Scheme of Examination for B.Sc (Physical Education, Health Education and Sports).

Six Semester Course.

**Vth. Semester**

<table>
<thead>
<tr>
<th>Course</th>
<th>Theory Marks</th>
<th>Int. Assessment</th>
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<tbody>
<tr>
<td>Paper-Ist. Psychology &amp; Sociology of Physical Education &amp; Sports</td>
<td>60</td>
<td>10</td>
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<tr>
<td>Paper-IIInd. Fundamentals of Sports Training</td>
<td>60</td>
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<tr>
<td>Paper-IVth. Theory of Games &amp; Sports</td>
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<tr>
<td>Paper-Vth. Theory of Games /sports (Kho-Kho) &amp; Vocation Oriented Course (Physiotherapy)</td>
<td>60</td>
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<td><strong>Total</strong></td>
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**VI th. Semester**

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<tr>
<td>Paper-Ist. Psychology &amp; Sociology of Physical Education</td>
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<td>Paper-IIInd. Fundamentals of Sports Training</td>
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<td>Practical</td>
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<td>60</td>
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<tr>
<td>Paper-IVth. Theory of Games &amp; Sports (i) Track &amp; Field ii) Game of Specialization)</td>
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<td>60</td>
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<tr>
<td>Paper-Vth. Theory of Games /sports (Kho-Kho)</td>
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<td>Total</td>
<td><strong>420</strong></td>
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</table>
Vocation Oriented Course (Physiotherapy)
Practical

60
Paper-VIth. English
70

Total : 720

Grant Total of Vth. & VIth. Semester =

420 + 720 = 1140
Syllabus for BSc. III Health Education Physical Education & Sports Science

Paper I (Semester –V)

Psychology & Sociology of Physical Education & Sports

Time :3 Hours
Max.Marks: 60
Internal Assessment:10

Note: The question paper will consists of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry10 marks each .Unit V will consists of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit V is compulsory for all

Unit-1
- Meaning & Scope of Psychology & sports Psychology
- Psychological factors effecting Physical Education
- Meaning & Nature of Learning
- Laws of learning ,type of learning curve
- Learning Process

Unit-2
- Motivation , Meaning & Definition
- Role of Motivations in Physical Education & Sports
- Types of Motivation, Methods of Motivation Importance of Motivation in Phy. Edu. & Sports

Unit-3
- Sociology , Meaning of Sociology
- Scope of Sociology
- Sociology of Physical Education & Sports
- Social Significance of Sports

Unit-4
- Sports as an Socializing Agency
- Social Phenomenon
- Sports & Socialization
- Definition of Socialization group cohesion
Paper –II

Fundamentals of Sport Training

Semester V

Time :3 Hours
Max.Marks: 60
Internal Assessment:10

Note: The question paper will consists of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit V will consists of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit V is compulsory for all.

Unit 1

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

Unit 2

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

Unit 3

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

Unit 4

Physical fitness
Development of important motor components
Strength training means & methods
Endurance- forms of endurance, means & methods
SYLLABUS  
B.Sc.(Physical Education, Health Education & Sports)  
PAPER-III  
Kinesiology & Bio-Mechanics  
Semester-V  

Time :3 Hours  
Max. Marks: 60  
Internal Assessment:10  

Note: The question paper will consists of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit V will consists of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit V is compulsory for all.

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

Unit II  
• Meaning of linear kinematics  
• Speed, velocity, acceleration and projectile motion  
• Meaning of angular kinematics  
• Angular speed, Angular velocity and angular acceleration  

Unit III  
Relationship between linear and angular acceleration  
• Meaning of linear kinetics  
• Mass weight , force, pressure, work, power, energy, friction  
• Meaning of angular kinetics  

Unit IV  
• Movement of inertia, conservation of momentum and transfer of momentum  
• Meaning and types lever  
• Meaning types equilibrium  
• Newtons Law of Motion
BOOKS RECOMMENDED FOR FURTHER STUDY:

1. A.Yobu, Sports Biomechanics Jogishwar Goswami Basic Kinesiology Friends Publication India 2009
3. Dysom, the mechanics of athletics, Halmes and Meiar M.K. 1977
4. Hay, the biomechanics of sports techniques Prentics Hall, Inc. N.J. 1978
5. Mechnotech Biomechanic Sportlicher Bowegungan sports verley Berlin 1978
7. P.D.Sharma Gativigyan ka yantrik Vishlashan Jogishwar Goswami Basic Kinesiology Friends Publication India 2009
8. Rajlakshmi D. Biomechanics in games and sports Friends Publication India 2009
9. Sussan J Hall Basic Biomechanics Friends Publication India 2009
Theory of Games & sports Paper IV

1) Athletics
2) Handball

Semester V

Time :3 Hours
Max.Marks: 60
Internal Assessment:10

Note: The question paper will consists of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit V will consists of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit V is compulsory for all.

