

B.P.Ed . 2015
One Year Degree Course

Prospectus No. 2015167

संत गाडगे बाबा अमरावती विद्यापीठ

SANT GADGE BABAAMRAVATI UNIVERSITY

(FACULTY OF EDUCATION)

अभ्यासक्रमिका

शारीरिक शिक्षण स्नातक अभ्यासक्रम (1 वर्षीय)

परीक्षा 2015

PROSPECTUS

OF

The Examination for
Bachelor of Physical Education

2015

(One Year Degree Course)



14

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

Price Rs.

/-

PUBLISHED BY
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Sant Gadge Baba
Amravati University
Amravati - 444 602

¶ 'या अभ्यासक्रमिकेतील (*Prospectus*) कोणताही भाग संत गाडगे बाबा अमरावती विद्यापीठाच्या पूर्वानुमती शिवाय कोणासही पुनर्मुद्रित किंवा प्रकाशित करता येणार नाही.'

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SANT GADGE BABAAMRAVATI UNIVERSITY
SPECIAL NOTE FOR INFORMATION OF THE STUDENTS.

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(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.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 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

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 (एachelor 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 (एachelor of Physical Education) B.P.Ed.(One Year Course) shall be as shown in Appendix-A.

% 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
or Practice Teaching | 300 Marks. |
2. (i) Scheme of Examination under Part I will be as follows-

Sr. No.	Name of Paper	Max. Marks	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
	Total	540	60	600

- 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. |
| | 10 Marks |
3. (i) The examination under Part-II Skills will consist of-
- | | | |
|-----|---------------------|------------------|
| (1) | External Assessment | 250 Marks |
| (2) | Internal Assessment | 50 Marks |
| | Total | 300 Marks |

- (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	250 Marks

- 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	300 Marks

- (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	210 Marks

- (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	90 Marks

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

DIRECTION

No. :19/2012

Date : 11/5/2012

Subject : Scheme of Examination in respect of the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.Ed.) (One Year Course)

Whereas, Regulation No. 21 of 1986 in respect of Examination leading to the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.Ed.) (One Year Course), Regulation, 1986, is in existence in the University,

AND

Whereas, the Academic Council in its meeting held on 13.1.2012, vide item No. 14 6) B) R-2 has accepted the revised Scheme of Examination and revised syllabi for the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.Ed.) (One Year Course),

AND

Whereas, the revised Scheme of Examination for the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.Ed.) (One Year Course) is required to be regulated by the Regulation,

AND

Whereas, the process of making amendment in the existing Regulation is likely to take some time,

AND

Whereas, the revised Scheme of Examination for the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.Ed.) (One Year Course) is to be implemented from the Academic Session 2012-2013,

AND

Whereas, the revised syllabi for the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.Ed.) (One Year Course) alongwith revised scheme of Examination is required to be made available for the students admitted in the Academic Session 2012-2013,

Now, therefore, I, Dr. Mohan K. Khedkar, Vice-Chancellor of Sant Gadge Baba Amravati University in exercise of powers conferred upon me under sub section (8) of Section 14 of the Maharashtra Universities Act, 1994, do hereby direct as under:-

1. This Direction shall be called "Examination leading to the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.Ed.) (One Year Course), Direction, 2012."
2. This Direction shall come into force from the date of its issuance.
3. The Scheme of Examination for the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.Ed.) (One Year Course) shall be as per "Appendix-A" appended with this Direction.

Amravati.

Date : 11/5/2012

Sd/-
(Mohan K. Khedkar)
Vice-Chancellor

Appendix-A

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

STRUCTURE OF THE B.P.ED. SYLLABUS:

The Course of study shall consist of three parts viz. Part I, Part II and Part III as indicated below.

Part I Theory	:	600 Marks (480+120)
Part II Skills	:	350 Marks (300+50)
Part III Teaching Ability or Practice Teaching	:	250 Marks (200+50)

I] THEORY

Sr. No	Name of Paper	Max. Marks Theory Paper	Internal Assessment Marks for the paper	Total Marks	Minimum Aggregate Passing Marks
1.	Philosophical, Sociological, Historical and Recreational Basis of Physical Education and Sports.	80	20	100	40
2.	Psychological Basis of Physical Education & Sports	80	20	100	40
3.	Management of Physical Education and Statistics	80	20	100	40
4.	Anatomy, Physiology, Kinesiology, Biomechanics & Health Education	80	20	100	40
5.	Educational Methodology	80 [50+30]	20	100	40
6.	Principles of Officiating, Training and Coaching.	80	20	100	40

Each theory paper shall be of three hours duration.

Theory Internal Marks : 20 marks

- a. 2 assignment on each paper : 5 marks each : 10 marks
b. 1 internal exam on each paper : 10 marks

NOTE:- Record of all Internal Assessment Marks be maintained by concerned subject teachers.

II] PART-II: SKILL

- a) External Assessment : 300 Marks
b) Internal Assessment : 50 Marks

Total : 350 Marks

- c) Examination under External Assessment will consist of 7 sections.

- i) Sec.-I: Major Games - 90 Marks
ii) Sec.-II: Athletics - 50 Marks
iii) Sec.-III: Yoga - 50 Marks
iv) Sec.-IV: Judo/Wrestling/Dance- 40 Marks
v) Sec.-V: Gymnastics - 30 Marks
vi) Sec.-VI: Formal Activity - 30 Marks
vii) Sec.-VII: Optional - 10 Marks

- d) Internal assessment of 50 marks :

1. Organization & participation in Picnic : 10 marks
2. Educational Tour / Camp [Minimum One week] : 20 marks
3. Organization & participation in Intramural events : 10marks
4. Participation in Cultural activity : 10 marks

III] Part-III- Teaching Ability or Practice Teaching Lessons:

- a) External Assessment - 200 Marks
b) Internal Assessment - 50 Marks

Total - 250 Marks

- c) Examination Under External Assessment will consists of

- i) Two lessons to be given
a) One Lesson on Physical Education : 100 Marks
b) One Lesson on Specialized Subject : 100 Marks

Total : 200 Marks

- d) Examination under Internal Assessment will consist of:

- 1) 5 Lessons on Physical Education (5 Marks each): 25 Marks
2) 5 Lessons on specialized subject (5 Marks each): 25 Marks

SYLLABUS
PRESCRIBED FOR THE EXAMINATION FOR THE
BACHELOR OF PHYSICAL EDUCATION

(ONE YEAR DEGREE COURSE)

OBJECTIVES:

- To prepare qualified teachers in the field of Physical Education.
- To render excellent service in Physical Education.
- To provide professional and academic teachers to the secondary schools/ Colleges/ Universities.
- To serve as a model for other Colleges of Physical Education in other Universities.
- To provide vocational guidance to the people in the field.
- To serve as a Center of Excellence for research in Physical Education and other allied areas.

