

संत गाडगे बाबा अमरावती विद्यापीठ
SANT GADGE BABA AMRAVATI UNIVERSITY

शिक्षण विद्याशाखा

(Faculty of Education)

अभ्यासक्रमिका

शारीरिक शिक्षण स्नातक परीक्षा २०१३

(सत्र- १ व सत्र -२)

PROSPECTUS

OF

The Examination for the Degree of

Bachelor of Physical Education 2013

(Semester - I & II Examinations of Summer - 2013)



2012

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

Price Rs. /-

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

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

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

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

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

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

Registrar
Sant Gadge Baba Amravati University

PATTERN OF QUESTION PAPER ON THE UNIT SYSTEM.

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

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

DIRECTION

No. : 22/2012

Date : 28/5/2012

Subject: Examinations leading to the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Years Course) (Semester Pattern)

Whereas, Ordinance No. 74 in respect of Examinations leading to the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education is in existence for three years annual course 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 resolved to accept the Semester Pattern Examination System, Revised Schemes of Examinations, Revised Syllabi and accordingly provisions for the Ordinance for the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Years Course) (Semester Pattern), to be implemented from the Academic Session 2012-2013,

AND

Whereas, the Academic Council in its meeting held on 13.1.2012 vide item No. 14 (6) B) R-2 has further resolved to refer the matter to the Ordinance Committee for framing the Ordinance,

AND

Whereas, framing the new Ordinance is time consuming process,

AND

Whereas, the provisions for the Ordinance are to be implemented from the Academic Session 2012-2013,

AND

Whereas, the syllabi and other details for the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Years Course) (Semester Pattern) are to be implemented from the Academic Session 2012-2013 for Semesters I & II examinations, 2013-2014 for Semesters III & IV examinations, and from the Academic Session 2014-2015 for Semesters V & VI examinations,

AND

Whereas, the syllabi of Semester-I & II is required to be printed for the Academic Session 2012-2013,

Now, therefore, I, Dr. Mohan K. Khedkar, Vice-Chancellor of Sant Gadge Baba Amravati University, Amravati 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 may be called, "Examinations leading to the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Years Course) (Semester Pattern), Direction, 2012."

2. This Direction shall come into force ;

- (i) from the Academic Session 2012-2013, for Semesters I & II,
- (ii) from the Academic Session 2013-2014, for Semesters III & IV and
- (iii) from the Academic Session 2014-2015, for Semesters V & VI.

3. (i) The following shall be the examinations leading to the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Years Course) (Semester Pattern) in the faculty of Education.

- (a) The Bachelor of Physical Education Part-I, Term-1 & 2 (B.P.E. Part-I, Sem. I & II) Examinations.
- (b) The Bachelor of Physical Education Part-II, Term-3 (B.P.E. Part-II, Semester- III) Examination.
- (c) The Bachelor of Physical Education Part-II, Term-4 (B.P.E. Part-II, Semester- IV) Examination.
- (d) The Bachelor of Physical Education Final, Term-5 (B.P.E. Final, Semester-V) Examination; and
- (e) The Bachelor of Physical Education Final, Term-6, (B.P.E. Final, Semester-VI) Examination.

- (ii) The period of Academic Session shall be such as may be notified by the University.

4. (i) The theory examinations of Semester-I & II shall be simultaneously conducted by the University at the end of Semester-II in Summer.

- (ii) The examinations of Semester-III, IV, V & VI shall be conducted by the University and shall be held by the end of each semester separately.

- (iii) The main examinations of Semester-III & V and that of Semester- IV & VI shall be held on Winter and Summer respectively.

- (iv) The supplementary examinations for Semester-I & II shall be held in Winter and that of Semester -III & V and Semester-IV & VI in Summer and Winter respectively.

That means the theory examinations of all the Semesters shall be conducted by the University and shall be held as per the schedule.

Sr. No.	Name of the Examination	Main Examination	Supplementary Examination
1	Semester I & Semester II	Summer (Simultaneously)	Winter (Simultaneously)
2	Semester III & Semester V	Winter	Summer
3	Semester IV & Semester VI	Summer	Winter

5. Subject to their compliance with the provisions of this Direction and of other Ordinance in force from time to time, the following person shall be eligible for admission to examinations namely:-
- A student of a college who has prosecuted a regular course of study for not less than one academic year prior to that of examination.
 - A teacher in a educational institution eligible under the provisions of ordinance.
 - Student shall have to produce Medical Fitness Certificate to concerned college before the schedule of Practical Examination.
6. The Student passing H.S.C. Examination with any faculty are eligible.
- English and any optional of the following languages Marathi, Hindi, Urdu, Sanskrit, and Supplementary English.
 - The students passing H.S.C. examination (M.C.V.C. stream) with technical trades are eligible.
 - In the case of Physical Education Part-II, Term-3 & 4 (B.P.E.Part-II Sem-III & IV) Examination, have passed not less than one academic year previously the Physical Education Part-I, Term-1 and 2 (Physical Education Part-I, Sem-I & II) Examinations of the University or an examination recognized as equivalent thereto, and
 - In the case of the Physical Education, Final, Term-5 & 6 (Physical Education Final Sem-V & VI) Examination, have pass not less than one academic year previously the Physical Education Part-II, Term-3 & 4 (Physical Education Part-II, Sem-III & IV) Examinations of the University or any examination recognized as equivalent thereto;
7. Subject to his/her compliance with the provisions of this Direction and other Ordinances (pertaining to Examination in General) in force from time to time, the applicant for admission, at the end of the course of study of a particular semester to an examination specified in column (1) of the table below, shall be eligible to appear at it, if,
- he/she satisfied the condition in the table and the provisions there under.
 - he/she has prosecuted a regular course of study in a college affiliated to the University.

Name of the Exam. to appear	The student should have completed the session / term satisfactory	The student should have passed
1	2	3
B.P.E. Part-I (Sem.-I & II)	Sem. -I & II	Qualifying Examination
B.P.E. -II (Semester-III)	Semester-I & II	One half of the total head prescribed for Sem.-I & Sem.-II examination
B.P.E. -II (Semester-IV)	Semester-III	One half of the total head prescribed for Sem.-I & Sem.-II examination
B.P.E.-III (Semester-V)	Semester-III & IV	(i)Passed the Sem.-I & II examination and (ii) One half of the total head prescribed for Sem.-III & Sem.-IV examination.
B.P.E. -III (Semester VI)	Semester-V	(i)Passed the Sem.-I & II examination and (ii)One half of the total head prescribed for Sem.-III & Sem.-IV examination.

8. Candidate may choose any one language as optional subject in Semester-I, III and V. Medium of Instruction of Examination shall be English, Hindi & Marathi.
9. Syllabus of languages i.e. Marathi, Hindi and English will be same as per B.A. Examination of the University.
10. The Practical Examinations of semesters shall be conducted as per following schedule.

Sr.No.	Semester	Examination
1	Semester I & II	Summer
2	Semester III	Winter
3	Semester IV	Summer
4	Semester V	Winter
5	Semester VI	Summer

11. The scheme of Examination for the Degree of B.P.E. Course shall be as prescribed by the Regulation.

12. Successful examinees at the B.P.E. Final, Term-6 (B.P.E. Final, Sem.-VI) Examination who obtain not less than 60% marks in aggregate of Sem.-I, II, III, IV, V & VI Examinations taken together shall be placed in the First Division, those obtaining less than 60% but not less than 45% in the Second Division, and all other successful examinees in the pass Division.

