापन , मॉडर्न बुक डेपो, बाजीराव रस्ता , पुणे.

**8. CIVICS****OBJECTIVES:**

1. To develop civic consciousness sense of patriotism, national integrity and international understanding.
2. To prepare the student - teacher to inculcate in the students the spirit of Democracy and social co-existence.
3. To acquaint him with various methods of teaching Civics.
4. To use adequate teaching aids and evaluatives tools.
  - (1) (a) The place of civics in Education: Objectives of teaching Civics in Secondary schools.
  - (b) Importance and place of Civics in Secondary Schools and relation of the same with other subjects.
  - (2) Methods of teaching Civics: Story, lecture, discussion, project, Dalton, supervised study method, Text - book.
  - (3) Audio- visual aids used in Civics Teaching models, charts, maps, diagrams, films, radio, pictures, graphs.
  - (4) Civics room and museum, necessary, equipment.
  - (5) Qualities and qualification of a good Civics Teacher, his professional equipment.
  - (6) Preparation and criteria of framing syllabus in Civics at different levels. Criteria of a good Text - book in the subject, study of present syllabus and Text-book.
  - (7) Preparation of the year's plan, unit plans and daily lesson plans objectives, learning, experiences, teaching points, methods used.
  - (8) Evaluation and testing procedures in the teaching of Civics, Knowledge of achievement tests and preparation of unit tests.

**REFERENCE BOOKS:**

१. सौ. निर्मला पाटील : नागरिकशास्त्राचे अध्यापन
२. सत्संगी : नागरिकशास्त्र शिक्षण
३. त्यागी : नागरिकशास्त्र एवं अध्ययन की शिक्षा.

**9. SPORTS COACHING**

- |          |     |   |
|----------|-----|---|
| Unit-I   | 1.  | Aims, Objectives and specifications of coaching sports, skills and techniques.  |
|          | 2.  | Different methods of coaching sports skills.  |
|          | 3.  | Principles of coaching.   |
| Unit-II  | 4.  | Stages of skill teaching.   |
|          | 5.  | Class organization.   |
| Unit-III | 6.  | Coaching aids and devices:- Charts, Models, Film - strips, Posters, Motion films, Gadgets, Flannelgraph, Epidiascope, Overhead Projector.                         |
|          | 7.  | Principles of the selection and use of A.V. aids in Coaching sports skills.   |
| Unit-IV  | 8.  | Planning of coaching - Long term, Short Term.   |
|          | 9.  | Conditioning exercises and lead up-games.   |
|          | 10. | Preparation of sport coaching lesson: <ol style="list-style-type: none"> <li>(i) Various parts of lesson,</li> <li>(ii) Basic requirements for lesson.</li> </ol> |

**BOOKS RECOMMENDED:**

1. John Bunn: Scientific Principles of Coaching.
2. Geoffrey Dyson: The Mechanics of Athletics.
3. Lawther J.D. : Psychology of Coaching.
4. Bounder, J.B. : How to be a Successful Coach.
5. J.P. Thomas : Physical Education Lessons.
6. Kozman, Gassidy Jackson : Methods in Physical education.

**PAPER VI  
OFFICIATING AND COACHING  
SECTION-1**

## Theory of Officiating

- |        |   |    |  |
|--------|---|----|--|
| Unit-1 | A | 1. | Officiating : (a) Meaning (b) Importance.  |
|        |   | 2. | Qualities of official.   |
|        |   | 3. | Duties of official.  |
|        |   | 4. | Relations of officials with Managements, Coaches, Captain, Players and spectators. |

- B 1) Factors affecting officiating.  
2) Improving the standards of officiating.
- Unit-II/ A 1) The History , values and present status of the game.  
2) The fundamental skills of the game.  
3) Importance of positional play and formations of play in team games.
- B 1) Rules in their interpretation of various individuals , team game and sports, Gymnastics, Wrestling, Swimming, Water polo, diving etc.  
2) Preparation and furnishing the score sheets of games and sports.  
3) Markings of various play- fields and Track and fields.  
4) Signals and signs of officaiting of various games.

**SECTION - II**  
**THEORY OF COACHING**

- Unit -III/ A 1) Coaching : Aims , objectives and specifications of coaching, skills Techniqes and Philosophy of coaching.  
2) Teaching : Coaching and Training , learning Definitions and purpose.  
3) Qualities and Qualifications of a coach.  
4) Duties of a coach.  
5) Relation of coach with Players and others .
- B. 1) Principles of coaching .  
2) Principles of Training.  
3) Methods of coaching.  
4) Stages of teaching games and sports skills and techniques.
- Unit-IV/ A 1) Methods of training .  
weight training , Circuit training , Interval Training, Fart leck training, isotonick , isomartic exercises.  
2) Training schedules and Planning.
- B. 1) Warming and conditioning of players and teams.  
2) Scientific Principles applied to coaching :Balance ; motion; force; lever.
- Unit-V/ A 1) Class organisation.  
2) Coaching aids and devices.

- 3) Preparation of sports coaching lesson/unit.  
4) Safety in sports.
- B. 1) Selection of aquad and team players and team.  
2) Analysis of players(Scouting)  
3) Requisites of a Champion- Ability, interest, fitness, Pride, Determination.  
4) Promoting and maintaining interest in Coaching.

**BOOKS RECOMMENDED :**

1. The Art of Officiating Sports by John W. Bunn.
2. Scientific Principles of Coaching by John W. Bunn.
3. Atheletic Coaching Hand-Book of Tropical Areas by D.J.T Miller and J.F. Cawley.
4. Track and Field Athletics by Breshnaham, Tuttle, Cretzmeyer.
5. Modern track and Field by Dr. Jemeth Doherty.
6. Soccer Coaching by Walter Winterbottom.
7. Books of Rules of Games and sports by Y.M.C.A. Pub. house.
8. Mannual of Atheletic Competitions by Jal D. Pardiwala.
९. ऑफिशिएटिंग एवम् कोचिंग - श्री. आर. एच. तिवारी
१०. क्रिडा अधिशिक्षा पद्धति - श्री. अ.के. करमरकर.

**PART II**  
**SKILLS**

The syllabus under skills will include the following :-

1. Exercise Tables and Mass P.T.
2. Drill and Marching.
3. Lezium.
4. Track and field Events.
5. Major Games.
6. Lathi.
7. Gymnastics; Folk Dances.
8. Yogic Exercises.
9. Combatives.

