# VIDYASAGAR UNIVERSITY

## BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.)

## Under Graduate Syllabus

**w.e.f. 2014-2015**

**REVISED**

**Vidyasagar University**
**Midnapore 721 102**
**West Bengal**

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# SYLLABUS
# FOR
# BACHELOR OF PHYSICAL EDUCATION
# (B.P.Ed.)

**Total Marks: 1400**

Theory: 600 marks

Practical activity: 600 marks

Teaching ability: 200 marks

## THEORY

| Paper | Contents | Marks |
|---|---|---|
| Paper-1 | Principles and History of Physical Education | (60+40) 100 |
| Paper-2 | Psychology in Physical Education | 50 |
| Paper-3 | Management of Physical Education and Teaching Methods | (60+40) 100 |
| Paper-4 | Measurement and Evaluation in Physical Education | 50 |
| Paper-5 | Anatomy, Physiology, and Exercise Physiology | (70+30) 100 |
| Paper-6 | Health Education and First Aid | (40+10) 50 |
| Paper-7 | Officiating and Sports Training | (40+60) 100 |
| Paper-8 | Compulsory Elective Paper (any one to be selected)<br>(a) Recreation in Physical Education<br>(b) Therapeutic Values of Physical Activity<br>(c) Adapted Physical Education | 50 |



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(d) Kinesiology

(e) Research Methodology

## PRACTICAL ACTIVITY PART

(Examination will be conducted in three terms: 1st term- Oct. /Nov., 2nd term- Feb./March and 3rd terms: April/ May. of every academic session)

### Group-A: Rhythmics, Apparatus Drill and Formal Activities:

### Full Marks: 170

| | | |
|---|---|---|
| **i)** | Rhythmics (any two of the following) | 2 x 20=40 |
| a) | Folk Dances of different regions of the country | |
| b) | Band Music | |
| c) | Bratachari | |
| **ii)** | Formal activities (Calisthenics and Marching) | 10+20=30 |
| **iii)** | Apparatus drill (any three) | 3 x 10=30 |
| **iv)** | Intramural Competitions and Cultural Activities | |
| **v)** | Officiating in Games and Sports | 20 |
| **vi)** | Observance on National Days | |
| **vii)** | Outdoor Educational and Social Service | |
| **viii)** | Practical Note Book on Activities | 20 |
| **ix)** | Physical Fitness (AAHPERD) | 30 |

**(Group-A: Sl. No. iv - ix to be assessed by the internal examiner/s):**

(Full marks: 70)



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**GROUP-B: Individual Sports and swimming/ Self- defense activities**

**Full Marks: 170**

| | | |
|---|---|---|
| i) | Track and Field | 60 |
| ii) | Gymnastics | 40 |
| iii) | Weight Training | 20 |
| iv) | Yogasanas | 20 |
| v) | Swimming or Self- defense activities (any two) | 30 |

**GROUP-C: Team Games:** **Full Marks: 260**

**12. Compulsory:** 8 x 25=200

**13. Optional (any three):** 3 x20=60

| Compulsory (Men) | Compulsory (Women) | Compulsory (Men) | Compulsory (Women) |
|---|---|---|---|
| Football | Badminton | Badminton | Football |
| Volleyball | Volleyball | Table Tennis | Table Tennis |
| Cricket | Netball | Softball | Softball |
| Basketball | Basketball | Throw ball | Throw ball |
| Handball | Handball | Netball | Cricket |
| Kho-Kho | Kho-kho | | |
| Kabaddi | Kabaddi | | |
| Hockey | Hockey | | |



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**TEACHING ABILITY TEST:** **Full Marks: 200**

**A. Internal Practice Teaching (To be assessed by the Internal Examiner):** Marks: 100

1. 5 lessons in General Activity, 5 lessons in Specific Activity 15+15=30
2. School Teaching (5 lessons in General activity, 5 lessons in specific activity): 25+25=50
3. Class room teaching (2 lessons) 10+10=20