Explanation :

Division at the Physical Education Final, Term-5 & 6 (B.P.E. Final, Sem.-V & Sem.-VI) Examinations shall be declared on the basis of the marks obtained in the Physical Education Subjects at the Sem.-I, II, III, IV, V, & VI Examinations taken together.

13. There shall be no classification of successful examinees at the Sem.-I to Sem.-V Examinations.
14. An examinee successful in the minimum period prescribed for the examination, obtaining not less than 75% of the maximum marks prescribed in the subject shall be declared to have passed the examination with Distinction in the subject.
15. Provisions of Ordinance No. 18/2001 in respect of 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 shall apply.
16. As soon as possible after the examinations the Board of Examination shall publish a list of successful examinees at the B.P.E. Part-I, Sem.-I & II; B.P.E. Part-II, Sem.-III & IV and B.P.E. Final, Sem.-V & VI examinations. Such list at the B.P.E. Final Examination shall be arranged in three Divisions. The names of the examinees passing the examination as a whole in the minimum prescribed period and obtaining the prescribed number of places in First or Second Division shall be arranged in Order of Merit as provided in the Examinations in General Ordinance No. 6.
17. No Person shall be admitted to B.P.E. Part-I, Sem.-I & II; B.P.E. Part II, Sem.-III & IV and B.P.E. Final Sem.-V & VI Examinations, if he has already passed the corresponding or an equivalent examination of any other Statutory University.
18. Successful Examinees at the B.P.E. Part-I, Term-1 & 2, B.P.E. Part-II, Sem.-III & IV Examinations shall be entitled to receive a Certificate signed by the Registrar and successful examinee at

the end of B.P.E. Final, Term-6 (B.P.E. Final, Sem.-VI) Examination, shall on payment of the prescribed fees, receive a Degree in the Prescribed form, signed by the Vice-Chancellor.

Amravati
Date : 25/5/2012

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

DIRECTION

No. : 23/2012

Date : 6/6/2012

Subject: Schemes of Examinations in respect of the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Years Course) (Semester Pattern) for Semesters I, II, III, IV, V and VI

Whereas, the Academic Council in its meeting held on 13.1.2012 vide item No. 14 (6) B) R-2 has resolved to accept the Semester Pattern Examination System, Revised Schemes of Examinations, Revised Syllabi and accordingly provisions for the Ordinance for the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Years Course) (Semester Pattern), to be implemented from the Academic Session 2012-2013,

AND

Whereas, the Direction No. 22/2012, dated 28.5.2012 has been issued for the Examinations leading to the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Years Course) (Semester Pattern),

AND

Whereas, the Academic Council in its meeting held on 5.5.2012 vide item No. 56 has resolved to accept the correction in the revised Scheme of Examination for Semester - I,

AND

Whereas, the Schemes of Examinations shall be regulated by the Regulation,

AND

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

AND

Whereas, the Schemes of Examinations for Semesters-I & II, III &

IV, and V & VI are to be implemented from the Academic Sessions 2012-2013, 2013-2014 and 2014-2015 respectively,

AND

Whereas, the revised syllabi alongwith the Schemes of Examinations of Semesters-I & II for the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Year Course) (Semester Pattern) is required to be made available for the students who will be admitted in the Academic Session 2012-2013,

Now, therefore, I, Dr. Mohan K. Khedkar, Vice-Chancellor of Sant Gadge Baba Amravati University, Amravati 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 may be called, "Schemes of Examinations in respect of the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Years Course) (Semester Pattern) for Semesters I, II, III, IV, V and VI, Direction, 2012."
2. This Direction shall come into force ;
 - (i) from the Academic Session 2012-2013, for Semesters I & II,
 - (ii) from the Academic Session 2013-2014, for Semesters III & IV and
 - (iii) from the Academic Session 2014-2015, for Semesters V & VI.
3. The Schemes of Examinations for Semesters-I, II, III, IV, V and VI for the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Years Course) (Semester Pattern) shall be as per "Appendix-A" appended with this Direction.

Amravati
Date :2/6/2012

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

The Schemes of Examinations for Semesters-I, II, III, IV, V and VI for the Degree of (शारीरिक शिक्षण स्नातक) Bachelor of Physical Education (B.P.E., Three Years Course) (Semester Pattern)

	Theory	Part-II	Part-III	Total
Semester-I	200	200	—	400
Semester-II	200	200	—	400
Semester-III	200	150	—	350
Semester-IV	200	150	—	350
Semester-V	200	150	100	450
Semester-VI	200	150	100	450
Total	1200	1000	200	2400

SEMESTER-I[Theory]

Subject Code	Theory subjects	Maximum Marks	Maximum Marks-Sessional	Min. Pass Marks	Total	Minimum Aggregate Passing Marks
1A01	Marathi/ Hindi/ English (Optional)	40	10	16	50	20
1A02	Foundations of Physical Education	40	10	16	50	20
1A03	Anatomy	40	10	16	50	20
1A04	Fundamental of Computer and its use in Physical Education	40	10	16	50	20
	Total	160	40	64	200	80

Theory Internal Marks : 10 marks

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

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

11
Semester-I [Practical]

Activity Code	Activities	Max. Marks	Min. Pass Marks
1B01	Major Games:- 1] Kabaddi 2] Basket Ball	60	30
1B02	Athletics:- Sprint, Long jump, Shot Put	30	15
1B03	Yoga:- Asana	30	15
1B04	Wrestling & Dance	40	20
1B05	Gymnastics (Ground)	20	10
1B06	Band and Flute	20	10
	Total	200	100

SEMESTER-II [Theory]

Subject Code	Theory Subjects	Maximum Marks	Maximum Marks-Sessional	Min. Pass Marks	Total	Minimum Aggregate Passing Marks
2A01	Sports Sociology	40	10	16	50	20
2A02	Yoga	40	10	16	50	20
2A03	Kinesiology	40	10	16	50	20
2A04	Health, Hygiene and Sanitation	40	10	16	50	20
	Total	160	40	64	200	80

Theory Internal Marks : 10 marks

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

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

12
Semester-II [Practical]

Activities Code	Activities	Max. Marks	Min. Pass Marks
2B01	Major Games:- 1] Kho-Kho 2] Hand ball	60	30
2B02	Athletics:- Middle distance running, Hop step and jump, Discus	30	15
2B03	Yoga	30	15
2B04	Judo	30	15
2B05	Gymnastics (Apparatus)	25	13
2B06	Drill & Marching	25	12
	Total	200	100

SEMESTER-III [Theory]

Subject Code	Theory Subjects	Maximum Marks	Maximum Marks-Sessional	Min. Pass Marks	Total	Minimum Aggregate Passing Marks
3A01	Marathi/ Hindi/ English (Optional)	40	10	16	50	20
3A02	Sports Psychology	40	10	16	50	20
3A03	Physiology of Exercise	40	10	16	50	20
3A04	Management in Physical Education	40	10	16	50	20
	Total	160	40	64	200	80