The other activities included in the course of study will be-

10. Hiking and Cross Country.
11. Instruction and Practice in Tests.

12. National ideals and Good Citizenship: Practical Projects and Community Singing. Educational tour for about 7 to 10 days should be organised for all the trainees during the period of training.

Besides these activities the following Projects should be covered subject to availability of facilities . The activities marked with an asterisk should be included for purpose of grading.

1. Camping the Picnics.
- \* 2. Practical first aid
3. Dignity of Labour and Social Science.
- \* 4. Sport Meet.
- \* 5. Organisation of Tournaments and Intra-Murals.
6. Ceremonial Parade.
- \* 7. National Anthem and Flag Salutation.
8. Cross Country.
9. Fire Fighting.
- \* 10. Instruction and Practice tests.

#### CONTENTS OF SKILLS EXAMINATION

The Procedure for assessment of marks under Part II Skill is indicated below.

i) Internal Assessment marks	50
ii) External Assessment marks	250
Total of Marks	300
i) Internal Assessment of Marks 50 is as follows.	
a) Organisation and participation in Picnic	5 marks
b) Participation in Education Tour	10 marks
c) Organisation of Sports meet	5 marks
d) Organisation and participation in inter competition (Intramural Programme)	10 marks
e) Maintenance of daily diary	10 marks
f) Organisation and participation in coaching camp of different games & Sports activities.	10 marks
ii) External assessment (University Examination) of	
	250 Marks

Activities of the Examination are grouped into the following sections and the contents of each activity of examination is also given below with its procedure & system of examination.

#### SECTION-1

##### MAJOUR GAMES:-

60 marks

The examination will be conducted in any two games Selected by the examinee. The examinee has to select any two games for the examination. At least one game should be selected from the following games for the examination.

Badminton, Basket-ball, Cricket, Football, Hockey, table Tennis and Volley-ball. Other games like Kabaddi , Kho-kho, Handball also be included in the instructional Programme.

Distribution of marks for game examination is given below.

i)	Fundamental skills	15 marks)	30 marks
ii)	Playing efficiency	10 marks )	for
iii)	Maintaining Note Book	5 marks )	each game

The contents of Teaching for each game are as follows.

- A-
  - i) History of the game.
  - ii) Measurement of the field & preparation of the field.
  - iii) Equipments and Materials of the game
  - iv) Fundamental skills & Lead up games.
  - v) Techniques , strategies & system of play
  - vi) Rules and regulations of the game
  - vii) Tournaments played at National & International level.
  - viii) records (World , Olympics, Asian and National games)
  - ix) Award in the game
  - x) Books and Magzines
  - xi) Methods of coaching
  - xii) Officiating a) Duties of officials (b) knowledge of Score sheet (c) Signals of officiating (d) Technical equipment for officiating
- B. Details of Fundamental skills & Techniques for play of each game are given below.

- Badminton:**
- Types of grips.
  - Types of services:- Toss service, Toss play High service, Low serve, back hand serve.
  - Strokes:- Forehand drive , back hand under arm clear, drop shot, back hand over head clear, Back hand smash, Back hand drop.
  - Single game & double game.
- Basket Ball:**
- Player's stance and ball handling.**
  - Passing and receiving.**
    - Two hand passes: Overhead pass, base pass , chest pass, Bounce pass, side pass.
    - One hand passes:- Over head pass, Base pass , Bounce pass, side pass, cross step & pass, under arm pass, Round arm pass, back pass, Hook Pass, Role Pass.
  - Dribbling:-** a) Low dribble (b) High Dribble.
  - Shooting:-**
    - Two hand shots:- Over head shot , base shot, set shot, jump shot.
    - One hand shots:- Over head shot, base shot, set shot, jump shot, Hook shot.
    - One hand lay up shot.
    - Running one hand and two hand shots and variations of shots.
  - Rebounds :-**
    - Offensive rebounds.
    - Deffensive rebound
  - Deffence and offence:-**
    - Man to man diffence
    - Zone diffence

**offence:-** Fast break , criss cross, screening Give and go.
  - Foot work- Fakes & Feints, Pivots.
- Cricket:-**
- Fundamental skills of Batsmen:-
    - Grip (b) stance (c) back lift.(d) Placement of foot (e)contact of the ball (f) Drive : Forward, Square, Low & High Drive
  - Diffence:- Forward & backfoot diffence.
  - Fundamental skills of Bowling.

- Correct grip (b) Smooth Run up.
  - A balanced delivery and follow through.
- Fundamental skills of Fielding
    - Stopping & through the ball
    - Low and high catch
  - Wicket Keeping :-
    - Stance (b) The feet (c) The hands
    - gathering the ball.
- Foot ball:-**
- Kicking:
    - With inside of the foot.
    - Full instep
    - Inside of the instep
    - Out side of the instep.
  - Receiving :
    - Inside of the foot, Thigh, chest, sole.
  - Dribbling:
    - Inside of the foot.
    - Out side of the foot.
    - Combination of inside and out side of the foot.
  - Heading :
    - Forward, backward, sideword.
  - Tackling:
    - Front Block
    - Shoulder to shoulder charge
    - Sliding , tackle
  - Feinting with ball
  - Throwing in
  - Goal Keeper's techniques:
    - Defensive:- Stopping method; kneeling method, half kneeling method, withdraw method, 'W'& nest method.
    - Attacking:- attack through hand and leg, leg punt, side volley , front volley
  - System of play: 4-2-4,4-3-3,3-1-3-3,4-4-2
- Hockey:**
- Grips; Body position, placement of the ball and execution follow through.
  - Hitting, Straight hit, Hit on wrong foot, Reverse stick hit, Turn around hit.

- iii) Stopping:- Straight stop, Stop on right side, Stop on left side, Reverse stick stop. stopping in air.
- iv) Pushing:
  - a) Push:- Straight push. Reverse stick push, Push on wrong foot.
  - b) Flick- Straight flick , Reverse flick.
  - c) Scoop, straight scoop.
- v) Dribbing-
- vi) Passing- Parallel pass, Through pass, Return pass.
- vii) Tackling- Shadow Teckling Lung & teckle from left side.
- viii) Bulling-
- ix) Goal keeping - Stopping with legs, ped and clearnace air stopping & clearnace with stick & pad.
- x) System of play: 5-3-2-1, 4-4-2-1,4-3-3-1.