PART-I
Paper-I

PHILOSOPHICAL, SOCIOLOGICAL, HISTORICAL AND
RECREATIONAL BASIS OF PHYSICAL
EDUCATION & SPORTS

Unit-I : Philosophical bases

- 1.1 Meaning, Definition and Scope of Physical Education
- 1.2 Aims, Objective and purpose of Physical Education.
- 1.3 Place of Physical Education in education

Unit-II : Sociological bases of Physical Education & Sports

- 2.1 Role of Physical & Sports in today's society
- 2.2 Physical education for human Value
- 2.3 Physical Education and its relation to education-Fitness movement
- 2.4 Group dynamics, Leadership, Delinquency

Unit-III : Historical bases of Physical Education & Sports

- 3.1 History of Physical Education in India with reference to culture, Curriculum and Institutions
- 3.2 Trends in Physical Education in Greece, Rome.
- 3.3 Olympics Games & Asian Games: Ancient Olympic games & Modern Olympic games, Commonwealth Games.

Unit-IV : Recreational bases of Physical Education & Sports

- 4.1 Meaning of recreation & leisure, definition & significance of recreation
- 4.2 Relationship between play, leisure & recreation
- 4.3 Types of recreation

Unit-V : Sports Authority

- 5.1 AIU
- 5.2 Indian Olympic Association (IOA)
- 5.3 Policy of National Sports Award
- 5.4 National Sports Awards

Suggested readings:

1. Bucher, C.A., (1979) Foundation of Physical Education (5thed.). Missouri: C.V.Mosby co.
2. Barrow, H.M.(1983) Man and Movement: Principles and Physical Education. Phi: Lea and Febiger
3. Bucher & Wuest. (1987) Foundations of Phy.Edu. & Sports. Missouri: C.V. Mosby co.
4. Ziegler, E.F. (2007). An Introduction to Sports & Phy.Edu. Philosophy. Delhi: Sp. Educational Tehno.
5. William, J.E. (1964). Principles of Physical Education:, Com. Philadelphia: W.B. Saunders
6. Kretchmar, R.S. (1994). Practical Philosophy of Sport. IL: Human kinetics.
7. Young, D.C. (2004). A brief History; of Olympic Games. UK: Blackwell Publishing.
8. Frank, A.M.(2003). Sports & education. CA: ABC-CLIO
9. History of Physical Education by Eraj Ahmed Khan.
10. World History of Physical Education by Van Dalen, Mitchell Benett.

Paper-II
PSYCHOLOGICAL BASIS OF PHYSICAL
EDUCATION & SPORTS

UNIT-I : Introduction of Sports Psychology

- 1.1 Meaning, Scope of Sports Psychology
- 1.2 Importance of Sports Psychology for Physical Education teacher and Coach
- 1.3 Human behavior, Urge and instincts.

UNIT-II : Cognitions Process and higher mental Processes in Physical Activities

- 2.1 Learning: Definitions, Meaning and Types (Primary,

- Associate & Concomitant)
 2.2 Laws of Learning and Transfer of Training
 2.3 Meaning of Sensation & Perception, Thinking and Attention.
 2.4 Fatigue.

UNIT-III : Growth and Development and Personality

- 3.1 Meaning and Concept of Motor Development
 3.2 Motor Development during Childhood, Adolescence
 3.3 Concept of personality and Personality traits of sportsmen.
 3.4 Adjustment and maladjustment and causes of maladjustment.

UNIT: IV : Competition and Motivation in Sports

- 4.1 Meaning and Types of Competitions.
 4.2 Meaning, Types and Nature of Emotions and Anxiety.
 4.3 Role of Emotions Anxiety in Sports.
 4.4 Meaning, Types, Importance and Techniques of Motivation.

UNIT-V : Individual Differences

- 5.1 Meaning of Individual differences.
 5.2 Heredity and Personality and their role in individual differences.
 5.3 Interaction of Heredity and Environment.
 5.4 Various Status of an Individual
 5.5 Other Causes of individual differences.

Suggested Readings:

1. Kamlesh, M.L. (2006). Educational Sport Psychology. New Delhi: Friends publication
2. Cox Richard. (1998) Sports Psychology (W.C.B.)
3. Gill, Diance L. Psychological Dynamics of Sports (Illinois: Human Kinetics Publishers, 1986)
4. Silva, J.M. and Weinberg. (1984). Physiological Foundation of Sports. IL: Kinetics Publishers,
5. Suinn, Richard M. (1982) Psychology in Sports: Methods and Applications. New Delhi: Sujeet Publication.
6. Martens, Rainer. (1987). Coaches Guide to Sports Psychology. IL: Human Kinetics;
7. Roberts Glyn C. and et al. (1986). Learning Experiences in Sports Psychology. IL: Human Kinetics.
8. Alegaonkar, P.M. (1997). Sports Psychology Pune: Pune Vidyarthi Griha.

9. Magill, R.A. (2001). Motor learning concepts & application. (6th Ed.). NY: McGraw Hill co.inc
10. Utlely, A & Astill, s (2008). Motor control, learning-behavioral emphasis. UK: Taylor & Francis.

Paper-III

MANAGEMENT OF PHYSICAL EDUCATION & STATISTICS

UNIT-I : Concept of Management

- 1.1 Meaning & Scope of Management in the field of Phy.Edu.
- 1.2 Modern concept & Principles of Management
- 1.3 Functions & Importance of Management
- 1.4 Manager- Qualities, Duties & Responsibilities

UNIT-II : Management of Competition

- 2.1 Records & Registers- Types & Importance
- 2.2 Tournaments ó Knockout, League, Combination, Challenge. Merits and demerits of various types. Intramural Competitions-Objectives, Programme Planning
- 2.3 Interschool Competitions-Objectives, Importance of eligibility
- 2.4 Organization National days & Organization Camp.
- 2.5 Sport Equipments- Need, Purchase, Maintenance, Issue & disposal.

UNIT-III : Management of school Programme & Supervision

- 3.1 Principles, Importance of Time table in school
- 3.2 Principles, Importance of Budget.
- 3.3 Meaning importance and purposes of Supervision.
- 3.4 Nature of supervision and Qualities of Supervisor.

UNIT-IV : STATISTICS

- 4.1 Measures of Central Tendency: Meaning, Uses and Calculation from Frequency tables.
- 4.2 Measures of variability- Standard Deviation, Quartile deviation and its calculations.
- 4.3 Correlations- Meaning and uses, product moment and rank order correlation

UNIT-V : Introduction to MS Office & Word Processor:

- 5.1 Creating and Saving a documents, Editing and Formatting a Document

- 5.2 Changing colour, Inserting Word Art, Page Setting, Inserting Tables.
- 5.3 Power Point presentation, Making of slides with reference to officiating and scoring in competitions.
- 5.4 MS Excels basics, Editing Cells Contents,
- 5.5 Internet Browsing, search engines.