Unit I

Hurdles

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

Unit-II

Pole Vault:

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

Unit III

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

Unit IV

Passing & Throwing:
- Two handed chest pass
- One handed shoulder pass
- The reverse pass
- The pass to the side
- The long pass
- C) Running with the ball (dribbling)
PAPER-V

[THEORY OF GAMES/SPORTS(KHO-KHO) & VOCATIONAL ORIENTED COURSE(PHYSIOTHERAPY)]

Semester-V

Time : 3 Hours
Max.Marks: 60
Internal Assessment: 10

Note: The question paper will consists of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit V will consists of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit V is compulsory for all.

Kho-Kho

Unit I

- History of Kho-Kho in India
- Organisation of Kho-Kho: working federation of kho-kho at district level, state level and national level.
- Warming up meaning, definition, types and importance of warming up.
- Maintenance of Score Sheet

Unit II

- Layout and Maintenance of Kho-Kho play field
- Equipment used in Kho-Kho and their specifications
- Motor qualities related to Kho Kho and their training
- Training load – Meaning & its types
PHYSIOTHERAPY

Unit III

Exercise Therapy :-

- Posture meaning, classification of posture, values of good posture, causes of poor posture.
- Postural deformities, Kyphosis, Lordosis and Scoliosis causes, corrective exercises
- Method of checking Posture Alignment

Unit IV

Circulatory System :-

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

Respiratory System:-

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

Arthritis :-


BOOKS RECOMMENDED FOR FURTHER STUDY:

Kho-Kho


AP Publisher (2003) Kho Kho , 19 Market Chownk Adda Tanda, Jalandhar

Physiotherapy:


Chandra Shekher,K. ‘sports physiotherapy’khel sahitya kendra,new delhi,2003

Pandey,P.K.&Gupta ,L.C.’Outline of Sports Medicine’Jaypee Brothers,New Delhi, 1996


SYLLABUS
B.Sc. (Physical Education, Health Education & Sports)
PAPER-VI
[ENGLISH]

Semester-V

Time :3 Hours
Max.Marks: 60
Internal Assessment:10

1. The following Chapters of book. The Spectrum of Life-Anthology of Modern Press:
   i. If you are wrong Admit it
   ii. Streamlining
   20 marks

2. Summary writing
   10 marks

3. Business letters for procuring goods etc.
   10 marks

4. Grammar : Common errors & Punctuation
   10 marks


BOOK RECOMMENDED
The Spectrum of life – An Anthology of modern press Edited by Manmohan K. Bhat Nagar MACMILLAN INDIA LTD. 2/10 Ansari Road, Darya Ganj New Delhi-110002
**Semester VI**

**Paper-I  Psychology & Sociology of Physical Education & Sports.**

**Time:** 3 Hours  
**Max.Marks:** 60  
**Internal Assessment:** 10

**Note:** The question paper will consist of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit V will consist of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit V is compulsory for all.

**Unit-1**

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

**Unit-2**

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

**Unit-3**

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

**Unit-4**

- Sports & Social Problems  
- Behaviour of Sportman & Spectators  
- Leadership through Physical Education & Sports  
- Qualities & Qualification of good leader.
Practical-60 Marks

Any five text of 10 marks each.
Practical file & viva 10 marks.
1. Sports man Personality test 13+ Spielberger- Indian Adopt
2. Social Intelligence Test Dr. N.K. Chadda Ms. Usha Gane san
3. Sports competition Anxiety Inventory Ravi kant & Dr.V.N. Mishra
4. Inventory for factors influencing sports by Dr. M.L. Kamlesh
5. Sociometry
6. Reaction time
7. will to win Question naire Dr. Kumar Games & Sports interest Test Age12+