**Handball:-**

- i) Ball Holding
- ii) Passing :- Overhead Pass, chest pass/ side arm pass,a cross body pass, under arm pass, bounce pass, Back pass.
- iii) Catching - Variations of catch
- iv) Dribbling - Low dribble & High Dribble.
- v) Shooting - Jump shot, standing shot , Three step shot, dive shot.
- vi) Goal Keeping - High , Medium & Low.
- vii) Landing - Goalkeeper's diving, player's diving.
- viii) Defending & offending
- ix) Systems of the game

**Kabaddi:-**

- i) Skills of Raider:-
  - a) Cent b) Stance & Foot work
  - c) Mule Kick, side kick, Back kick d) Pursuits
  - e) Toe Touch
- ii) Skills of anti Raider:-
  - a) Chain Formation
  - b) Stance & Movement
  - c) Knee Hold, Thigh's hold , Trunk hold, wrist hold.
  - iii) Release from holds.

**Kho-Kho-i) Chaser's Skill**

- (a) Sitting , Position, Bullet, Parallel.
- (b) Pole Turn
- (c) Kinds of Kho-simple,running, Judgement.
- (d) Covering Position:- Monkey, Standing combination.

- (e) Tapping :- Tapping below waist Tapping over waist Pole Tapping.
- (f) Dive-Front, Side Running.
- ii) Runnr's skill:-
  - (a) Chain: Single , Triple
  - (b) Oval:- Short, long Middle distance
  - (c) Dodge-Front , Backs
  - (d) Entry.
- iii) Playing

**Table Tennis:**

- i) Grip of the racket-Pen grip, shakehand grip.
- ii) Body position and action.
  - a) Back hand push
  - b) back hand Drive
  - c) Fore Hand drive.
  - d) Fore Hand push
  - e) Top spin style
  - f) Back spin style
- iii) Service - Simple ,spin - Top,Back & Side spine
- iv) Smash
- v) Single & Double play.

**Volley Ball:-**

- A) Individual Skills.
  - i) Service:- Under hand,side arm, Round arm,Tennis, Float & Spin services.
  - ii) Receiving - Under hand, Over hand.
  - iii) Passing -
    - a) As per height low medium & High
    - b) As per Direction - Forward, overhead & Back
  - iv) Smashing:-
    - a) Straight arm smash
    - b) Wrist smash
    - c) Turn & smash
    - d) Round arm smash
    - e) Tapping
  - v) Blocking:-
    - a) Individual Block
    - b) Group block
  - vi) Diffence:-
    - a) Dive, Dive & Role ( Forward; back - ward & side-ward); Dig. & Role.

**(B) Team Skills:-**

- a) Systems of play 5-1,4-2,6-0
- b) Attacking - Single , Double & Triple

- c) Diffence Guarding :- Forward Angle & Backword angle diffence.
- d) Rotation:

### SECTION-II

#### ATHLETIC PERFORMANCE & NOTE BOOK - 60 Marks

#### I A) Athletic Performance - 50 Marks

Candidate has to select any five events.

groupwise from the following groups. Each activity carries 10 Marks. The performance of the examinee will be taken and converted into marks as per the conversion table attached in

#### APPENDIX - 1

- i) 100Mts. Run/110 Mtrs. Hurdles/100 mtrs. Hurdle
- ii) 200 Mts/800 Mts. Run
- iii) Long Jump/ Hop step and jump
- iv) High Jump/ Pole Vault
- v) Shot put (7.260 Kgfor boys & 4 kgs for Women)
- vi) Discuss/ Javeline throw

#### B) Note Book of Athletics 10 Marks

The note book contains (i) History (ii) Warm up (iii) Skill analysis of techniques of each event (iv) Records (v) Score Sheets; List of books & Journals.

#### II Teaching Contents:-

The teaching contents in Athletics are given below.

- A i) Brief History (ii) Layout of track & field (iii) Marking of starts & finish of various races and (iv) Marking of fields events v)Fundamental Techniques of each track & field event (vi) Rules and regulations of competition of each events of Track & field .(vii) Duties of officials.

#### B. Techniques

#### Running i) Fundamentals skills and Techniques of Running of sprints middle & long distances races.

- ii) Types of Starts:- Standing & Crouch starts
- iii) Types of finish of races.
- iv) Hurdle-starts, Clearance & landing Techniques
- v) Relays - Batton Exchange & its types
- vi) Use of starting block, technique of operation of stop watches & gun operation.

#### Jumps a) High Jump: Techniques

- i) Straddle technique
- ii) Fosbury flop
- iii) Scissor technique
- b) Long Jump:
  - i) Hang Technique
  - ii) Hitch Kick
- c) Hop step & Jump:
  - Techniques of hop
  - Technique of step
  - Technique of Jump as Hang & hitch Kick technique
- d) Pole Vault:
  - i) Pole grip
  - ii) Pole Crarry (Run with Pole)
  - iii) Planting the pole
  - iv) Take off
  - v) Pull style
  - vi) Clearence of Bar
  - vii) Landing Technique

#### Throws : a) shot put:Techniques

- i) Perry 'o' Brien Technique
- ii) Discopot Technique
- iii) Orthodox put

#### b) Discuss:-

Techniques of holding, swing, turn, Release of discuss, Turning Techniques.

#### c) Technique of Grips , carry, Approach; release; reverse.

#### d) Hammer-

1) Grip, Stance, Preliminary swings, Transition 1) Cycle Phase ii) Non Cyclic Phase Turn, Delivery & Recovery

### SECTION - III

#### ASANAS & KRIYAS

30 Marks

Teaching Contents following Asanas & Kriyas will be to the

#### Systems of Examination

The examination will be conducted in Asanas and Kriyas selected by candicate and told by examiners from the followings.

- A) **Asanas:** 1) Tadasana (2) Vrikshasana(3) Garudasana(4) Chkrasana(5) Trikonasana(6) Uttakatasana (7)Vajrasana (8) Ganumukhasana(9) Padmasana (10) Yoga Mudra Vajrasana (11) Yoga Mudra in Padmasana (12) Tolasana (13) Paschimottanasana(14) Akarnadhanurasana (15) Vakrasana (16) Ardhamatshendrasana

(17) Supta Vajrasana (18) Matsyasana (19) Shavasana (20) Viprit Karni (21) Sarvangasana (22) Hallasana (23) Karnapidasana (24) Makarasana (25) Ardha Salbhasana (26) Salbhasana (27) Dhanurasana (28) Naukasana (29) Mayurasana (30) Bhujangasana (31) Bakasana (32) Shirashasana (33) Suriya Namaskar.