Suggested readings:

1. Bucher & Krotee. (2002). Management of Physical Education & Sports. NY: McGrawHill Co.
2. Lussier & Kimball. (2004). Sports Management- Principles, application & skill development. Ohio: Thomson South Western.
3. Ammon & Southall. (2004). Sports facility management: Organizing events & mitigating risks. USA: Fitness information technology.
4. M.L. Kamlesh. Management Concepts in Physical Education and Sports.
5. Edward F. Voltmer. The Organization and Administration of Phy. Edn.
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8. Douglas E. Comer, The Internet Book, Produce University, West Lofayette in 2005.
9. V. Rajarman Fundamentals of computers, Prentice Hall of India, New Delhi-2000.
10. B. Ram, Computer Fundamentals New Age International Publishing 2006.
11. Pradeep K. Sinha, Priti Sinha, B.P.B. Publication, Computer Fundamental, Third Edition-2005.
12. शारीरिक शिक्षा संगठन, प्रशासन, पर्यवेक्षण एवंम् शिबिर- अ.के. करमरकर, अभयकुमार श्रीवास्तव.
13. डॉ. अ.के. श्रीवास्तव: शारीरिक शिक्षा और खेल में संगठन, प्रशासन एवंम् पर्यवेक्षण, बी.आर. इंटरनेशनल, देहली
14. Text Book of Statistics in Physical Education & Sports- J.P. Verma.
15. Statistics in Psychology and Education : H.E. Garrett.

Paper-IV

**ANATOMY, PHYSIOLOGY, KINESIOLOGY,
BIOMECHANICS & HEALTH EDUCATION**

UNIT-I : General Human Body Organization and Muscular Skeletal System.

- 1.1 Introduction to human body:
- 1.2 Cell structure and function, tissues Types, structure and functions.
- 1.3 General classification of bones and functions.
- 1.4 Classification of joints, Structure and function of joint, basic movement of joint
- 1.5 Types of muscles, Muscle structure, Effect of exercise and training on musculoskeletal system.

UNIT-II : Cardiovascular system and respiratory system

- 2.1 Structure and function of heart.
- 2.2 Blood pressure and pulse-its relevance in sport.
- 2.3 Structure and function of respiratory organs, Mechanism of respiration, Types of respiration.
- 2.4 Respiratory volume and its importance.
- 2.5 Effect of exercise and training on cardiovascular and Respiratory system

UNIT-III : Nutrition & Diet

- 3.1. Meaning of nutrition & Balanced Diet
- 3.2 Components of nutrition-carbohydrates-Fat- Protein- vitamins and Minerals.
- 3.3 Factors determining Diet-Planning, Doping in sports.
- 3.4 Sports and diet-energy requirement in sports-caloric expenditure in sports.

UNIT-IV : Digestive System, Excretory System and functions

- 4.1 Organs of digestive & Structure and functions
- 4.2 Absorption and assimilation of food metabolism
- 4.3 Component and Organs of excretory system & structure.
- 4.4 function of kidney and skin.
- 4.5 Aerobic and anaerobic metabolism, Lactic acid system, Oxygen debt, Fatigue.

UNIT-V : Kinesiology & Bio mechanics

- 5.1 Basic concepts Planes and axes of body. Centre of gravity. Line of gravity. Terminology of various types of movement, Joints.
- 5.2 Laws of motion and their Implication on sports coaching.
- 5.3 Levers Types and Application of the Principles of Levers to Sports.
- 5.4 Meaning of the term Bio-Mechanics - Role of Mechanical Principles in Sports and games.

Suggested Readings:

1. Pearce Evelyn. (1992). Anatomy & Physiology for nurses, Calcutta: oxford University press.
2. Sedey, Rod R. (1992) Anatomy & Physiology. St.louis: Mosby
3. Tortora G.J. (1996). Introduction to Human Body. (4th Ed.) Clifornia: Addison Wesley.
4. Marieb Elaine N. (1984). Human Anatomy and Physiology (3rd Ed.). Cal: The Benjamin Cumming
5. Fox Edward ó Sports Physiology, W B Soundrs Co. 1984
6. Benardot Dan (1992). Sports Nutrition. The American Dietetic Association.
7. Ram Prameshwaran N. Science of Kinesiology Vishakhapattanam: Aruna Book Centre
8. Wells K.F. & K. Kinesiology: Scientific basis of Human motion. Phi: Sounders Publishing
9. First aid Hand book. Scout & guide & Redcross.
10. Morehouse and Cooper : Kinesiology.
11. Wells, K : Kinesiology.
12. मानव क्रिया विज्ञान ó डॉ. एस.एच. देशपांडे

PAPER-V
EDUCATIONAL METHODOLOGY
SECTION-I
General Methods in Education

UNIT-I : Foundation of Methods:

- 1.1 Maxims of Teaching
- 1.2 Methods of Teaching : Orientation, Lecturing Demonstration, Questioning and Discussion Practice, Assignments, Problem Solving, Programme of instruction, Supervised study and Home work, Remedial teaching, Project Method, Kindergarten Method etc.

UNIT-II : Types of Lessons :

- 2.1 Knowledge lesson, Drillø lesson, Skill lesson, Review lesson, Appreciation lesson.
- 2.2 Planning and observation of Class-Room Teachingø lesson.
- 2.3 Planning and observation of field Activity Teachingø lesson.
- 2.4 Types, Importance uses of Teaching Aids.
- 2.5 Types of Lesson Plan : Knowledge lesson, Drill lesson, Skill lesson, Review lesson, Appreciation Lesson , Plan - Preparation of Lesson Plan.

UNIT-III : Elements of Educational Technology and Evaluation:

- 3.1 Team Teaching ó Group procedure, Seminars, Work-shop, symposia.
- 3.2 Micro Teaching-Importance, Teaching-Acquiring the skill micro teaching.
- 3.3 Evaluation Procedure-old concept, New approach, Types of examinations.
- 3.4 Other tools of evaluation; Rating scales, interview checklist.

UNIT-IV : Procedure of Teaching and presentation Techniques of Physical Activities.

- 4.1 Personal and Technical preparation.
- 4.2 Class management.
- 4.3 Game of high organization, individual, team.
- 4.4 Games of low organization: Track and field activities, calisthenics, Gymnastics, Rhythmic, combative and Defensive activitiesø

Suggested readings:

1. Principles of Education :Dr.R.S. Pandey
2. Principles and Methods of Teaching: Bhatia
3. Introduction of teaching; Bernard H.C.
4. शारीरिक शिक्षा अध्यापन पद्धती: करमरकर, शर्मा, तिवारी.
5. शिक्षा के सामान्य सिद्धांत तथा विधियाँ: के.के.भाटिया, सी.एल. नारंग.
6. शिक्षा के सामान्य सिद्धांत : पाठक और त्यागी.
7. शिक्षण, कला, शिक्षण तकनीक एवम् नवीन पद्धतियाँ : डॉ.एस.एस.माथूर.

8. सफल पाठ योजना : श्री. आर.एच.तिवारी
9. अध्यापन शास्त्र आणि पध्दती: म.बा. कुंडले
10. आजचे अध्यापन - लीला पाटील
11. शिक्षण और शारीरिक शिक्षण अध्यापन पध्दती : 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.