Book Recommended

1) Al demen, A.B. Psychological Behavioures in sports.
A.B.Saunnder’s Co. Saunders (1974)
2) Craatty B.J. Psychology & physical a activity-
Prentice Hall, inc. london (1961)
3) Cratty, B,J. Psychology in Cont emporary Sports,
Prentice Hall, inc . Englewood Ciliff (1973)
4 ) Cratty, B.J, Social dimenision of physical activity
Prentice Hall, inc . , B.J.
5) Cratty B.J. Social Psychology in athlectice.
Prentice Hall.inc. F.J. (9981)
6) Frost & Rehbon Psychological concepts applied of physical
1 educational & coaching Massechu satts (1972)
7) Kane, J.S. Psychological aspects of education & Sports.
8) Jawthar, J.D. Psychological of Coaching present Hall ,
Inc, R.J. (1951)
9) Martens Social Psychology & physical activity harper
Harper & Row Pub. N.Y. (9175)
10) Singer R.N. Coaching , athletics & Psychological Mograw
11) Singer R.N. Physical Educational an integrat approach .Rolt ,
Rivehert & R.Y.(9172)
12)Suiin , R.N. Psychology in Sports, Surjit Publication , Delhi
13) Hilgera & Atkinson
   Introduction to Psychology Ox fore & 18M.
   Pub. New Delhi 1979.7.)

14) Puni AT Sports
    NTS, Chandigarh.
    Psychology

15) Ajmer Singh
    Essentials of Physical Education

16) Dr. Jagdish Baina

17) Shashi Jain
    Introduction to Psychology
Paper-II

Fundamentals of Sport Training

Semester VI

Time :3 Hours
Max. Marks: 60
Internal Assessment:10

Note: The question paper will consists of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry10 marks each .Unit V will consists of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit V is compulsory for all

Unit 1
Motor Components, Meaning
Importance of motor components
Development of motor components

Unit 2
Flexibility & Agility
Forms of Flexibility & Agility
Base of Flexibility & Agility
Development of flexibility & Agility its methods

Unit-3
Meaning of Coordination
Coordination Ability
Development methods of coordination

Unit-4
Warning up & Cooling Town Types of Warming up Significance of W.U. Methods of W.P. Cooling Down free hand & Stretching Exercise for W.P.& C.D.

Practical- 60 Marks

Practical file & viva 10 marks
(a) Continuous Running.
(b) Interval Training
(c) Canadian Test for phy. fitness
(d) Circuit Training
(e) Weight Training

Book Recommended


3 Jenson C.R. Bischer, A.G. Scientific basic of Athletic Condition lea & Bebiger, Philedephie, 1972

4 Matweyew, L.:P: Fundamental of Sports training (Translation form Russian )
   Mir Publisher, Moscow, 1981.


SYLLABUS
B.Sc. (Physical Education, Health Education & Sports)
PAPER-III
Kinesiology & Biomechanics

Semester-VI

Time : 3 Hours
Max. Marks: 60
Internal Assessment: 10

Note: The question paper will consist of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit V will consist of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit V is compulsory for all.

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

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

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

Unit IV
- Structure of motor actions- cyclic, acyclic and movement combination
- Movement rhythm, movement coupling, movement flow and movement amplitude
- Reciprocal innervation and inhabitation
- All or none law, muscle tone and its importance
BOOKS RECOMMENDED FOR FURTHER STUDY:

2. David Paul Green Kinesiology: Movement in the context of activity Jogishwar Goswami Basic Kinesiology Friends Publication India 2009
3. Dugch and Duch, Kinesiology and applied anatomy, Lee and Fabiger, Philadelphin, 1977
5. Hay and Deij ,the anatomical and mechanical basis of human motion, Prentics Hall, Inc. N.J. 1982
6. Jogishwar Goswami Basic Kinesiology Friends Publication India 2009
10. Thompson, Manual Structural Kinesiology, Friends Publication India 2009

PRACTICAL 60 MARKS

- Practical Note Book and viva
- Centre of gravity, line of gravity
- Anatomical standing position and fundamental standing position
- Planes and types of planes
- Axis and types of axis
- Movements on sagittal plane about frontal axis
- Movements on frontal plane about sagittal axis
- Movements on horizontal plane with vertical axis
Semester VI
Theory of Games & sports Paper IV

1) Athletics
2) Handball

Time :3 Hours
Max. Marks: 60
Internal Assessment:10

Note: The question paper will consist of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry 10 marks each. Unit V will consist of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit V is compulsory for all.