- B) Kriyas :** 1) Non Instrumental Kriya(1) Uddayan (2) Aganisar (3) Nauli (4) Kapalbhathi (5) Tratak (6) Ujjayi Pranayama ii) Instrumental Kriya (1) Jala Neti (2) Sutra Neti (3) Vaman (4) Danda Dhouti (5) Vastra Dhouti

Distribution of marks & the examination system is given below.

- i) Asan a) 3 Asanas as told by Examiners for 4 marks each=12 marks  
b) 2 Asanas of candidate choice 4 marks each = 8 marks
- ii) Kriyas - Any two kriyas of candidate choice 5 marks each=10marks  
i) One Instrumental Kriya 5 Marks  
ii) One Non Instrumental Kriya 5 Marks

#### SECTION - IV

#### WRESTLING/DANCE AND JUDO

30 marks

The examination will be conducted in wrestling for man and Dance for women and judo for All examinees . The content of the activities are given below.

- 1) **Wrestling :-** i) Stance  
(men) a) Aqure Stance  
b) Cross Stance i) Right cross Stance  
ii) Left Cross Stance  
c) Grip
- ii) Techniques  
a) Dasti  
b) Sar Zir A bagal Dub  
c) Khur Zin taken  
d) Arm Bar  
e) Fane Kamar (Dhak)  
f) One Arm Throw (Dhobi)  
g) Bangadi  
h) Oj Band (Nelson)  
i) Fitle  
j) Ek Dast Ek Pa (Kalajang)

k) Gav Tab

l) Kunde

- 2) **Dance:- (Women)** i) Folk Dance, Tipari, Various Lok Nritya, Bhangra.
- 3) **Judo :-** i) Stance  
ii) Throwing Techniques standing , foreign throwing technique.  
a) O- Goshi (Hip Throw)  
b) Harai Goshi (sweeping join)  
c) Ippon - Seio Nege (One side arm throw)  
d) SEIO NEGE (One side shoulder throw )  
e) Tai - o - Joshi (Body Drop)  
f) Uchi Mata (Thigh Throw)  
g) O- Shoto Gare (Major Quter Reeping throw)  
h) O- Uchi Gare (Major inner Reeping throw)
- iii) Ground Technique (Score held)  
a) Kasha Gatame (Side four quarter hold)  
b) Yokeseo Gatame (Upper four quarter hold)  
c) Kata Gatame (Shoulder hold)  
d) Kamaseo Gatame (Upper four quarter hold)  
e) Hadaka Jama (Neck chock)

The distribution of marks and examination system is given below.

- i) **Wrestling -**  
2 Holds as told by examiner - 10 Marks  
One hold candidate's choice- 5 Mraks  
15 Mraks
- ii) **Dance -**  
Any one folk dance of candidate  
choice in a group of 10 to 15 candidates 15 Mraks
- iii) **Judo :-**  
2 holds as told by examiner 10 Marks  
One hold of candidates choice 5 marks  
30 Mraks

#### SECTION - V

#### GYMNASTIC (MEN & WOMEN)

30 Marks

The examination will be conducted in ground Gymnastics and in any one apparatus selected by candidate. The contents of the Ground Gymnastics and the Apparatus Gymnastics are given below:

i) Ground Gymnastics (Compulsory Gymnastics)

- A) **Rolls**
- i) From sitting position : Forward & Backward Roll.
  - ii) From kneeling position: Forward & Backward Roll.
  - iii) Straddle position: Forward & Backward Roll.
  - iv) From stopping position: Forward & Backward Roll.
  - v) Cartwheel.
  - vi) Hand stand & Hand stand & Forward Roll.
  - vii) Balances : - V Balance , Frog balance , aeroplane balance , 'T' Balance.
  - viii) Head stand (Balance)
  - ix) Dive and Roll  
Back Bend

ii) **Balancing Beam:-**

- a) Walk on toe
- b) Novelty walk
- c) 'V' Balance
- d) Saggori Jump
- e) 1800 Turn
- f) Simple Dismount
- g) Forward Roll
- h) Simple jump
- i) Knee Balance
- j) Airplane Balance
- k) 'T' Balance.

iii) **UNEVEN Bar:-**

- a) Swings
- b) Mounts
- c) Hip circle
- d) One leg circle
- e) Simple dismount

iv) **Parallel Bar:-**

- a) Straight Arm Rest
- b) Bend Arm Rest
- c) Bend Arm Single March
- d) Bend Arm Double March
- e) Straight Arm Single March
- f) Straight Arm Double March
- g) Shoulder Balance

- h) Side Rest on the bar
- i) 'L' Balance
- j) Change over
- k) Forward Roll
- l) Horse riding
- m) Front dismount
- n) straddle sit
- o) swings  
Back dismount

v) **Vaulting Horse:-**

- a) Jump on Jump off
- b) Knee on Jump off
- c) Through Vault
- d) Split on Astride vault
- e) Side vault
- f) Hand springs

vi) **Roman Rings:-**

- 1) Steight arm hang
- 2) Inverted hang
- 3) Reverse hang
- 4) Pull ups / Push ups
- 5) Forward circle
- 6) Up start
- 7) Dislocation
- 8) Split dismount
- 9) Half/ full nest
- 10) Short arm balance
- 11) 'L' balance
- 12) Reverse plane

vii) **Single Bar:-**

- 1) Simple swing
- 2) Belly roll to spright position
- 3) Short circles
- 4) Up start
- 5) Up start to down swing
- 6) From swing to reverse split dismount

viii) **Pommel Horse:-**

- 1) Position over the horse
- 2) One leg half circle from both sides.
- 3) One leg full circle
- 4) Scissors
- 5) Back scissors

- 6) Both legs circles
- 7) Dismount
- 8) Combination of exercises.

The Distribution of marks and examination system is given below.

i) Ground Gymnastics	
2 stunts as told by Examiner	10 marks
1 stunt of candidate choice	5 marks
<b>Total</b>	<b>15 marks</b>
ii) Any one Apparatus (Candidate choice)	
2 stunts as told by examiner	10 marks
1 stunts of candidate choice	5 marks
<b>Total</b>	<b>15 marks</b>

### SECTION VI

#### FORMAL ACTIVITIES

30 Marks

The examination will be conducted in a group of 10 to 15 candidates in the following activities Lezim, Lathi, Mass P.T. Marching and songs . Candidate has to play on any one instrument as fluet; Bugle, Band, drum, sidedrum. The contents of each activity as given below.