Each Method subject carry 30 marks.

The Syllabus for each subject is as given below:

1) मराठी

विशेष अध्यापन पध्दती

(1) 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.

(2) मातृभाषेच्या अध्यापनाची उद्दिष्टे

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

(3) मातृभाषेच्या अभ्यासाची मुलतत्वे व विविध अंगे :

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

(4) 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 सामुहीक 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
2. अकोलकर व पाटणकर	मराठीचे अध्यापन	व्हीनस प्रकाशन पुणे-2
3. फाटक, म. वि.	मराठी कवितेचे अध्यापन	मॉडर्न बुकडेपो, पुणे-2
4. डांगे, चंद्रकुमार	मातृभाषेचे अध्यापन	प्रतिभा मुद्रणालय, टिळक रस्ता, पुणे-2

2-हिन्दी

1. 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।
2. हिन्दी शिक्षा का उद्देश (अ) व्यापक उद्देश-सांस्कृतिक, साहित्यिक और व्यावहारिक उद्देश .
(E) विस्तृत उद्देश

अपेक्षित स्तर-भाषण योग्यता अभिव्यक्ति क्षमता, अनुवाद क्षमता और आकलन क्षमता-अभिरुचि का संवर्धन.

3. **भाषा शिक्षा का मनोविज्ञान-**
बालक भाषा कैसे सिखते हैं? श्रवण का महत्व । अनुकरण और उच्चारण । अभ्यास में वातावरण का स्थान.
4. **पाठ्यक्रम और पाठ्य पुस्तके -**
पाठ्यक्रम का स्वरूप और शिक्षा के उद्देश्यों की पूर्ति , अच्छे पाठ्य पुस्तको के लक्षण
5. **शिक्षा प्रणालियाँ -**
संभाषणात्मक प्रणालि, व्याकरण - अनुवाद प्रणालि , संवाद प्रणालि, पठण प्रणालि , प्रणालियों का समन्वय ।
6. **पाठ्य पुस्तकों का संपादन**
शिक्षाविषयक साहित्य का उपयोग और प्रकार ।
7. **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 ।
8. **सहाय्यक उपक्रम**
संभाषण सभा , वक्तृत्व सभा , हस्तलिखित पत्रिका , वाचनालय, नाटक, खेलना, पुस्तक प्रदर्शन प्रकल्प.
9. **हिन्दी शिक्षा में दृक्श्राव्य साधनो का स्थान और उपयोग**
मुल्यमापन : मुल्यमापन तंत्र के अनुसार कसौटियां तयार करना ।
- 10 **हिन्दी अध्यापक का व्यक्तितत्व.**

संदर्भ ,सुची :

1. लज्जाशंकर झा. भाषाशिक्षण पध्दति , मिश्रबंध कार्यालय , जबलपुर
2. साठे, ग.न. : राष्ट्रभाषा का अध्ययन , महाराष्ट्र राष्ट्रभाषा , पुणे
3. सीताराम चतुर्वेदी : अध्यापन कला , नंदकिशोर ऍन्ड सन्स, चौक, वाराणशी
4. सीताराम चतुर्वेदी . भाषा की शिक्षा, हिन्दी साहित्य कुटीर, वाराणशी
5. भाई योगेन्द्रजित : हिन्दी भाषा शिक्षण, विनोद पुस्तक मंदिर, आगरा
6. रजनीकांत लहरो : हिन्दी शिक्षण, रामचंद्र ऍन्ड 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 Grammophone, 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 place of History in the school curriculum.
2. Aims, objectives and specification of teaching 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.
5. धारपकर पारसनीस: इतिहासाचे अध्यापन , व्हीनस प्रकाशन, पुणे-3
6. व.भा. निरंतर : इतिहासाचे अध्यापन , मॉडर्न बुक डेपो, बाजीराव रस्ता , पुणे.
7. चितळे वि. इतिहास कसा शिकवावा, अनाथ विद्यार्थी गृह प्रकाशन , पुणे.
8. 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 place 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 . Grammar 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).
6. भा. गो. बापट भूगोल अध्ययन आणि अध्यापन , व्हीनस प्रकाशन , पुणे-30.
7. ना. व्ही. पाटणकर: भूगोलाचे अध्यापन , मॉडर्न बुक डेपो, वाजीराव 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:

1. सौ.निर्मला पाटील : नागरिकशास्त्राचे अध्यापन
2. सत्संगी : नागरिकशास्त्र शिक्षण
3. 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, Flannelograph, 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:

- (i) Various parts of lesson,
- (ii) Basic requirements for lesson.

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

PRINCIPLES OF OFFICIATING, TRAINING AND COACHING

Unit I: History and Development of Major Games

Basketball, Cricket, Football, Volleyball, Hockey, Kabaddi, Kho Kho, Badminton, Lawn Tennis, Swimming, Handball, Ball

Badminton, Soft Ball, Base Ball, Archery, Net Ball and Throw ball.

Record sheets, facilities, techniques, strategies and rules.

Unit-II: Teaching of Fundamental Skills & Ground Marking and Measurements

- 2.1 Drills for development of skills-lead up games.
- 2.2 Marking and Measurements of various play fields.
- 2.3 Drills for development of skills-lead up games.
- 2.4 Duties of officials of major games.

Unit-III: Types of Training

- 3.1 Weight Training
- 3.2 Circuit Training
- 3.3 Fartlek training
- 3.4 Interval training
- 3.5 Load , Intensity ,Duration, Frequency.

Unit-IV: Coaching & Training

- 4.1 Philosophy of Coaching, Warming up-effects of warming up - Conditioning Exercises
- 4.2 Qualities and Qualifications of a coach-code of ethics.
- 4.3 Periodisation - Preseason, Competitive season, off season.
- 4.4 Preparing coaching schedule ó Yearly and Short term.
- 4.5 Training - Training for motor components - Strength, Speed, Endurance, flexibility, coordinative abilities.

Unit-V: Track marking

Marking of Track. Marking of Throwing and field Events-Rules and interpretations.

References:

1. óBook of Rules and Gamesö, YMCA Publication
2. Lawther J.D., óPsychology of Coachingö
3. Allyn and Bacon, óGuide to Effective Coaching, Principles and Practicesö.
4. John W Bunn : The Art of Officiating Sports
5. Scientific Principles of Coaching by John W. Bunn
6. Athletic Coaching Hand-Book of Tropical Areas by D.J.T. Miller and J.F. Cawley.
7. Mannual of Atheletic Competitions by Jal D. Pardiwala.
8. ऑफिशिएटींग एवम् कोचिंग - श्री. आर.एच.तिवारी
9. क्रिडा अधिशिक्षा पध्दति - श्री. अ.के. करमरकर.

Part II Skill

The procedure for assessment of marks under Part 2 Skill is as below.