Theory Internal Marks : 10 marks

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

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

Semester-III [Practical]

Activity Code	Activities	Max. Marks	Min. Pass Marks
3B01	Major Game:- 1] Foot ball 2]Volley Ball	60	30
3B02	Athletics:- Hurdles, High Jump,Pole vault.	30	15
3B03	Yoga	10	5
3B04	Combative Activities Boxing /Dance	20	10
3B05	Gymnastics (Apparatus)	20	10
3B06	Aerobics	10	5
	Total	150	75

SEMESTER-IV [Theory]

Subject Code	Theory Subjects	Maximum Marks	Maximum Marks-Sessional	Min. Pass Marks	Total	Minimum Aggregate Passing Marks
4A01	Principles and History of Physical Education	40	10	16	50	20
4A02	Basic of Sports Training	40	10	16	50	20
4A03	Recreation	40	10	16	50	20
4A04	Adapted Physical Education	40	10	16	50	20
	Total	160	40	64	200	80

Theory Internal Marks : 10 marks

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

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

Semester-IV [Practical]

Activities Code	Activities	Max. Marks	Min. Pass Marks
4B01	Major Game:- 1] Cricket 2] Table tennis	60	30
4B02	Athletics:- Relay, Hammer Throw, High jump	30	15
4B03	Fitness Management Practical, Note book & Viva	20	10
4B04	Swimming / Adventures sports / Archery	20	10
4B05	Indigenous Activity [Lezim]	10	5
4B06	Aerobics	10	5
	Total	150	75

SEMESTER-V [Theory]

Subject Code	Theory Subjects	Maximum Marks	Maximum Marks-Sessional	Min. Pass Marks	Total	Minimum Aggregate Passing Marks
5A01	Marathi/ Hindi/ English (Optional)	40	10	16	50	20
5A02	Method of Physical Education	40	10	16	50	20
5A03	Remedial and Corrective Physical Education	40	10	16	50	20
5A04	Test and Measurement in Physical Education	40	10	16	50	20
	Total	160	40	64	200	80

Theory Internal Marks : 10 marks

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

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

15
Semester-V [Practical]

Activity Code	Activities	Max. Marks	Min. Pass Marks
5B01	Major Game:- 1] Badminton 2) Tennikoit	60	30
5B02	Major Game:- Officiating [Any two game]	40	20
5B03	Athletics:- Performance	20	10
5B04	Swimming/Weight Lifting	20	10
5B05	Remedial Massage Project	10	5
	Total	150	75

PART – III : PRACTICE TEACHING : 100 Marks

- a) Ten supervised lesson taken throughout the Semester –V: 25 Marks
[Internal]
- b) Lesson on any physical activity – marks 75 [External]

SEMESTER-VI[Theory]

Subject Code	Theory Subjects	Maximum Marks	Maximum Marks-Sessional	Min. Pass Marks	Total	Minimum Aggregate Passing Marks
6A01	Professional Preparation in Physical Education & Sports	40	10	16	50	20
6A02	Educational Technology	40	10	16	50	20
6A03	Officiating and Coaching	40	10	16	50	20
6A04	Environmental Studies	40	10	16	50	20
	Total	160	40	64	200	80

Theory Internal Marks : 10 marks

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

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

16
Semester-VI [Practical]

Activity Code	Activities	Max. Marks	Min. Pass Marks
6B01	Major Game:- 1] Hockey 2] Throw Ball	60	30
6B02	Officiating of Major Game (any two games)	40	20
6B03	Athletics	20	10
6B04	First-Aid Practical Book and Viva	15	8
6B05	Test:- JCR and Harward step test	15	8
	Total	150	76

PART – III : PRACTICE TEACHING: 100 Marks

- a) Ten supervised lesson taken throughout the Semester –VI 25 Marks [Internal]
- b) Lesson on any physical activity – Marks 75 [External]

Syllabus Prescribe for
Examination for the Degree of Bachelor of Physical Education
(w.e.f. the Academic session 2012-13)

B.P.E. SEMESTER – I

(Each theory paper shall be of three hours duration)

PAPER – I

मराठी

अभ्यासक्रमासाठी नेमलेले पाठ्यपुस्तक - वैखरी भाग-१.

विभाग अ : वैचारीक

विभाग ब : ललित

विभाग क : कविता

प्रत्येक विभागावर एक दिर्घोत्तरी प्रश्न

प्रत्येक विभागावर एक लघुत्तरी प्रश्न

विभाग ड : निबंध

निबंध पाठ्यपुस्तकावर आधारित असेल. किमान ४०० शब्दांचा निबंध अपेक्षित.

हिन्दी

- नियोजित पाठ्यपुस्तक - अस्मिता- जयभारती प्रकाशन, इलाहाबाद, यह पुस्तक अध्ययन तथा अध्यापन के लिये निर्धारित की गयी है
- पाठ्यपुस्तक तीन भागों में विभक्त है
 - आधारभूत पाठ्यक्रम
 - भाषागत पाठ्यक्रम
 - पद्यविभाग
- संपूर्ण पाठ्यक्रम निम्न इकाईयों में विभाजीत है
 - प्रथम इकाई- आधारभूत पाठ्यक्रम
 - द्वितीय इकाई- भाषागत पाठ्यक्रम
 - तृतीय इकाई- पद्यविभाग
 - चतुर्थ इकाई- व्यावहारिक भाषा एवं व्याकरण

प्रश्न पत्र का स्वरूप –

- प्रथम इकाई (आधारभूत पाठ्यक्रम)
 - दिर्घोत्तरी प्रश्न (विकल्प के साथ एक प्रश्न)
 - लघुत्तरी प्रश्न (विकल्प के साथ दो प्रश्न)
- द्वितीय इकाई (भाषागत पाठ्यक्रम)
 - दिर्घोत्तरी प्रश्न (विकल्प के साथ एक प्रश्न)
 - लघुत्तरी प्रश्न (विकल्प के साथ दो प्रश्न)

- तृतीय इकाई (पद्यविभाग)
विकल्प के साथ दो प्रश्न
- चतुर्थ इकाई- व्यावहारिक भाषा एवं व्याकरण

सहायक पुस्तक सुची-

- मानक हिन्दी का शुद्धिपरक व्याकरण- डॉ. रमेशचंद्र मेहरोत्रा
- हिन्दी भाषा एवं देवनागरी लिपी- जगतपाल शर्मा, अरुणोदय प्रकाशन, दिल्ली.
- प्रयोजन मूलक हिन्दी- लेखक- डॉ. राकेश कुमार पाराशर, प्रकाशक- राष्ट्रभाषा प्रचार समिती, हिन्दीनगर, वर्धा.
- सामान्य हिन्दी बोधायन - लेखक – डॉ. रामदयाल कोष्टा एवं विजयकुमार सिंघई, प्रकाशक- खन्ना प्रकाशन, जबलपुर.
- हिन्दी रचना प्रबोध - लेखक – डॉ. बच्चूलाल अवस्थी, प्रकाशक- साहित्य भवन प्रा. लि. के.पी. कक्कड रोड, इलाहाबाद -२.
- हिन्दी व्याकरण प्रबोध एवं रचना - लेखक- डॉ. विजय पाल सिंह, जयभारती प्रकाशन, इलाहाबाद.
- प्रयोजनमूलक व्यावहारिक हिन्दी - ओमप्रकाश सिंहल, जगतराम एण्ड सन्स, नयी दिल्ली.