- 1) Lezim
  - i) Simple Lezim:-
    - 1) Char Awaz
    - 2) Aath Awaz
    - 3) Aadi Lagao
    - 4) Pavitra
    - 5) Do Rukh
    - 6) Aage Phalang
    - 7) Pichhe Phalang.
  - ii) Ghati Lezim:-
    - 1) Char Awaz
    - 2) Aath Awaz
    - 3) Aage Paon
    - 4) Paon Chharkkar
    - 5) Aadha Chhakkar
    - 6) Aadhi Baithak
    - 7) Puri Baithak (Hanuman Baithak)
    - 8) Corner
- 2) Lathi:-
  - a) Lathi Ke Liye Hoshiar
  - b) Sidhi Bail
  - c) Ulti Bail
  - d) Sidhi Bail Chal
  - e) Ulti Bail Chal
  - f) Salami
  - g) Do Rukh
  - h) Age Falang

- i) Phichhe Falang
- j) Bagal War
- k) Jangwar
- l) Beliya Chaumukhi
- 3) M.P.T. :-
  - a) N.F.C. M.P.T. Table No. 1 (Ex. 1 to 10)
  - b) N.F.C. M.P.T. Table No.2 (Ex. 1 to 5)
  - c) N.F.C. M.P.T. (in sitting position ) (Ex. 1 to 5)
  - d) N.F.C. Exercise Table 1 to 8
  - e) Various Exercise . Table prepared and presented by the group of Ten Candidate.
- 4) Marching :-
  - a) Standing marching - Ek line bun, Teen line bun , Dahine Saj, Sawdhan, Vishram, Dahine mud , Pichhe mud, Baye mud , khuli Line chal, Nikat line chal, Kadamtal.
  - b) Tej chal:- Dhahine mud, Bainye mud, Pichhe mud, Khuli Line chal, Nikat line chal, Kadam badal, Kadmtal, Age badh, Samne Salute, Dahine Dekh, Samne Dekh.
  - c) Dhire chal & Tham
- 5) Drum, Side drum & Fluet:-
  - i) National Anthem
  - ii) Salute (Salami)
  - iii) March Past
  - iv) Demonstrations of Drills.
- 6) Bugule:-
  - i) Morning call
  - ii) Salute
  - iii) Flag Hoisting & Lowering Call

The distribution marks and examination system is given below.

- 1) A group of 10 to 15 candidates will demonstrate the following activities:-  
Lezim, Lathi, M.P.T. Marching each activity is for five marks and every candidates will play on the selected instrument for 6 marks. Candidates will sing two national integration songs in a group of 10 to 15 candidates for 2 marks each song.

### SECTION VII

#### OPTIONAL

- A) For Men(Any one Activity) 10 marks
  - a) System of examination:

The examination will be conducted in any one activity selected by the examinee. The Examinee has to select any one activity for the examination from the followings.

i) Malkhamb ii) Swimming iii) Weight lifting and iv) Best Physique  
The Teaching contents and the examination system for each activity is given below.

i) Malkhamb 10 Marks

**Teaching Contents :-**

- a) Salami, Sadi udi, Kandha udi, Seena Udi, Kamani, Bagal Udi, Bandar Udi, Do hati, Ba-gali Tedhi, Ghana Chakkar, Sadha Dasrang
- b) Measurement of malkhamb
- c) Rules and regulations of Malkhamb Competitions.

**Examination System:-** Examination system is given below.

- a) Candidates choice any two Exercise 4 marks
- b) Examiner's choice Two Exercise - 6 Marks  
Total 10 Marks
- ii) **Swimming** 10 Marks

a) **Teaching Contents :-**

- i) Techniques of swimming
  - a) Free Style
  - b) Back Stroke
  - c) Breast Stroke
  - d) Butter fly
- ii) Size & Types of swimming Pool
- iii) Maintenance of swimming pool.
- iv) Rules and regulation of competitions.

b) **Examination System:-**

Examinee has to select any one technique of swimming to swim 100 mts. distance. The time will be taken and as per the conversion table the performance will be converted in to marks out of 10 (Conversion table Attached in Appendix II)

10 Marks

iii) Weight Lifting

a) **Teaching Contents :**

- i) Technique of lift
  - a) Snatch

b) Clean and Jerk

- ii) Knowledge of weight groups
- iii) Rules and Regulations of weight lifting competitions.

b) **Examination System:**

Examinee has to exhibit two techniques of lift with the weight mentioned against their weight category Table. Attached in Appendix- III Upon the basis of the style correctly demonstrated the examiners will assess. The technique for the 10 marks.

A) **Best Physique** 10 Marks

**Teaching contents**

- a) Muscle groups
  - 1) Compulsory
    - i) Double Biceps
    - ii) Front Latis Dorshi(wings)
    - iii) Back Double Biceps
    - iv) Back Latis dorsi
    - v) Side Chest & Calf
    - vi) Triceps
    - vii) Abdominal & Thigh
  - 2) Optional : any one optional within 60 seconds with Best poses.

b) Rules and regulations of the competition.

**Examination system :**

A Candidate has to demonstrate compulsory seven poses & one optional within sixty seconds, scored for 10 marks.

B) **For Women** 10 Marks

The Examination will be conducted in any one activity selected by the examinee. The examinee has to select any one activity for the examination from the following.

- i) Individual Dance/Indian Rhythmic
- ii) Swimming
- iii) Cane Malkhamb

The teaching contents and the examination system is given below for each activity.

i) **Individual Dance/Indian Rhythmic** 10 Marks

**Teaching contents :-**

- a) Bharat Natyam
- b) Kathak
- c) Kuchipudi

- d) Odissi  
 e) any other recognised indian classical Dances.  
 i) Koli Nritya  
 ii) Garbha, Tipari  
 iii) Traditional Dances

**Examination system:-**

Examinee has to select any one Indian classical dance, to be presented before the examiners on music, in proper uniform which will be assessed for Marks 10

- ii) **Swimming** 10 Marks

**Teaching contents**

- i) Techniques of swimming  
 a) Free style  
 b) Back stroke  
 c) Breast stroke  
 d) Butter fly  
 ii) Size and types of swimming pool  
 iii) Maintenance & care of swimming pool  
 iv) Rules & regulations of competitions.