1. External assessment marks : 300
2. Internal assessment marks : 50

Part-II (Skill) :

Internal assessment of 50 marks :

1. Organization & participation in Picnic : 10marks
2. Educational Tour / Camp [Minimum One week] : 20marks
3. Organization & participation in Intramural events : 10marks
4. Participation in Cultural activity : 10marks

**Part-II (Skill)
Section I**

Major Games

90 marks

The examination will be conducted in any 3 games selected by the examinee. Basketball, Boxing, Cricket, Football, Volleyball, Hockey, Kabaddi, Kho-Kho, Badminton, Swimming, Handball, Table Tennis, Archery, Throw Ball.

Distribution of Marks:

- a. Fundamental Skill : 10 Marks
- b. Playing Efficiency : 10 Marks
- c. Project Report & Viva : 5 Marks
- d. Officiating : 5 Marks

The contents of the notebook & Teaching of selected Games are as below:

History of the game, Measurement and preparation of the field, Equipments and materials required, Fundamental skill, Lead up games, Techniques, Tactics, System of play, Rules and regulations of game, Method of coaching, Officials and their signals, Modern trends in the game, Latest record of the game awards. The student will submit the Note Book to game incharge for the games taken for the examination.

BASKET BALL :

- 1) Playerø stance and ball handling.
- 2) Passing and receiving
 - a) Two hand passes ó over head pass, base pass, chest pass, bounce pass, side pass.
 - b) One hand passes ó over head pass, base pass, bounce pass, side pass.

- 3) Dribbling : - a) Low dribble b) high dribble
- 4) Shooting :
 - a) Two hand shots - Over head shot, Base shot, Set shot.
 - b) One hand shots - Over head shot, base shot, set shot
- 5) Rebounds - a) Offensive Rebound b) Defensive Rebound
- 6) Foot work.

BOXING :

- i) The stance and footwork
- ii) Defence and countering
- iii) Attacking counter punches
- iv) Infishing
- v) Combination punches
- vi) Measurement
- vii) Rules and regulations
- viii) Officiating

CRICKET :**1) Fundamental skills :**

1. skills of Batsman : Grip, stance, back lift, placement the foot, contact of the ball.
2. Defence : forward and back foot defence
3. Bowling ó A current grip, smooth run up, a balance delivery and follow through
4. Fielding ó stopping and throwing ball, low and high catch.
5. Wicket keeping ó stance, the feet, the hands, gathering the ball.

2) Advance skills :

- i) Types of strokes leg cut, square cut, cover drive, straight drive, on drive, hook shot, pull shot, sweep shout, glance.
- ii) Types of bowling skills ó in swing, out swing, in cutter, out cutter, off break, break googly, bouncer, yorker.

FOOTBALL :**Fundamentals of the game :**

- i) Kicking (with different parts of the Foot- Low, Medium and high ball)
- ii) Receiving (Low ball, medium ball and high ball)
- iii) Heading (forward, backward and side ways)
- iv) Dribbling (Inside of the foot, outside of the foot, combination

- sole dribbling)
- v) Tracking (front block, sliding and shoulder to shoulder)
- vi) Throwing in
- vii) Feinting
- viii) Goalkeepers techniques
- ix) Defensive (Low ball, medium high ball, high flight)
- x) Attacking (attack through hand and attack through leg, low medium and high ball)

VOLLEY BALL :**I) Individuals Skills :**

- i) Service : under hand, side arm, round arm, tennis, float and spin services.
- ii) Receiving ó under hand, over hand
- iii) Passing ó
 - a) As per height low medium and high
 - b) As per direction ó forward, overhead and back

II) Smashing :

- a) Straight arm smash
- b) Wrist smash
- c) Turn and smash
- d) Round arm smash
- e) Tapping

III) Blocking :

- a) Individual block
- b) Group block

IV) Difference :

- i) Dive, Dive & role (forward, back-ward and side-ward) dig. & role.
- ii) **Team Skills :**
 - a) Systems of play 5-1,4-2,6-0
 - b) Attacking ó single, double and triple

HOCKEY:**Fundamental skills :**

- i) Hitting ó Straight, wrong foot, turn around and half reverse hit.
- ii) Stopping ó straight stopping, stopping to the right side and left side, reverse stopping

- iii) Pushing : straight, wrong foot, reverse push
- iv) Flicking : straight, wrong foot , reverse flicking
- v) Scooping : straight and push scooping
- vi) Dribbling:
- vii) Passing : Parallel pass, through pass, return pass
- viii) Tacking: shadow tacking lunge and tackle, fainting, tacking re-verse side tacking.

KABADDI:

1) Skill and Techniques:

a) Speed of Raider –

- i) General requirement cant, dodging, hand and foot movement, eye sight.
- ii) Skills of Attack
 - 1) Use of hand
 - 2) Use of legs - Leg Thrust, side kick, mule kick, round kick.
- iii) Skill of escape - Jump over the anti, Dragging by force, pushing by hand, turning and twisting to release from the ankle hold, breaking the cordon.
- iv) Pushing

b) Skills of Antis :

- i) General skills ó (In combination) role of specific position and flexible movements of antis, covering and chain formation
- ii) Individual skills : Ankle hold and leg lift, waist hold and lift hold, blocking the rider, dashing on the rider, wrist hold.
- iii) Skill in combination: Half moon, full moon trap, double covering trap, driving the rider to lobby.

2) Strategies and moves of attack (Riders)

- i) Pushing
- ii) Pressure Tactics ó deep entry
- iii) Pressure and dash
- iv) Safe entry and defensive play.
- v) Third raid planning

3) Counter strategies (Antis) Defense :

- i) Position and placement of Antis
- ii) Playing at end line
- iii) Corner and third combination

KHO-KHO:

1) Skill of Chasing or Attacking :

- a) Skills of giving and receiving kho (Judgment kho, effective kho)
- b) Technique of perusing and covering the runner.
- c) Technique of making the runner out :
 - 1. use of hand ó taping at the ankle
 - 2. Dive & Touch ó Dive on pati, Running Dive, Angular Dive on pole.
- d) Technique of taking direction ó
 - 1. From sitting position
 - 2. From the square near pole
- e) Effective pursuit

2) Skill of running or defence :

- i) Dodging ó Dodging of the pati, Dodging on the pole.
- ii) Zigzag running play.
- iii) Stepping judgement ó Change of stride
- iv) Running techniques : Single chain, double chain, playing on pati, triple chain, oval play, play in combination.

BADMINTON:

- i) Type of Grips
- ii) Type of services ó toss services, high services, low services
- iii) Stroke for hand drive backhand over, head clear drop shot.
- iv) Single game and double game.