English

Text-I : Prescribed for Detailed Study fast tracks : A Multi-skill course in English (An Anthology of Prose) and Poetry – A course in Reading and writing)

(Edited by the Board of Studies in English and published by Cambridge University Press Pvt. Ltd. for Sant Gadge Baba Amravati University, Amravati)

Contents Preface to the Teachers :

Section-I :

Prose :

- Empowerment of Women –Mrs. Pratibha Devising Patil
- The Lost Child – Mulk Raj Anand (English Today)
- To Know When to say “It’s None of Your Business – Mark McCormack (Reflee)
- The Suitor & Papa – Anton Chekhov (Image of Life)
- Dr. C.V. Raman: The Celebrated Genius (Chainar)
- The Model Millionaire- Oscar Wilde (Reflection)
- History of Chess – Barbara Mack (English for Life-III)
- Uncle Podger Hangs a Picture – Jerome K Jerome (Reflection)

Section-II:**Poetry –**

- 1) Leave this chanting and singing – Rabindranath Tagore (Reflection)
- 2) Gather ye Rosebuds while ye may- Robert Herrick (Reflections)
- 3) The Affliction of Margaret- William Shakespeare (Reflections)
- 4) All the World's a Stage- William Shakespeare (Reflections)
- 5) Mirror-Sylvia Plath (Reflection)
- 6) Punishment in the Kindergarten- Kamala Das (Chinar II).

PAPER – II**FOUNDATIONS OF PHYSICAL EDUCATION****UNIT-I****1. Introduction**

Concept and definition of education and physical education. Terminologies related to physical education. Need and importance of physical education. Place of physical education in Tagore's scheme of education. Modern concept and scope of physical education. Aim and objectives of physical education.

UNIT-II**2. Biological Foundation**

Biological basis of human and biological weakness of human in relation to physical activities. Growth and development – Principles, Stages and Affecting factors. Age and Sex difference and physical activities. Concepts and components of physical fitness wellness and active life style. Somatotypes

UNIT-III**3. Philosophical Foundation**

Meaning of philosophy
Different schools of philosophy applied to physical education

Psychological Foundation

Concept of learning and motor learning
Laws of learning
Learning curve
Psychological factors influencing motor learning

UNIT-IV**4. Sociological Foundation**

Concept of social institutions and socialization
Sports as social institution and their influence on society.
Games and sports as Man's cultural heritage
Role of games and sports in National and international integration

UNIT-V**5. Historical foundation**

Historical development of physical education and sports in India.
Ancient period
Pre independence period
Post independence period
The Olympic movement
Ideal motto, oath and goals of Olympics
Ancient Olympic games
Modern Olympic games
Brief historical background of the National, Asian, Commonwealth and SAF Games.

REFERENCES:

- Williams J.F. - Principles of Physical Education
- Bucher C.A. – Foundations of Physical Education
- Barrow H.M. – Man and Movement
- Singer Robert – Foundation of Physical Education
- Freeman – Physical Education in Changing Society.
- Howell – Foundation of Physical Education, Friend publication, New Delhi.

**PAPER – III
ANATOMY****UNIT-I****1. Introduction and structural organization of human body :**

Introduction
Meaning and concept of anatomy
Need and importance of the knowledge of anatomy in the field of physical education
Levels of Organization of Human Body :
Definition of Cell, Tissue, Organ and System
Microscopic structure, composition and function of cell.
Essential properties of living organism

UNIT-II**2. Muscle & Skeletal System :**

Skeleton
Different parts of Human skeleton.
Types of Bones.
Joints
Joint's Nomenclature and classification
Names of the Movements around joints.

Muscles
Structure and function of skeletal muscles
Names of Major muscles of different parts of Body

UNIT-III

3. Cardio-respiratory, Digestive and Excretory system :

- A] Circulatory system :
Anatomical position and gross structure of the heart
Systemic and pulmonary circulation
Blood vessels – Artery, Vein and Capillaries
Respiratory System :
Meaning of External and internal respiration
Organs of respiration
Structure of Lungs
- B] Digestive System :
Parts of Digestive Tract, structure and function in brief.
Steps of digestion
Digestive glands structure and function
- C] Excretory system :
Routes of excretion from human body
Organs of Urinary system
Structure and function of Kidney.

UNIT-IV

Neuro Humoral and Reproductive System :

- A] Nervous system :
Structural and functional divisions of nervous system.
Sensory motor nervous system
Parts of Brain
Structure and functions of spinal cord/
Sense organs eyes, ears and skin.
- B] Endocrine system :
Names, location and functions of Pituitary Gland, Thyroid gland, Adrenal Gland, Pancreas

UNIT – V

Reproductive system :

Primary and secondary male and female reproductive system
Testes and Ovary.

REFERENCES:

- Astrend, P.O. and Rodahl Karre, Text Book of Work physiology, Tokyo : McGraw-Hill Kogakusha Ltd.
- Bourne, Geoffrey H. The structure and function of muscles, London Academic Press (1973)
- Chaurasia B.D. Human Anatomy Regional and applied (CBS publisher and Z distributors, 1979)
- Guybon, Arthur C. Text book of medical physiology (Philadelphia W.B. Saunder Company, 1976)
- James C. Clouch, fundamental Human anatomy (Lea and Febiger Philadelphia, 1971)
- Caprovich, P.V. and Sinning. Wayne E. Physiology of Muscular Activity (Philadelphia : W.B. Saunders, 1976), 7th Edition.
- Mathew, D.K. and Fox E.L. Physiological Basis of Physical education and Athletics (Philadelphia. W.B. Saunders Company, 1976)
- Morehouse, I.E. Miller, A.T. Physiology of Exercise (St. Louis The C.V. Mosby Company, 1976) 7th Edition.
- Pears evelyr C. Anatomy and Physiology for Nurses (London Faber & Faber Ltd. 1929)
- Perrot J.W. Anatomy for students and physical education, London Adward Arnold and Co. 1967).
- Waruida, Roger and Williams, Peter L. Gray's Anatomy (London : Longmans Group Ltd. 1973)

PAPER –IV

FUNDAMENTAL OF COMPUTER AND ITS USE IN PHYSICAL EDUCATION

UNIT-I

1. Introduction to Computers

Brief history of development of computers
Generations of computers
Types of components of a computer system
Basic components of a computer system
Memory RAM – ROM, and other types of memory.
Operating system
Need of software, types of software
Types of virus, virus detection and prevention
Binary number system

UNIT-II**2. Introduction to Windows**

Using mouse and moving icons on the screen.

My computer, recycle bin, status bar.

Start menu selection, running an application

Window explorer to view files, folders and directories, creating and renaming of files and folders. Operating and closing of different windows, minimize, restore and maximize forms of windows.

Basic components of a window : Desktop, frame, Title bar, menu bar, status bar, scroll bars, using right button of the mouse.