Unit 1
Javelin Throw

- Holding
- Carry
- Approach run
- Last five strides rhythm including impulse stride
- Delivery stance
- Reverse

Unit II
Hammer Throw

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

Unit III

- Shooting

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

**Unit IV**

**Goal Keeping**

**Characteristics of good goal keeper**

**Importance of goal keeping.**

**Tactics**

6-0 Setting –up defence

5-1  Defence formation & movement.
4-2  Defence formation & movement.
3.2  Defence formation & movement.

Attack against 6-0 defence.
Attack against 5-1 defence
Attack against 4-2 defence
Attack against 3-3 defence

**Duties of officials (before game during game after the games)**

**Practical – 60 Marks**

File & viva 10 marks
30 marks Track & field 5 marks each
30 marks Handball file & viva 10 marks & 5 marks each

**Books Recommended:**

- Rowland B.J. Handball a Complete Guide London ;
- Faber & Faber Ltd., 24 Rosset square ,1970

- Mend, Charless L? Handball fundamentals. Cino Charle,
Philips E. E. Hand ball its play & Management

Roberson, Richard & 01 son
Nerbert. Geaining Hand ball

California Wadswo H "Company
SEMESTER-VI
PAPER-V
[THEORY OF GAMES/SPORTS(KHO-KHO) & VOCATIONAL ORIENTED COURSE(PHYSIOTHERAPY)]

Time :3 Hours
Max.Marks: 60
Internal Assessment:10

Note: The question paper will consists of five units I, II, III & IV will have two questions from their respective units of the syllabus and will carry10 marks each. Unit V will consists of 10 short answers which will cover the entire syllabus and will carry 2 marks each. Candidates are required to attempt one question each from unit I, II, III & IV and unit V is compulsory for all.

KHO-KHO

Unit I

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

Unit II

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

PRACTICAL:- 30 Marks

• Practical Note Book and viva
• Offensive skills- chasing, giving Kho, sitting in the square, covering, ring game, pole dive, simple dive, taping

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

**PHYSIOTHERAPY**

**Unit III**

• Sports Injuries:- Meaning, types, precautions and treatment of sports injuries

  Massage Therapy :- Meaning, physiological effects of general massage on muscular system & nervous System

• Postural deformities :- Bow Leges, Knocking Knees & Flat Foot Causes .Corrective exercise

**Unit IV**

• Circulatory System :- Meaning, congenital abnormalities, hyper tension, anemia, symptoms causes and treatment

• Arthritis :- Meaning, Spondylities, Symptoms Causes & treatment

• Deruved positions by moving the arm, leg head, Neck & Trank in all these fundamental position

• Duties of physiotherapists before and after surgery

**PRACTICAL: 30 MARKS**

• Practical Note Book and viva

• Soft tissue sports injuries- symptoms, causes and treatment

• Massage Therapy- qualities of good massager and lubricants used in massage

• Order of technique of message for different parts of the body upper limbs & lower limbs
• Bronchitis, tuberculosis symptoms causes and treatment
• Kyphosis, Lordosis, symptoms, causes and treatment.

BOOKS RECOMMENDED FOR FURTHER STUDY:

KHO-KHO

AP Publisher (2003) Kho Kho , 19 Market Chownk Adda Tanda, Jalandhar

PHYSIOTHERAPY

Wale, J.O.’ Massage And Remedial Exercise’, Henery Ling Ltd. The Dorset Press, UK, 1987
Chandra Shekher, K. ‘sports physiotherapy’khel sahitya kendra,new delhi,2003
Pandey, P.K. & Gupta, L.C. ’Outline of Sports Medicine’Jaypee Brothers,New Delhi, 1996
SYLLABUS
B.Sc. (Physical Education, Health Education & Sports)
PAPER-VI
[ENGLISH]

Semester-VI

Time : 3 Hours
Max. Marks: 60
Internal Assessment: 10

1. The following Chapters of book. The Spectrum of Life-Anthology of Modern Press:
   i. The Western intellectual tradition
   ii. The scientific point of view.
2. Paragraph writing on Sports related topics
4. Vocabulary related to sports (Hindi to English)

Full Form of Degree,

1. C.Ped.
2. B.Ped.
4. M.P.E Ph.D.
5. Application writing with bio data for jobs.

BOOK RECOMMENDED
The Spectrum of life – An Anthology of modern press Edited by Manmohan K. Bhat Nagar
MACMILLAN INDIA LTD. 2/10 Ansari Road, Darya Ganj New Delhi-110002