SWIMMING:

Techniques of swimming ó

- i) Free style
- ii) Back style
- iii) Breast stroke
- iv) Butter fly

HAND BALL :**1) Passing :**

- a) Wrist pass
- b) Ground pass
- c) Chest pass
- d) Back pass

2) Shooting :

- a) Jump shot
- b) Standing shot
- c) Running shot
- d) Stay up shot
- e) Dim shot

3) Goal keeping:

- a) Ground
- b) Base
- c) Overhead

4) Dribbling :

- a) High Dribbling
- b) Low Dribbling

5) System of Games

- a) Defense
- b) Offense

TABLE TENNIS :

- i) Counter ó fore hand counter, back hand counter
- ii) Top spin ó fore hand top spin, back hand top spin
- iii) Side spin ó fore hand side spin, back hand side spin, fore hand drive, back hand drive.
- iv) Service ó fore hand top spin, back hand top spin
Fore hand back spin, back hand back spin, fore hand side spin, back hand side spin, high toss service, back hand and fore hand.

ARCHERY :

- i) Breathing and shooting
- ii) Holding the bow
- iii) Fitting the equipment
- iv) Standing position
- v) Target

- vi) Aiming eyes
- vii) Locking the arrow
- viii) Positioning the bow arrow
- ix) Placing the finger on the string
- x) Drawing the bow
- xi) Aiming
- xii) Holding
- xiii) Loosing in to ground
- xiv) Loosing the arrow
- xv) Creating the aim
- xvi) Follow through

THROW BALL :

- i) Service: under arm, over head, side arm.
- ii) Throwing: Throwing with both hands, throwing with single hand, jumping and throw pivoting.

Section II**Athletics****50 marks**

The examination will be conducted as below

- a. Running [Compulsory]: 100/200/800 mtrs. {any one} 10 Marks
The performance of examinee will be taken & converted into marks as per conversion table enclosed.
Appendix I & II.
- b. Only Styles of any 2 events 20 Marks
Long Jump / Triple Jump / High Jump / Pole Vault
- c. Only Styles of any 2 events 20 Marks
Shot put / Discuss / Javelin / Hammer Throw

Teaching Contents:**Long Jump -** i) Hang style

ii) Hick kick (approach, take off, flight, landing)

Hop step and jump or Triple Jump:

- i) Techniques of hop
- ii) Techniques of steps
- iii) Techniques of jump as
- iv) Hang hitch kicks techniques

High jump

- i) Straddle approach (approach take off bar, clearance, landing)
- ii) Fosbury flop (Take off, flight pass, bar clearance, landing)
- iii) Scissors style : (approach, take off, bar clearance, landing)

Pole Vault : grip and carry, run up, plant, take off rock, back pull and turn, clearance.

Shot Put -

- i) Perry -O'Brien Technique
- ii) Disco put Techniques
- iii) Orthodox put Techniques

Discuss :

- (i) Techniques of holding
- (ii) Swing
- (iii) Turn
- (iv) Release of discuss
- (v) Turning techniques

Hammer throwing :

- i) Preliminary swings
- ii) Transition,
- iii) Turn
- iv) Delivery
- v) Recovery

Javeline

Techniques of grips, carry, approach, release, reverse.

Section III**Yoga****50 marks**

Distribution of marks & the examination system is given below.

i) Asan

- a) 3 Asanas as told by Examiners for 5 marks each = 15 marks
- b) 3 Asanas of Students choice for 5 marks each = 15 marks

ii) Kriyas – 3 kriyas**Total 20marks**

- a) One Instrumental Kriya (Candidate Choice) 10 Marks
- b) Two Non Instrumental Kriya (External Choice) 5 Marks each.

Teaching Contents :

- 1) Vrikshasana
- 2) Garudasana
- 3) Yogmudra in Vajarasana
- 4) Swastikasana
- 5) Ushtrasana
- 6) Ardha Matsyendrasana
- 7) Siddhasana
- 8) Gaumukhasana
- 9) Shavasana
- 10) Viprit karni
- 11) Sarvangasana
- 12) Makarasana
- 13) Halasana
- 14) Vakrasana
- 15) Bakasana
- 16) Chakrasana
- 17) Supta vajarasana
- 18) Baddha padmanasana
- 19) Janushirasana
- 20) Utthitha padmasana
- 21) Dhanurasana
- 22) Salbhasana
- 23) Mayurasana
- 24) Shirshasan
- 25) Uttakat Asana
- 26) Tolasana
- 27) Padmasana
- 28) Trikon Asana
- 29) Pachimottanasana
- 30) Matsyasana
- 31) Karnapidasana
- 32) Naukasana
- 33) Bhujang Asana
- 34) Surya Namaskar

KRIYA:**Instrumental Kriya**

- i) Jalneti
- ii) Sutra Neti
- iii) Vaman
- iv) Danda Dhouti
- v) Vastra Dhouti

Non- instrumental kriya

- i) Uddyan
- ii) Agnisar
- iii) Nauli
- iv) Kapalbhathi
- v) Ujjayi Pranayam
- vi) Tratak

Section IV**Wrestling / Judo / Dance (Any 2)****40 Marks**

The examination will be conducted any two events selected by the examinee. Distribution of Marks is as given below:

a) Judo:

2 Hold Examiner Choice	:	10 Marks
2 Hold Candidate	:	10 Marks
Total	:	20 Marks

b) Wrestling:

2 Hold Examiner Choice	:	10 Marks
2 Hold Candidate	:	10 Marks
Total	:	20 Marks

c) Dance :

1 st Dance	:	10 Marks
2 nd Dance	:	10 Marks
Total	:	20 Marks

Dance:

The Dance selected by examinee may be individual or in a group of 5-10 candidates.

Any 2 Dance selected by candidate.

WRESTLING/DANCE**1) Stance**

- a) Square Stance
- b) Cross Stance -
 - i) Right Cross stance
 - ii) Left cross stance
- c) Grip

2) Techniques –

- a) Dasti
- b) Ser Zir A Bagal Dub
- c) Khur Zin taken
- d) Arm Bar
- e) Fine Kamar (Dhak)
- f) One Arm Throw (Dhobi)
- g) Bangadi
- h) Oj Band (Nelson)
- i) Fitle
- j) Ek Dsat Ke Pa (Kalajang)

JUDO:

- i) Stance
- ii) Throwing Techniques standing, foreign throwing techniques.
 - a. O-Goshi (Hip Throw)
 - b. Harai Goshi (Sweeping join)
 - c. Ippon-Seio Nege (one side arm throw)
 - d. SEIONEGE (One side shoulder throw)
 - e. Tai-o-Joshi (Body Drop)
 - f. Uchi Mata (Thigh Throw)
 - g. O-Shoto Gare (Major Quater 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)

Dance : Any 2 Dance**10 Marks Each**

Dance 6 Flock Dance Tipari, various Lok Nritya, Bhangada, Kathak, Kuchipudi, Odissi, Any other recognized Indian classical dances.

Section V**Gymnastic****30 marks**

The examination will be conducted in ground gymnastics and any one apparatus selected by the examinee.