Creating shortcut, basic windows accessories: power point presentation, notepad, paint, calculator, word pad, using clipboard.

UNIT-III**3. Introduction to Ms-office and word processor**

Types of word processor

Creating and saving a documents, editing and formatting document including changing colour, size font, alignment of text.

Formatting paragraphs with line or paragraph spacing adding headers and footers, numbering pages.

Using grammar and spell check utilities, etc. printing document.

Inserting word art, clipart and pictures.

Page setting, bullet and numbering, borders, shading format painter find and replace.

Inserting tables, mail merge.

UNIT-IV**4. Introduction to information and communication technology**

Concept, importance, meaning and nature of information and communication technology.

Need of information and communication technology in physical education

Scope of ICT in education and physical education

Teaching learning process, publication, evaluation, research administration.

Paradigm shift in education due to ICT content with special reference to curriculum.

Role to teacher, methods of teaching, classroom environment, evaluation procedure.

UNIT-V**5. Introduction to Internet Browsing**

Internet : Evolution, Protocols, interlace concepts.

Internet Vs intranet, Growth of internet, ISP

Connectivity dial up, leased line, VSAT etc. URLs' Domains names.

Application, E-mail, concepts, POP and WEB based E-mail, merits address, Basics of sending and receiving, E-mail, protocols, Mailing list free e-mails services.

REFERENCES:

- ITL Education solution ltd. Introduction to information technology research and development wing-2006.
- Simmons lan, computer dictionary BPB publications-2005.
- Pradeep K. Sinha and Prit; Sinha foundations computing BFB publications-2006.
- Douglas E. Comer, The internet Book, Purduce University, West Lafayette in 2005.
- V. Rajarman, fundamentals of computers, prentice hall of India, New Delhi-2000.
- B. Ram, Computer fundamentals, New age international publishers 2006.
- S. Jaiswal Galgotia publication Pvt. Ltd. I.T. (Today) revised Edi. 2004.
- Pradeep K. Sinha, Priti Sionha, B.P.B. publication company fundamental, 3rd Edi. 2005.
- B. Ram, New Age international publication, computer fundamental, 3rd edition-2006.
- Sanjay saxena, Vikas publication house, Pvt. Ltd. Microsoft office for ever one, second edition-2006.
- Brain unders IDG book, India(p) Ltd. Teach Yourself Office 2000, fourth edition 2001.
- Heidi Steel Low Price Edition, Microsoft Office, Word 2003-2004.
- Rebecca Bridges Altman Peachpit Press. Power point for window 1999.
- Alexandria Haddad Tech media publication, Microsoft Power point 2000, Ed.1999.
- Douglas E. Corner low price edition. The Internet Book, Third Edition 2005.
- Tom Badyet IDG book, India, Microsoft power point 2000.
- Shashank Jain & Satish Jain, B.P.B. publication 'O' level internet and web design, edition 2003.

**PART - II
SKILLS**

Examination system and distribution of marks. Activities of the examination are grouped in the following sections and contents of each activity of examination are also given below with its procedure and system of Examination.

Major Game 60 Marks	Athletic 30 Marks	Yoga 30 Marks	Wrestling & Dance 40 Marks	Gymnastic 20 Marks	Band & Flute 20 Marks	Total 200 Marks

SECTION – 1

MAJOR GAMES

60 marks

System of Examination :

The examination will be conducted in Two Games – 30 Marks each.

- 1) Basket ball
- 2) Kabaddi

Distribution of marks for game examination is given below :

- 1) Fundamental skill – 5 skills for 3 marks each = 15 Marks
- 2) Game Performance – 10 Marks
- 3) Practical Book - 5 Marks

Total 30 Marks

Section I : Major Game Examination

Score sheet Table No. 1:

Name of the game :

Roll No.	Fundamental Skills 15 Marks					Game Performance 10 Marks	Practical Book 5 Marks	Total 30 Marks
	3	3	3	3	3			

Place : _____ Signature of Examiner : _____

Date : _____

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 : _____ Signature of External Examiner: _____

Date : _____

Signature of Internal Examiner: _____

Section I : Major Game : Final Score sheet :Table No. 3

Roll No.	First Game 30 Marks	Second Game 30 Marks	Total 60 Marks

Place : _____ Signature of External Examiner: _____

Date : _____

Signature of Internal Examiner: _____

The contents of each games are as following –

- a. Brief history of game
- b. Measurement and preparation of the field.
- c. Fundamental skills
- d. Lead up games
- e. Rules of the game
- f. Record and awards
- g. Officials

BASKETBALL :

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

KABADDI :

1) Skill and Techniques:

- a) Speed of Rider –
 - 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 – (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 –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

SECTION - 2

ATHLETIC (Techniques)

30 Marks

Each activity carries 10 marks

- 1) **Sprints:**
 - i) Fundamental skills and techniques of sprints
 - ii) Types of Starts
 - iii) Types of finishes
 - iv) Use of starting blocks, operation of stop watches & gun
- 2) **Long Jump -**
 - i) Hang style,
 - ii) Hick kick (approach, take off, flight, landing)
- 3) **Shot Put -**
 - i) Perry ‘O’ Brien Technique
 - ii) Disco put Techniques
 - iii) Orthodox put Techniques

Score sheet Table No. 4:

Name of Event : _____

Roll. No.	Technique / Style 10 Marks	Total 10 Marks

Place : _____ Signature of External Examiner: _____

Date : _____
Signature of Internal Examiner: _____

Score sheet Table No. 5 : Final Score sheet Athletics

Roll No.	Style of First Event 10 Marks	Style of Second Event 10 Marks	Style of Third Event 10 Marks	Total 30 Marks

Place : _____ Signature of External Examiners: _____

Date : _____
Signature of Internal Examiners: _____

SECTION – 3

YOGA (Asana)

30 Marks

The examination will be conducted in Asanas as follows :

- 1. Three Asanas as told by examiners - 5 marks each
- 2. Three Asanas of candidates choice – 5 marks each

Score sheet Table No. 6:

Name of Event : Asans

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

Place : _____ Signature of Examiner : _____

Date : _____

Score sheet Table No. 7

Name of the event : _____

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

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

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

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) Uttakat Asana
- 15) Tolasana
- 16) Padmasana
- 17) Trikon Asana
- 18) Pachimottanasana
- 19) Matsyasana
- 20) Karnapidasana
- 21) Naukasana
- 22) Bhujang Asana
- 23) Surya Namaskar

SECTION – 4

1) The content of the activities are given below :

WRESTLING & DANCE**40 Marks****WRESTLING****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)

3) Dance – Folk dance, Tipari, various lok nritya, bhangada

The examination of wrestling and dance will be conducted as per following

Wrestling

1. Three holds as told by examiners - 5 marks each
2. Three holds of candidates choice – 5 marks each

Name of Event : Wrestling : Table No. 8:

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

Place : _____

Signature of Examiner : _____

Date : _____

Score sheet Table No. 9

Name of the event : _____

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

Place : _____ Signature of External Examiner: _____

Date : _____
Signature of Internal Examiner: _____**Dance**

Any one folk dance of candidate

Choice in a group of 5 to 10 candidates 10 marks

Score sheet Table No. 10:**Name of Event : Dance**

Roll. No.	Total 10 Marks

Place : _____ Signature of Examiner : _____

Date : _____

Score sheet Table No.11

Name of the event : _____

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

Place : _____ Signature of External Examiner: _____

Date : _____
Signature of Internal Examiner: _____**Score sheet Table No. 12:****Final Score Sheet Wrestling & Dance**

Roll No.	Wrestling 30 Marks	Dance 10 Marks	Total 40 Marks

Place : _____ Signature of External Examiners: _____

Date : _____
Signature of Internal Examiners: _____**SECTION – 5****GROUND GYMNASTICS****20 Marks**

The examination will be conducted in ground Gymnastics.