**Examination system:-**

Examinee has to select any one technique of swimming to swim 50 mtrs distance. The performance will be converted into marks on the basis of conversion table (attached in Appendix II)

- iii) **Cane Malkhamb** 10 Marks

**Teaching Contents**

- i) Sadi Tedi  
 ii) Padmasan  
 iii) Akarna Dhanurasan  
 iv) Yesu  
 v) Sadi-udi  
 vi) Patka  
 vii) Tolasan

**Examination System:-**

- a) Candidates choice (any two exercise) 4 marks  
 b) Examiner's choice (any two exercise) 6 marks  
 10 Marks

<b>Total of Part II Skills</b>			<b>Marks</b>
1.	Section - I	Two games examination	60
2.	Section - II	Athletic Performance	60
3.	Section - III	Asanas & Kriyas	30

4.	Section - IV	Wrestling / Judo(M)	30
5.	Section - V	Gymnastics M/W /Dance/Judo (w)	30
6.	Section - VI	Formal Activities M/W	30
7.	Section - VII	Optional M/W	10
<b>Total Marks</b>			<b>250</b>

BOOK RECOMMENDED: "शारिरीक शिक्षा और खेलकूद ले. मू. ह. असनारे "

**APPENDIX-I****Athletic Performance Conversion Scoring Table (Man)**

Marks	100 Mtrs. in Seconds	200 Mtrs. in Seconds	800 Mtrs. in Minutes & Seconds	1500 Mtrs. in Minutes & Seconds	110 Mtrs. Hurdle in Seconds
10	11.5	24.5	2:20	4:20	16.5
9.5	11.7	24.7	2:22	4:23	16.6
9	11.9	24.9	2:24	4:26	16.7
8.5	12.1	25.1	2:26	4:29	16.8
8	12.3	25.3	2:28	4:32	16.9
7.5	12.5	25.5	2:30	4:35	17.0
7	12.7	25.7	2:32	4:38	17.2
6.5	12.9	25.9	2:34	4:41	17.4
6	13.1	26.1	2:36	4:44	17.6
5.5	13.3	26.3	2:38	4:47	17.8
5	13.5	26.5	2:40	4:50	18.0
4.5	13.6	26.7	2:42	4:53	18.1
4	13.7	26.9	2:44	4:56	18.2
3.5	13.8	27.1	2:46	4:59	18.3
3	13.9	27.3	2:48	5:02	18.4
2.5	14.0	27.5	2:50	5:05	18.5
2	14.1	27.7	2:52	5:08	18.6
1.5	14.2	27.8	2:54	5:11	18.7
1	14.3	27.9	2:56	5:14	18.8
0.5	14.4	28.0	2:58	5:17	18.9
0	14.5	28.1	3:00	5:20	19.0

**APPENDIX-I**

Athletic Performance Conversion Scoring Table (Women)

Marks	100 Mtrs. in Seconds	200 Mtrs. in Seconds	800 Mtrs. in Minutes & Seconds	100 Mtrs. Hurdle in Seconds
10	14.0	29.5	2:40	18.5
9.5	14.2	29.7	2:42	18.6
9	14.4	29.9	2:44	18.7
8.5	14.6	30.1	2:46	18.8
8	14.8	30.3	2:48	19.0
7.5	15.0	30.5	2:50	19.2
7	15.2	30.7	2:52	19.4
6.5	15.4	30.9	2:54	19.7
6	15.5	31.2	2:56	20.0
5.5	15.8	31.5	2:58	20.5
5	16.0	31.8	3:00	21.0
4.5	16.2	32.0	3:01	21.2
4	16.4	32.2	3:02	21.4
3.5	16.6	32.4	3:03	21.6
3	16.8	32.6	3:04	21.8
2.5	17.0	32.8	3:05	22.0
2	17.2	33.0	3:06	22.2
1.5	17.3	33.2	3:07	22.4
1	17.4	33.4	3:08	22.6
0.5	17.5	33.6	3:09	22.8
0	17.6	33.7	3:10	23.0

**APPENDIX-I****ATHLETIC PERFORMANCE CONVERSION SCORING  
TABLE (MEN)**

Marks	Shot Put (7Kg.260 Gram) In Meters	Hammer Throw In Meters	Discus Throw In Meters	Javelin ThrowMtrs. In Meters
10	10.60	35.00	33.00	50.00
9.5	10.40	34.00	32.00	48.00
9	10.10	33.00	31.00	46.00
8.5	9.80	32.00	30.00	44.00
8	9.50	31.00	29.00	42.00
7.5	9.20	30.00	27.5	40.00
7	8.80	29.00	26.00	37.00
6.5	8.40	28.00	24.5	34.00
6	8.00	26.50	23.00	31.00
5.5	7.60	25.00	21.5	28.00
5	7.20	23.50	20.00	25.00
4.5	7.05	22.00	19.00	24.50
4	6.90	21.00	18.00	24.00
3.5	6.75	20.00	17.00	23.50
3	6.60	19.00	16.00	23.00
2.5	6.45	18.00	14.00	22.50
2	6.30	17.00	13.00	22.00
1.5	6.15	16.00	12.50	21.50
1	6.00	15.00	12.00	21.00
0.5	5.90	14.50	11.5	20.5
0	5.80	14.00	11.00	20.00

**APPENDIX-I**  
**ATHLETIC PERFORMANCE CONVERSION SCORING**  
**TABLE (Women)**

Marks	shotput (4kg)in meters	discus in metres	javelin in metres	long jump in metres	high jump in meters
10	10.50	30.00	35.00	5.00	1.50
9.5	10.30	29.00	33.50	4.90	1.48
9	10.10	28.00	32.00	4.80	1.46
8.5	9.80	26.50	30.50	4.70	1.44
8	9.50	25.00	29.00	4.60	1.40
7.5	9.20	23.50	27.50	4.50	1.35
7	8.80	22.00	26.00	4.40	1.30
6.5	8.40	20.50	24.50	4.30	1.25
6	8.00	19.00	23.00	4.20	1.20
5.5	7.60	17.5	21.50	4.10	1.15
5	7.20	16.00	20.00	4.00	1.10
4.5	7.05	15.00	19.00	3.95	1.09
4	6.90	14.50	18.00	3.90	1.08
3.5	6.75	14.00	17.00	3.85	1.06
3	6.60	13.50	16.00	3.80	1.04
2.5	6.45	13.00	15.50	3.75	1.02
2	6.30	12.50	15.00	3.70	1.00
1.5	6.20	12.00	14.50	3.65	0.98
1	6.10	11.50	14.00	3.60	0.96
0.5	6.00	11.00	13.50	3.55	0.95
0	5.90	10.90	13.00	3.50	0.94