Ground Gymnastic Skills -

- 1) Forward and backward roll from sitting position
- 2) Forward and backward roll from kneeling position.
- 3) Forward and backward roll from saddle position
- 4) Forward and backward roll from stopping position.
- 5) Cart wheel
- 6) Hand stand and forward roll.
- 7) \bar{V} balance, frog balance, Aeroplane balance, \bar{T} Balance.
- 8) Head stand balance
- 9) Dive and roll.

Apparatus Gymnastic:**1) Balancing Beam : (women)**

- a. Walk on toe
- b. Novelty walk
- c. \bar{V} Balance
- d. Saggori Jump
- e. 1800 Turn
- f. Simple dismount
- g. Forward Roll
- h. Simple jump
- i. Knee Balance
- j. Airoplane Balance
- k. \bar{T} Balance

2) Parallel Bar : (Men)

- 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. \bar{L} balance
- j. Change over
- k. Forward roll
- l. Horse riding
- m. Front dismount
- n. Straddle sit
- o. Swings back dismount

3) Vaulting Horse :

- i) jump on jump off
- ii) knee on jump off
- iii) through vault
- iv) split on astride valul
- v) side vault
- vi) hand springs

4) Roman Rings :

- i) Steight arm hand
- ii) Inverted hang
- iii) Reverse hand
- iv) Pull ups/push ups
- v) Forward circle
- vi) Up start
- vii) Dislocation
- viii) Split disamount
- ix) Half/full nest
- x) Short arm balance
- xi) \bar{L} balance
- xii) Reverse plane

5) Pommelled Horse :

- i) Position over the horse
- ii) One leg half circle from both sides
- iii) One leg full circle
- iv) Scissors
- v) Back scissors

- 6) **Uneven Bar :**
- Swings
 - Mounts
 - Hip circle
 - One leg circle
 - Simple dismount

- 7) **Single Bar :**
- Simple swing
 - Belly roll to spright position
 - Short circles
 - Up start
 - Up start to down swing
 - From swing to reverse split dismount

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 |
| | | ô ô ô ô ô ô |
| | Total | 15 Marks |
| | | ô ô ô ô ô ô |
| ii) | Any one Apparatus (Candidate Choice) | |
| | 2 stunts as told by Examiner | 10 Marks |
| | 1 stunt of candidate choice | 5 Marks |
| | | ô ô ô ô ô ô |
| | Total | 15 Marks |
| | | ô ô ô ô ô ô |

Section VI

FORMAL ACTIVITY	30 marks
a. Lezim / Lathi / Dumbells [ANY ONE]	: 5 Marks
b. M.P.T.[Standing 5 marks+ Sitting 5 marks]	: 10 Marks
c. Marching	: 5 Marks
d. Big drum & Side Drum	: 5 Marks
e. Flute	: 5 Marks

Lezim : Ghati Lezim: Char awaz, Ath awaz, Aage Pas, pav chakkar, aadha chakkar, aadhi baithak, puri baithak.

Lathi

- Sidhi Bail
- Ulti Bail
- Sidhi Bail Chal
- Ulti Bail Chal
- Salami
- Do Rukh
- Age Falang
- Phichhe Falang
- Bagal War
- Jangwar
- Beliya Chaumukhi

Dumbells : 8 exercise

- Drill :**
- 8 tables of Standing Mass P.T.
 - 8 tables of Seating Mass P.T.

Marching : The examination will be conducted in a group of 10 to 15 candidates.

Contents -

- Marching ó Ek line bun, Teen line bun, Dehine Saj, Sawdhan, Vishram, Dehine mud, Pichhe mud, Baye mud, khuli line chal, Nikat line chal, kadamtal.
- Tej Chal ó Dahine mud, Bainye mud, pichhe mud, khuli line chal, nikat line, kadam badal, kadmtal, age, badh, samne salute, dahine dekh, samne dekh.
- Dhire chal and tham

Band (Drum, Side drum, Flute)

The examination will be conducted in a group of 3 to 5 candidates. Instruments are flute, Drum and side drum. The contents are as below :

BAND (Drum, Side Drum, Flute)

- National Anthem
- Salute (Salami)
- March past
- Demonstrations of Drills.

Section VII

OPTIONAL : 10 Marks

Malkhamb / Aerobics / wt. Lifting [ANY 1]: 10 Marks

Malkhamb

- i) Malkhamb 10 Marks

Teaching Contents:-

- a) Salami, Sadi Udi, Kandha Udi, Seena Udi, Kamani, Bagal Udi, Bandar Udi, Do hati, Ba-gali Todhi, Ghana Chakkar, Sadha Dasrang
b) Cane Malkhamb

Teaching Contents

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

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

Weight Lifting :

- a) Teaching Contents :
1) Techniques of lift
 a) Snatch
 b) Clean and Jerk
2) Knowledge of weight groups
3) Rules and regulations of weight lifting competition.

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.

AEROBICS:

- a) Rhythmical exercise with counts two four, eight, sixteen and thirty two.
b) Basic turns, jumps leaps with music
c) Choreography with music

The examination will be conducted in a group of 15-20 candidate on any 2 events as mentioned above.

PART III : PRACTICE TEACHING

The candidate will be examined on two lessons in the final Examination. One will be in Physical Education and the other in Specialized field of 100 marks for each lesson. The candidate will take 10 lessons throughout the year (5 Physical education lessons & 5 lessons in Specialised field) The candidate will keep the record of observation made throughout the year.

Model of Score sheet Table No. 1-

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

Roll No.	Lesson Plan 20 Marks	Teaching Ability 35 Marks	Presentation & correction 20 Marks	Personality 10 marks	Students Creativity /Ability 15 marks	Total 100 Marks

Place : _____

Signature of Examiner : _____

Date : _____

It is recommended that there should not be more than four lessons going on simultaneously so that the examiners could minutely observe the lesson. If desirable the number of external examiners may be more with equal number of internal examiners.

Internal Marks : 50 Marks

- a. Physical education lesson =5 lesson of 5 marks each : 25 Marks
b. Specialized field lesson =5 lesson of 5 marks each : 25 Marks

APPENDIX-I

Conversion Table Athletics (Men)

Marks	100 Mtrs. in Sec.	200 Mtrs. in Sec.	800 Mtrs. in Min. & Sec.
10	13.5	26.5	2.40
9.5	13.7	26.7	2.44
9	13.9	26.9	2.46
8.5	14.0	27.1	2.48
8	14.1	27.3	2.52
7.5	14.3	27.5	2.56
7	14.5	27.7	3.00

6.5	14.7	27.9	3.04
6	14.9	28.1	3.08
5.5	15.0	28.3	3.12
5	15.1	28.5	3.16
4.5	15.3	28.7	3.20
4	15.5	28.9	3.24
3.5	15.7	29.1	3.28
3	15.9	29.3	3.32
2.5	16.0	29.5	3.36
2	16.1	29.7	3.40
1.5	16.3	29.9	3.44
1	16.5	30.1	3.46
0.5	16.7	30.3	3.52
0	16.9	30.5	3.56

APPENDIX-II

Conversion Table Athletics(Women)