The distribution of marks and examination system is given below :

Ground Gymnastics

Three stunts as told by examiners - 4 marks each

Two stunts of candidates choice - 4 marks each

Name of Event : Ground Gymnastic,**Table No. 13:**

Roll No.	3 Stunts Examiner Choice 12 Marks			2 Stunts Candidates Choice 8 Marks		Total 20 Marks
	4	4	4	4	4	

Place : _____ Signature of Examiner : _____

Date : _____

Score sheet Table No. 14**Name of the event :** _____

Roll No.	First Examiner 20 Marks	Second Examiner 20 Marks	Total 40 Marks	Out of 20 Marks

Place : _____ Signature of External Examiner: _____

Date : _____
Signature of Internal Examiner: _____

The contents of ground gymnastic are given below.

Skills -

- i. Forward and backward roll from sitting position
- ii. Forward and backward roll from kneeling position.
- iii. Forward and backward roll from saddle position
- iv. Forward and backward roll from stopping position.
- v. Cart wheel
- vi. Hand stand and forward roll.
- vii. 'V' balance, frog balance, Aeroplane balance, 'T' Balance.
- viii. Head stand balance
- ix. Dive and roll.

SECTION – 6

Band & Flute

20 Marks

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 of each activity are as given below :

BAND (Drum, Side Drum, Flute)

- a) National Anthem
- b) Salute (Salami)
- c) March past
- d) Demonstrations of Drills.

Score sheet : Table No.:15

Roll. No.	Big Drum 5 Marks	Side Drum 5 Marks	Flute 10 Marks	Total 20 marks

Place : _____

Signature of Examiner : _____

Date : _____

Score Sheet: Table No.:16

Consolidation Score sheet Band & Flute :

Roll No.	First Examiner 20 Marks	Second Examiner 20 Marks	Total 40 Marks	Out of 20 Marks

Place : _____ Signature of External Examiner: _____

Date : _____

Signature of Internal Examiner: _____

Final Score Sheet : Part 2 Skill : Table No.:17

Roll No.	Major Game 60 Marks	Athletic 30 Marks	Yoga 30 Marks	Wrestling & Dance 40 Marks	Gymnastic 20 Marks	Band & Flute 30 Marks	Total 200 Marks

Place : _____ Signature of External Examiner: _____

Date : _____

Signature of Internal Examiner: _____

**B.P.E. SEMESTER – II
PAPER – I
SPORTS SOCIOLOGY**

UNIT-I

1. Concept of Sociology

- 1.1 Meaning, nature and scope of sociology
- 1.2 Methods of sociology and their relationship with other social sciences.
- 1.3 Effect of various social forces on personality development.
- 1.4 Sport – medium of socio-cultural change.

UNIT-II

2. Introduction to sports sociology

- 2.1 Meaning and scope of sports sociology
- 2.2 Sports sociology as a discipline
- 2.3 Sports as a social occurrence
- 2.4 Effect of appearance, sociability and specialization on sport participation

UNIT-III

3. Sports and society

- 3.1 Socialization through games and sports
- 3.2 Recreation and its scope through games and sports.
- 3.3 Sport as an element of society
- 3.4 Sport as an element of cultural development
- 3.5 Sport as an art.

UNIT-IV

4. Social factors concerning sports in society

- 4.1 Social stratification in sports
- 4.2 Demonstration in sports

- 4.3 Sport and women
- 4.4 Sport and children
- 4.5 Sport and older adults

UNIT-V**5. Sport and social system**

- 5.1 competition and co-operation
- 5.2 sport and politics
- 5.3 sport and economy
- 5.4 Sports and National/International brotherhood.

REFERENCES:

- Sharma, S.R., Sociological foundation in physical education and sports, friends publication, New Delhi.
- Singh, Kawaljeet, Sociology of sports, Friends publication, New Delhi.
- Sing, Bhupinder, Sports Sociology-An Indian perspective, Friends publication, New Delhi.
- Yobu, A, Sociology of Sports, Friends publication, New Delhi.

PAPER – II
YOGA

UNIT – I

- 1.1 Yoga-Meaning concept, Mis-conceptions about Yoga-Relationship with physical education.
- 1.2 Historical Background of yoga-yogic practices.

UNIT-II

- 2.1 Yoga as a discipline of life mode of living, cuits of yoga (only central ideas)
 - 2.1.1 Raj Yoga
 - 2.1.2 Bhakti Yoga
 - 2.1.3 Karm Yoga
 - 2.1.4 Gyna Yoga
- 2.2 Hatha yoga philosophy.

UNIT-III

- 3.1 Astanga Yoga with special reference to –
 - 3.1.1 Yamas
 - 3.1.2 Niyams
 - 3.1.3 Asanas
 - 3.1.4 Pranayams ; Types of Asanas and Pranayams.
- 3.2 Shat Karma-Personal hygiene of Yoga – Six purifactory methods of yoga-Neti, Dhauti, Vasti, Nauli, Gajkarni, Kunja.

UNIT-IV

- 4.1 Bandhas, Mudras and Chakras of Yoga
- 4.2 Recent advances in Yoga Education; Yoga as a Science

UNIT-V

- 5.1 The therapeutic values of Yogic practices
- 5.2 Corrective values of Yogic Practices

REFERENCES :

- Asanas & Pranayams – Swami Kuvalayananda.
- Yoga Personal Hygiene- Shir Yogendra
- Yogic Exercises by the Fit and the Ailing – S. Muzumdar
- Yogic Asanas for Health and Vigour – Dr. Role
- Hath Yoga : Goswami, S.S.
- Raj Yoga- Swami Vivekanand
- Bhakti Yoga – Swami Vivekanand.

PAPER – III
KINESIOLOGY

UNIT-I**1.1 Introduction to Kinesiology**

- 1.1.1 Definition
- 1.1.2 Objectives of Kinesiology
- 1.1.3 Role of Kinesiology in Physical education

1.2 Fundamental concepts of following terms with their application to the human body.

- 1.2.1 Axes and planes
- 1.2.2 Center of Gravity
- 1.2.3 Line of Gravity

UNIT-II**2.1 Anatomical and Physiological fundamentals**

- 2.1.1 Classification of joints and muscles
- 2.1.2 Terminology of fundamental movements.
- 2.1.3 Types of Muscle contractions
- 2.1.4 Angle of Pull

2.2 Kinesiology of Joints

- 2.2.1 Two joints muscles
- 2.2.2 Roles in which muscles may act.