**APPENDIX-I**  
**Athletic Performance Conversion Scoring Table (Men)**

Marks	Long Jump In Meters	Hop Step Jump in Meters	High Jump in In Meters	Pole Vault In Meters
10	6.30	13.60	1.60	3.40
9.5	6.25	13.40	1.58	3.37
9	6.20	13.20	1.56	3.34
8.5	6.15	13.00	1.54	3.30
8	6.10	12.80	1.52	3.25
7.5	6.00	12.60	1.50	3.20
7	5.85	12.40	1.48	3.15
6.5	5.70	12.20	1.44	3.10
6	5.55	12.00	1.40	3.05
5.5	5.40	11.80	1.35	3.00
5	5.25	11.60	1.30	2.90
4.5	5.20	11.50	1.28	2.85
4	5.15	11.40	1.26	2.80
3.5	5.10	11.30	1.24	2.75
3	5.05	11.20	1.22	2.70
2.5	5.00	11.10	1.20	2.65
2	4.95	11.00	1.18	2.60
1.5	4.90	10.90	1.16	2.55
1	4.85	10.80	1.15	2.50
0.5	4.80	10.70	1.14	2.45
0	4.75	10.60	1.13	2.40

## APPENDIX-II

Swimming Performance Conversion Scoring Table (Women)

Marks	50 Mtrs. Free Style In Minutes & Seconds	50 Mtrs Back Stroke In Minutes & Seconds	50 Mtrs Breast Stroke In Minutes & Seconds	50 Mtrs Butterfly In Minutes & Seconds
10	0:35	0:40	1:50	0:45
9.5	0:36	0:41	0:51	0:46
9	0:37	0:42	0:52	0:47
8.5	0:38	0:43	0:53	0:48
8	0:39	0:44	0:54	0:49
7.5	0:40	0:45	0:55	0:50
7	0:41	0:46	0:56	0:51
6.5	0:42	0:47	0:57	0:52
6	0:43	0:48	0:58	0:53
5.5	0:44	0:49	0:59	0:54
5	0:45	0:50	1:00	0:55
4.5	0:47	0:52	1:02	0:57
4	0:49	0:54	1:04	0:59
3.5	0:51	0:56	1:06	1:01
3	0:53	0:58	1:08	1:03
2.5	0:55	1:00	1:10	1:05
2	0:57	1:02	1:12	1:07
1.5	0:59	1:04	1:14	1:09
1	1:01	1:06	1:16	1:11
0.5	1:03	1:08	1:18	1:13
0	1:05	1:10	1:20	1:15

## APPENDIX-II

Swimming Performance Conversion Scoring Table (Men)

Marks	100 Mtrs. Free Style In Minutes & Seconds	100 Mtrs Back Stroke In Minutes & Seconds	100 Mtrs Breast Stroke In Minutes & Seconds	100 Mtrs Butterfly In Minutes & Seconds
10	1:10	1:20	1:30	1:15
9.5	1:11	1:21	1:31	1:16
9	1:12	1:22	1:32	1:17
8.5	1:13	1:23	1:33	1:18
8	1:14	1:24	1:34	1:19
7.5	1:15	1:25	1:35	1:20
7	1:16	1:26	1:36	1:21
6.5	1:17	1:27	1:37	1:22
6	1:18	1:28	1:38	1:23
5.5	1:19	1:29	1:39	1:24
5	1:20	1:30	1:40	1:25
4.5	1:22	1:32	1:42	1:27
4	1:24	1:34	1:44	1:29
3.5	1:26	1:36	1:46	1:31
3	1:28	1:38	1:48	1:33
2.5	1:30	1:40	1:50	1:35
2	1:32	1:42	1:52	1:37
1.5	1:34	1:44	1:54	1:39
1	1:36	1:46	1:56	1:41
0.5	1:38	1:48	1:58	1:43
0	1:40	1:50	2:00	1:45

APPENDIX-III  
Weight lifting Body Weight Category Table

Weight Group in Kilogram	Weight (in Kilogram) & Technique	
	Snatch	Clean & Jerk
54	40	45
59	45	50
64	50	55
70	55	60
76	60	65
83	65	75
91	70	80
99	75	85
108	80	90
108 & above	90	95

Note :- Score sheets to be used for examination their models are given below.

**SANT GADGE BABA AMRAVATI UNIVERSITY**

Name of College /Centre \_\_\_\_\_  
Part II Skill Examination 2006  
B.P.Ed.(One Year Course)

Section 1  
Major Game Examination

**Score sheet Table No. 1**

Name of Game \_\_\_\_\_

Roll No.	Fundamental Skills			Playing Efficiency	Maintaining note book 5	Total 30
	5	5	5			
				10		

Place \_\_\_\_\_

Date \_\_\_\_\_

Signature of Examiner

**Table No.2**

Name \_\_\_\_\_

Roll No.	First Examiner 30	Second Examiner 30	Total 60	Out of 30

Place \_\_\_\_\_

Date \_\_\_\_\_

Signatures of Examiners

1) \_\_\_\_\_

2) \_\_\_\_\_

**Table No.3** Final Score Sheet Two Games.

Roll No.	FirstGame 30	Second Game 30	Total 60

Place \_\_\_\_\_

signature of Examiners

Date \_\_\_\_\_

1) \_\_\_\_\_

2) \_\_\_\_\_

Section 2 Athletic Performance

**Table No.4**

Events 100,200,800,1500,100 Hurdle,110 mts Hurdels

Roll No.	Performance	Marks out of 10

Place \_\_\_\_\_

Signature of Examiners

Date \_\_\_\_\_

**Table No.5**

Events - Long Jump,Hop-Step Jump,Discuss Throw,Javeline Throw, Shot-put, Hammer throw

Roll No.	First Chance	Second Chance	Third Chance	Best Performance	Marks 10

Place — — — —

Signature of Examiner

Date

**Table No.6**

Events -High Jump, Pole Vault.