Marks	100 Mtrs. in Sec.	200 Mtrs. in Sec.	800 Mtrs. in Min. & Sec.
10	16.5	32.0	3.10
9.5	16.7	32.2	3.12
9	16.9	32.6	3.14
8.5	17.0	32.8	3.16
8	17.1	33.0	3.18
7.5	17.3	33.2	3.20
7	17.5	33.4	3.22
6.5	17.7	33.6	3.24
6	17.9	33.8	3.28
5.5	18.0	34.0	3.32
5	18.1	34.2	3.36
4.5	18.3	34.4	3.40
4	18.5	34.6	3.44
3.5	18.7	34.8	3.46
3	18.9	35.0	3.52
2.5	19.0	35.2	3.56
2	19.1	35.4	4.00
1.5	19.3	35.6	4.04
1	19.5	35.8	4.08
0.5	19.7	34.0	4.12
0	19.9	34.2	4.16

APPENDIX-III

Weight lifting Conversion Table

Weight Group in Kilogram	Weight (in Kilogram) & Technique	
	Snatch	Clean & Jerk
40	35	40
45	40	45
50	45	50
55	50	55
60	55	60
65	60	65
70	65	70
80	70	75
90	75	80
100	80	85

Sanction I : Major Game Examination**Score sheet Table No. 1**

Name of the game : _____

Roll No.	Fundamental Skills 10 Marks			Playing Efficiency 10 Marks	Viva 5 Marks	Officiating 5 Marks	Total 30 Marks
	5	5	5				

Place: _____

Date : _____

Signature of Examiner

Score sheet Table No. 2

Name of the game : _____

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

Place : _____

Date : _____

Signature of External Examiner: _____

Signature of Internal Examiner : _____

Score sheet Table No. 3**Final Score Sheet**

Roll No.	First Game 30 Marks	Second Game 30 Marks	Third Game 30 Marks	Total 90 Marks

Place : — — — — —

Date : — — — — —

Signature of External Examiner: _____

Signature of Internal Examiner : _____

Score Sheet Table No. 4

Name of Event : 100 / 200 / 800 Mtrs (any one)

Roll No.	Performance	Marks out of 10

Place : — — — — — Signature of External Examiner: _____

Date : ----- Signature of Internal Examiner : _____

Score Sheet Table No. 5

Name of Event : _____

Roll No.	Style 10 Marks	Total 10 Marks

Place : — — — — —

Date : — — — — —

Signature of External Examiner: _____

Signature of Internal Examiner : _____

Score Sheet Table No. 6**Final Score Sheet for Style's: Jumping / Throwing**

Roll No.	Style for first event 10 Marks	Style for second event 10 Marks	Total 20 Marks

Place : — — — — — Signature of External Examiner: _____

Date : ----- Signature of Internal Examiner : _____

Score sheet Table No. 7**Final Score Sheet Athletics**

Roll No.	Performance Running Event 10 Marks	Style of Jumping event 20 Marks	Stle of Throwing event 20 Marks	Total 50 Marks

Place : — — — — —

Date : — — — — —

Signature of External Examiner: _____

Signature of Internal Examiner : _____

Score sheet Table No. 8**Name of Event : Asans**

Roll No.	3 Asans Examiner Choice 15 Marks			3 Asan Candidates Choice 15 Marks			Total 30 Marks
	5	5	5	5	5	5	

Place : — — — — — Signature of Examiner: _____

Date : -----

Score sheet Table No. 9 : Kriya

Roll No.	Instrumental Kriya 10 Marks	Non Instrumental Kriya 5 Marks	Non Instrumental Kriya 5 Marks	Total 20 Marks

Place : — — — — —

Date : — — — — —

Signature of Examiner : _____

Score Sheet Table No. 10 Consolidation of Asan's & Kriyas

Roll No.	Asans 30 Marks	Kriyas 20 Marks	Total 50 Marks

Place : — — — — Signature of External Examiner: _____

Date : ----- Signature of Internal Examiner : _____

Score sheet Table No. 11**Name of Event : Wrestling / Judo**

Roll No.	2 Holds Examiner Choice 10 Marks		2 Holds Candidates Choice 10 Marks		Total 20 Marks
	5	5	5	5	

Place : — — — — —

Date : — — — — — Signature of Examiner: _____

Score Sheet Table No. 12**Name of Event : Dance**

Roll No.	Total 10 Marks

Score Sheet Table No. 13 Consolidation of Wrestling / Judo / Dance

Roll No.	Wrestling 20 Marks	Judo 20 Marks	Dance 20 Marks	Total 40 Marks

Place : — — — — Signature of External Examiner: _____

Date : ----- Signature of Internal Examiner : _____

Table No. 14 :

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

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

Place : — — — — —

Date : — — — — — Signature of Examiner: _____

Table No. 15 : Consolidation of Marks of Ground Gymnastics & Apparatus Gym.

Roll No.	Ground Gym. 15 Marks	Apparatus Gymnastics 15 Marks						Total 30 Marks
		Pommel led Horse	Parallel Bar	Horiz. Bar	Vaulting Box.	Uneven Bar	Bal. Beam	

Place : — — — — Signature of External Examiner: _____

Date : ----- Signature of Internal Examiner : _____

Table No. 16 : Activity :

Roll No.	Performance / Marks

Place : — — — — —

Date : — — — — — Signature of Examiner: _____

Table No. 17 : Activity : _____

Roll No.	First Examiner	Second Examiner	Total Out of

Place : — — — — —

Date : — — — — — Signature of Examiner: _____

Table No. 18 : Consolidation Sheet of all section of P-II skill
(Final Score Sheet)

Roll No.	Section I Major Games 90 Marks	Section II Athletics 50 Marks	Section III Yoga 50 Marks	Section IV Judo/ Dance/ Wresting 40 Marks	Section V Gymnastic 30 Marks	Section VI Formal Activity 30 Marks	Section VII Optional 10 Marks	Total 300 Marks

Place : — — — — — Signature of External Examiner: _____

Date : ----- Signature of Internal Examiner : _____

Table No. 19
Score Sheet For

- 1) Physical Education lesson
- 2) Lesson on specialized Field

Roll No.	Lesson Plan 20 Marks	Teaching Ability 35 Marks	Presentation & Correction 20 Marks	Personality 10 Marks	Students Creativity /Ability 15 Marks	Total 100 Marks

Place : — — — — —

Date : — — — — —

Signature of Examiner : _____

Table No. 20
Score Sheet for

- 1) Physical Education lesson
- 2) Lesson on specialized Field

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

Place : — — — — —

Date : — — — — —

Signature of External Examiner: _____

Signature of Internal Examiner : _____

Table No. 21
Consolidation Score sheet for 2 lessons

Roll No.	First Lesson 100 Marks	Second Lesson 100 Marks	Total 200 Marks

Place : — — — — —

Date : — — — — —

Signature of External Examiner: _____

Signature of Internal Examiner : _____