UNIT-III**3.1 Upper Extremity**

- 3.1.1. Major characteristics of joints
- 3.1.2 Location and action of major muscles acting at the following joints
 - 3.1.2.1 Shoulder
 - 3.1.2.2 Elbow
 - 3.1.2.3 Wrist

3.2 Lower Extremity

- 3.2.1 Major characteristics of joints
- 3.2.2 Location and action of major muscles acting at the following joints :
 - 3.2.2.1 Hip
 - 3.2.2.2 Knee
 - 3.2.2.3 Ankle and Foot

UNIT-IV**4. Application of Mechanical Concepts**

- 4.1 Motion
 - 4.1.1 Definition
 - 4.1.2 Newton's Laws of Motion
 - 4.1.3 Application to sports activities
- 4.2 Force
 - 4.2.1 Definition
 - 4.2.2 Magnitude of force
 - 4.2.3 Direction of application of force
 - 4.2.4 Application to sports activities
- 4.3 Equilibrium
 - 4.3.1 Definition
 - 4.3.2 Major factors affecting equilibrium
 - 4.3.3 Role of equilibrium in sports
- 4.4 Lever
 - 4.4.1 Definition Lever
 - 4.4.2 Types of Lever
 - 4.4.3 Application of Human body

UNIT V**5.1 Analysis of Locomotion**

- 5.1.1 Walking
- 5.1.2 Running

5.2 Kinesiology in Daily living

- 5.2.1 Lifting
- 5.2.2 Carrying
- 5.2.3 Catching
- 5.2.4 Falling
- 5.2.5 Landing

REFERENCES:

- Broer, M.R. Efficiency of Human movement (Philadelphia : W.B. Saunders Co., 1966)
- Bunn, John W. Scientific Principles of Coaching (Engle Wood Cliffs: N Prentice Hall Inc., 1966)
- Duvall, E.N. Kinesiology (Engle wood cliffs : N.J. Prentice Hall Incl. 1956)
- Rasch and Burke, Kinesiology and Applied Anatomy (Philadelphia : Lea and Fibger 1967)
- Scoot M.G. Analysis of Human Motion, New York.
- Wells, K.P. Kinesiology (Philadelphia : W.B. Saunders Co. 1966)
- Cooper, John M. and Glassgow, R.B. Kinesiology (St. Louis C. McSby Co., 1963)
- Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication in 2005)
- Uppal A.K. Lawrence Mamta MP Kinesiology (Friends publication India 2004).

PAPER-IV**HEALTH, HYGIENE AND SANITATION****UNIT-I**

Health, Concept of health, Personal health, Care of eyes, Ears, Mouth, Skin, Hair, Clothing, Rest, Exercise, Relaxation and sleep, Care of surroundings.

Diet and nutrition air, ventilation, beverages, alcohol, narcotics, smoking their effect on health.

UNIT-II

2.1 First aid (1) outline and scope of first aid, (2) Dressing and bandages with practical instruction, (3) asphyxia, (4) shock, its causes and treatment.

- 2.2 Methods of artificial respiration (2) common causes of practical instruction.

UNIT-III

- 3.1 Various types of wounds and hemorrhages with general rules of treatment and practical instruction (2) The symptoms, types and general treatment of fractures and other injuries to the joints and muscles of human body.
- 3.2 General rules of treatment for –
- 3.2.1 Poisoning by administering antidotes
- 3.2.2 Burns and scalds

UNIT-IV

- 4.1 Foreign matter under the skin, eyes, ears etc.
- 4.1.1 Snake bite
- 4.2 The carrying of injured persons and
- 4.2.1 Common athletic injuries

UNIT-V

- 5.1 Hygiene and sanitation, problems of water supply, food stuffs, air and ventilation.
- 5.2 Disposal of refuse Dumping conservancy and water carriage system.

REFERENCES:

- Hand book of Hygiene and public health Y.P. Bedi.
- The school Hygiene service by Leff Vera and Leff.S.
- A text book of health education Denis Priries and A.J. Dalzeltward.
- Health education- Dr. S.P. Chaubey.
- Health Education and Hygiene – B.C.Rai
- Anatomy physiology for Nurses by Evely Pearce.
- (Furmeaus's) Human Physiology, Edited by William A.M. Smart.
- First Aid John Ambulance.

PART - II
SKILLS

Examination system and distribution of marks. Activities of the examination are grouped in the following sections and contents of each activity of examination are also given below with its procedure and system of Examination.

SECTION – 1**MAJOR GAMES (2)****60 marks****System of Examinations:**

The examination will be conducted in Two games –

Hand ball
Kho-Kho

Distribution of marks for game examination is given below :

- | | | | |
|----|-------------------|-----------------------------|------------|
| 1) | Fundamental skill | – 5 skills for 3 marks each | = 15 Marks |
| 2) | Game Performance | – | 10 Marks |
| 3) | Practical Book | — | 5 Marks |

Total 30 Marks

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

Name of the game : _____

Roll No.	Fundamental Skill 15 Marks					Game Performance 10 Marks	Practical Book 5 Marks	Total 30
	3	3	3	3	3			

Place : _____

Signature of Examiner : _____

Date : _____

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

Date : — — — — —

Signature of Internal Examiner: _____

Section I : Major Game : Final Score sheet :Table No. 3

Roll No.	First Game 30 Marks	Second Game 30 Marks	Total 60 Marks

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

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

The contents of each games are as following –

- a. Brief history of game
- b. Measurement and preparation of the field.
- c. Fundamental skills
- d. Lead up games
- e. Rules of the game
- f. Record and awards
- g. Officials

1) 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

2) KHO-KHO :**1) Skill of Chasing or Attacking :**

- i. Skills of giving and receiving kho (Judgment kho, effective kho)
- ii. Technique of perusing and covering the runner.
- iii. Technique of making the runner out :
 1. use of hand – taping at the ankle
 2. Dive & Touch – Dive on pati, Running Dive, Angular Dive on pole.
- iv. Technique of taking direction –
 1. From sitting position
 2. From the square near pole
- v. Effective pursuit

2) Skill of running or defence –

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

SECTION – 2**ATHLETIC (Techniques)****30 Marks****Each activity carries 10 marks****1) Middle distance running :**

- i) Fundamental skills and techniques of middle distance
- ii) Types of Starts
- iii) Types of finishes
- iv) Use of starting blocks, operation of stop watches & gun

2) Hop step and jump :

- 1) Techniques of hop,
- 2) Techniques of steps
- 3) Techniques of jump as
- 4) Hang hitch kicks techniques

3) **Discuss :**

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

Score sheet Table No.4:

Name of Event : _____

Roll. No.	Technique / Style 10 Marks	Total 10 Marks

Place : _____ Signature of External Examiner: _____

Date : _____

Signature of Internal Examiner: _____

Score sheet Table No. 5 : Final Score sheet Athletics

Roll No.	Style of First Event 10 Marks	Style of Second Event 10 Marks	Style of Third Event 10 Marks	Total 30 Marks