Roll No.	Heights	Best Performance	Marks 10

Place

Signature of Examiner

Date

**Table No. 7**

Note book & Athletics

Roll No.	Marks 10

Place

Signature of Examiner

Date

(Note : Table No. 8 Printed on Last page)

Section III  
Asanas & Kriyas

**Table No. 9**

Asanas

Roll No.	Examiner choice 12 Marks			Candidate Choice 8 mark		Total 20
	4M	4M	4M	4M	4M	

Place

Signature of Examiner

Date

**Table No. 10**

Kriyas

Roll No.	Instrumental Kriya Kriya 5 Marks	Non Instrumental Kriya 5 Marks	Total 10 Marks.

Place

Signature of Examiner

Date

**Table No. 11.**

Consolidation of Asanas and Kriyas.

Roll No.	Asanas 20 Marks	Kriyas 10 Marks	Total 30 Marks

Place

Signature of Examiner

Date

61  
Section IV  
Wrestling/Dance & Judo

**Table No. 12** Wrestling / Judo

Roll Nos.	Examiners Choice			Candidate Choice 5	Total Marks 15
	5	5	5		

Place \_\_\_\_\_ Signature of Examiner \_\_\_\_\_  
Date \_\_\_\_\_

**Table No. 13** Dance (Folk)

Roll Nos.	15 Marks

Place \_\_\_\_\_ Signature of Examiner \_\_\_\_\_  
Date \_\_\_\_\_

**Table 14** Consolidation of Wrestling / Dance and Judo

Roll No.	Wrestling / Dance 15 Marks	Judo 15 Marks	Total 30 Marks

Place \_\_\_\_\_ Signature of Examiner \_\_\_\_\_  
Date \_\_\_\_\_

Section V  
Gymnastics

**Table No. 15-**

- 1) Ground Gymnastics & Apparatus Gymnastics (Any One)
- 2) Name of the Apparatus \_\_\_\_\_

Roll No.	Examiner Choice		Candidate Choice 5 Marks	Total 15 Marks
	5M	5M		

Place \_\_\_\_\_ Signature of Examiner \_\_\_\_\_  
Date \_\_\_\_\_

**Table No.16** Consolidation of Marks of Ground Gymnastics & Apparatus Gym.

Roll No.	Ground Gym. 15 Marks	Appratus Gymnastics 15 Marks						Total 30
		Pommel Horse	Parallel Bar	Horiz. Bar	Vaulting Box	uneven Bar	Bal Beam	

Place \_\_\_\_\_ Signature of Examiner \_\_\_\_\_  
Date \_\_\_\_\_

Section VI Formal Activity  
Section VII Optional

**Table No. 17** Activity

Roll No.	Performance / Marks

Place \_\_\_\_\_ Signature of Examiner \_\_\_\_\_  
Date \_\_\_\_\_

**Table No. 18.** Activity \_\_\_\_\_

Roll No.	First Examiner	Second Examiner	Total out of

Place \_\_\_\_\_ Signature of Examiner \_\_\_\_\_  
Date \_\_\_\_\_  
( Note :- Table No 19 Printed on Last Page ) \_\_\_\_\_

**PART III PRACTICE TEACHING**

External Exam. + Internal  
210 90 = 300

(i) The candidate will be examined on two lessons in the final Examination. One will be in Physical Education and the other in Specialised field.

100 marks in each lesson = 200

ii) The candidate will keep the record of the observation made throughout the Year - 10 marks

Internal The candidate will take 20 lessons throughout the year 90 Marks

(10 Physical education lessons & 10 lessons in Specialised field)  
(3 marks for each lesson)

Total 300

The following factors shall be observed while assessing Practice Teaching lessons

- (1) Preparation of the Teacher and his positions-
  1. Plan of the lesson.
  2. Suitability of equipment and formation of the class.
  3. Teacher's personal turn-out and demonstrations.
  4. Report (Approach and Relationship).
- (2) Leadership and Teaching Ability:-
  1. Self - confidence and self - responsibility
  2. Self - Development and initiative.
  3. Command and control of the class.
  4. Instructional technique, i.e. sequence of teaching.
- (3) Maintenance of the interest and spirit of the lesson and total impression impact and effect on the lesson.
  1. Activity Enthusiasm
  2. Knowledge about the subject learnt and maturity.

**Model of Schorte sheet Table No. 1-**

- i) Physical Education , lesson
- ii) Lesson on specialized field.

Roll No.	Lesson plan 20 Marks	Teaching of Ability 35 Marks	Correction of mistake /Presenta tion of sub. 20 marks	Personality 10 Marks	Total Effects 15 M	Total 100 Marks

Place  
Date

Signature of Examiner

Table No. 2 : i) Physical Education Lesson  
ii) Special Subject lesson

Roll No.	First Examiner 100 Marks	Second Examiner 100 Marks	Total 200 M	Out of 100 marks

Place

Signature of Examiner

Date

1)  
2)

**Table No. 3** Observation Note Book

Roll No.	10 Marks

Place  
Date

Signature of Examiner  
1)  
2)

**Table No. 4** Observation Note Book

Roll No.	First Examiner 10 Marks	Second Examiner 10 Marks	Total 20 Marks	Out of 10 Marks

Place

Date

Signature of Examiner

1)

2)

**Table No. 5** Consolidation of Marks of the Two lessons & Observation of Note Books .

Roll No.	First lesson 100 Marks	Second Lesson 100M	Observation Note Book 10 Marks	Total 210 Marks

Place

Date

Signature of Examiner

**Table No. 8 :** Consolidation of Athletics Performance (Any five events & Note Book)

Roll No.	100 mtrs/100 mtrs Hurdle 10 Marks		200 mtrs/ 800 mtrs. 10 Marks		Long jump/ Hop Step Jump 10 marks		High jump/ Pole vault 10 Marks		Shot Put	Discuss Throw/ Javeline Throw 10 Marks		Note Book	Total Marks
	100 Mts.	100 Mts. hurdle 110 Mts. Hur.	200 mtrs.	800 mtrs.	Long Jump	Hop Step	High Jump	Pole Vault	10 Marks	Discuss throw	Javeline throw	10 Marks	60 marks

Place  
Date

Signature of Examiner

**Table No. 19 :** Consolidation of all Section. A Final Score Sheet

Roll No.	Section I major games 60 marks	Section II Athletics 60 marks	Section III Asanas & Kriyas 30 marks	Section IV Wrestling/ Dance 30 marks	Section V Gymnastics 30 marks	Section VI Formal Activity 30 marks	Section VII Optional 10 marks	Total 250

Place  
Date

Signature of Examiner

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