Place : _____ Signature of External Examiner: _____

Date : _____

Signature of Internal Examiner: _____

SECTION – 3**YOGA****30 marks**

The examination will be conducted asan and kriya

Asan – 20 marks**Kriya – 10 marks****Asan**

Two Asanas as told by examiners - 5 marks each

Two Asanas of candidates choice - 5 marks each

Kriya

1) One kriya told by examiner - 5 marks

2) One kriya of candidate choice - 5 marks

Score sheet: Table No. 6:Name of Event : **Asans**

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

Place : _____

Signature of Examiner : _____

Date : _____

Score sheet Table No. 7

Consolidation Score sheet : _____

Roll No.	First Examiner 20 Marks	Second Examiner 20 Marks	Total 40 Marks	Out of 20 Marks

Place : _____ Signature of External Examiner: _____

Date : _____

Signature of Internal Examiner: _____

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

Roll. No.	Examiner Choice 5 Marks	Candidates Choice, 5 Marks	Total 10 Marks

Place : _____

Signature of Examiner : _____

Date : _____

Score Sheet: Table No.:9

Consolidation Score sheet :

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

Place : _____ Signature of External Examiner: _____

Date : _____

Signature of Internal Examiner: _____

Section : Final Score sheet : Yoga :**Table No. 10:**

Roll. No.	Asan 20 Marks	Kriya 10 Marks	Total 30 Marks

Place : _____ Signature of External Examiner: _____

Date : _____
Signature of Internal Examiner: _____**ASANA:**

- i) Vatayanasana
- ii) Bakasana
- iii) Yogmudra in vajrasana
- iv) Supta vajarasana
- v) Baddha padmanasana
- vi) Janushirasana
- vii) Utthitha padmasana
- viii) Dhanurasana
- ix) Salbhasana
- x) Mayurasana
- xi) Shirshasan

KRIYA:**Instrumental Kriya**

- i) Jalneti
- ii) Sutra Neti
- iii) Vaman
- iv) Danda Dhauti

Non- instrumental kriya

- i) Uddyan
- ii) Agnisar
- iii) Nauli
- iv) Kapalbhathi

SECTION-4**The examination of judo will be conducted as per following: 30 marks**

- 3 hold as told by examiner – 5 marks each
3 hold of candidate choice – 5 marks each

Name of Event : Judo : Table No. 11:

Roll No.	3 Holds, Examiner Choice 15 Marks			3 Holds Candidates Choice 15 Marks			Total 30 Marks
	5	5	5	5	5	5	

Place : _____ Signature of Examiner : _____

Date : _____

Score sheet Table No. 12

Consolidation Score sheet:

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

Place : _____ Signature of External Examiner: _____

Date : _____

Signature of Internal Examiner: _____

The contents of the activity of below :**JUDO :**

- i) Stance
- ii) Throwing Techniques standing, foreign throwing techniques.
 1. O-Goshi (Hip Throw)
 2. Harai Goshi (Sweeping join)
 3. Ippon-Seio Nege (one side arm throw)
 4. SEIONEGE (One side shoulder throw)
 5. Tai-o-Joshi (Body Drop)
 6. Uchi Mata (Thigh Throw)
 7. O-Shoto Gare (Major Quter Reeping throw)
 8. O-Uchi Gare (Major inner Reeping throw)

- iii) Ground Technique (Score held)
- Kasha Gatame (side four quarter hold)
 - Yokeseo Gatame (Upper four quarter hold)
 - Kata Gatame (shoulder hold)
 - Kamaseo Gatame (Upper four quarter hold)
 - Hadaka Jama (Neck Chock)

SECTION – 5

GYMNASTICS

25 marks

The distribution of marks and examination system is given below :

Apparatus Gymnastics

- Three stunts as told by examiners - 5 marks each
Two stunts of candidates choice - 5 marks each

Table No. 13:

Name of Gymnastic apparatus : _____

Roll No.	3 stunts Examiner Choice 15 Marks			2 stunts Candidates Choice 10 Marks		Total 25 Marks
	5	5	5	5	5	

Place : _____

Signature of Examiner : _____

Date : _____

Score sheet Table No. 14

Consolidation Score sheet :

Roll No.	First Examiner 25 Marks	Second Examiner 25 Marks	Total 50 Marks	Out of 25 Marks

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

Date : — — — — —

Signature of Internal Examiner: _____

Contents :

1) Balancing Beam : (women)

- Walk on toe
- Novelty walk
- 'V' Balance

- Saggori Jump
- 1800 Turn
- Simple dismount
- Forward Roll
- Simple jump
- Knee Balance
- Airopplane Balance
- 'T' Balance

2) Parallel Bar : (Men)

- Straight arm rest
- Bend arm rest
- Bend arm single march
- Bend arm double march
- Straight arm single march
- Straight arm double march
- Shoulder balance
- Side rest on the bar
- 'L' balance
- Change over
- Forward roll
- Horse riding
- Front dismount
- Straddle sit
- Swings back dismount

SECTION – 6

Drill & Marching :

25 marks

Marching :

The examination will be conducted in a group of 8 to 12 candidates & maximum contents should be covered in the exam.

Contents -

- Marching – 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 – Dahine mud, Bainye mud, pichhe mud, khuli line chal, nikat line, kandam badal, kadmtal, age, badh, samne salute, dahine dekh, samne dekh.
- Dhire chal and tham.

Drill :

M.P.T.[Standing 5 marks+ Sitting 5 marks] : 10 Marks

1. 8 tables of Standing Mass P.T.
2. 8 tables of Seating Mass P.T.

Score sheet Table No. 15:

Name of Event : Marching

Roll. No.	Total 10 Marks

Place : _____ Signature of Examiner : _____

Date : _____

Score Sheet: Table No.:16

Consolidation Score sheet:

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

Place : _____ Signature of External Examiner: _____

Date : _____ Signature of Internal Examiner: _____

Score sheet Table No.17:

Name of Event :

Roll. No.	Standing M.P.T 8 Marks

Place : _____ Signature of Examiner : _____

Date : _____

Score Sheet: Table No.:18

Consolidation Score sheet :

Roll No.	First Examiner 8 Marks	Second Examiner 8 Marks	Total 16 Marks	Out of 8 Marks

Place : _____ Signature of External Examiner: _____

Date : _____ Signature of Internal Examiner: _____

Score sheet Table No. 19:

Name of Event : _____

Roll. No.	Seating M.P.T 7 Marks

Place : _____ Signature of Examiner : _____

Date : _____

Score Sheet: Table No.20:

Consolidation Score sheet:

Roll No.	First Examiner 7 Marks	Second Examiner 7 Marks	Total 14 Marks	Out of 7 Marks

Place : _____ Signature of External Examiner: _____

Date : _____ Signature of Internal Examiner: _____

Score sheet :Table No. 21: Final Score sheet Drill & Marching

Roll. No.	Marching 10 Marks	Standing M.P.T 8 Marks	Seating M.P.T 7 Marks	Total 25 Marks

Place : _____ Signature of External Examiner: _____

Date : _____ Signature of Internal Examiner: _____

Final Score Sheet : Part 2 Skill: Table No. 22:

Roll No.	Major Game 60 Marks	Athletic 30 Marks	Yoga 30 Marks	Judo 30 Marks	Gymnastic 25 Marks	Drill & Marching 25 Marks	Total 200 Marks

Place : _____ Signature of External Examiner: _____

Date : _____ Signature of Internal Examiner: _____

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B.P.E.EXAMINATION. (Sem.- I & II)

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