**B. Final Teaching:** (One lesson each in general Activity and Specific Activity) Full Marks: 50+50=100



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## THEORY

## Paper-1: Principles and History of Physical Education

## Full Marks: 100

## PART A: PRINCIPLES OF PHYSICAL EDUCATION

## (72 Lectures) 60 marks

1. Physical Education- its meaning, Scope of Physical Education. Modern Concept – factors influencing modern concepts of Physical Education – Population explosion, increasing health and fitness consciousness ; Application of science and technology in Physical Education, specialization within Physical Education, misconceptions in Physical Education.
2. Aim and objectives of Physical Education.
3. Need for Physical education in modern living, role of Physical Education in general education.
4. Philosophical foundation – Philosophies of Physical Education – pragmatism and Physical Education.
5. Biological foundation of Physical Education- biological basic of life-evaluation of man and Physical Education- biological defects due to evaluation- body types, body composition and its meaning and definition. Concepts of physical fitness and need for fitness, Growth and Development, Motor development.
6. Psychological Foundation- Physical Education and Psychological development- importance of Psychological factors influencing skill learning, theories of play.
7. Sociological foundation- socialization through Physical Education, Physical Education and national integration.



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8. Special Problems in physical Education- lack of leadership, Weakness of professional organization.
9. Special features: dominance of competitive sports, Women's participation in Physical Education, Physical Education for special people.

## PART-B: HISTORY OF PHYSICAL EDUCATION:

**(48 Lectures) (40 Marks)**

### I. Historical Development of Physical Education and Sports.

1. Pre- independence period in India:

a) Contribution of H.C.Buck and Buchanan for promotion of Physical Education.
b) Spread of modern sports and games during the British period.
c) Establishment of Physical Education Colleges and teacher- training colleges in Physical Education.
d) Physical Education and national movement.

**2.** Post- independence period in India:

a) Role of the Central Advisor Board of Physical Education and Recreation.
b) Establishment of the National Colleges of Physical Education and the new trend in professional preparation.
c) Kunzru Committee.
d) Coaching Schemes, Sports Awards.
e) N.D.S.
f) National Fitness Programme
g) N.P.E.D.



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h) N.C.T.E.

i) Physical Education in West Bengal and the recent developments.

j) Report of the different education commissions on Physical Education and sports.

3. Contribution of great educators towards Physical Education

a) Germany: Johann Basedow, Johann Friedrich Gutsmuth, Friedrich Ludwing Jahn, Adolf Spiess

b) Denmark: Franz Nachtegall, Niles Bukh.

c) Sweden: Per Henrik Ling, Fredrik Ling.

d) U.S.A.: Dudley A Sargent.

**4.** Contribution of Rousseau, Pestalozzi and Froebel towards Physical Education.

## II . Olympic Movements:

a) Physical Education in ancient Greece and Rome.

b) Ancient Olympic Games

c) Ideals and objectives of Olympic Movement

d) Modern Olympic Games



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## Paper -2: Psychology in Physical Education

**(60 Lectures) Full Marks: 50**

1. **Introduction**: Nature of definition of Psychology, Different branches of Psychology, Importance of Psychology in Physical Education and Sports.
2. **Physical Basic of Mental Life**: Neural mechanism and its implication in Physical Education.
3. **Attention and Interest**: Attention: nature and definition, Characteristics, types, factors, causes of inattention. Interest: Nature and definition, classification, process of developing interest in Physical Education, Relationship between interest and attention.
4. **Instinct and Emotion**: Instinct: nature and definition, theory, types of Instinct. Emotion: nature and definition, theory **(**James, Lamb, Mclean**)** types, its implications in Physical Education and sports.
5. **Human Growth and Development**: Nature and Definition, Characteristics, Principles and Process and its implication in Physical Education.
6. **Learning**: Definition, Characteristics, theories, laws, motor learning, learning curve, Factors affecting learning in motor activity.
7. **Transfer of training**: Concept, types and factors affecting transfer of training in Physical activity.
8. **Motivation**: Definition and its implication in Physical Education.
9. **Personality**: Nature and Definition, types of personality, role of Physical Education in developing personality.



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## Paper-III: Management of Physical Education and Teaching Methods

## Full Marks-100

## PART A: MANAGEMENT OF PHYSICAL EDUCATION

## (72 Lectures) (60 marks)

1. Concept of Management and Management of Physical Education. Related terms and their scopes.
2. Personal Management - the necessity of understanding human behavior, motivation, leadership, communication and decision making.
3. Management of staff, Significance of staff, qualities and qualification, selection of staff, teaching load, in-service training, evaluation of staff.
4. Office Management - facilities, office function and practice, office Management in school and in a large institution.
5. Management in purchase and care and maintenance of equipment and apparatuses- policies of Purchase approval of equipments and apparatus, maintenance of stock register,
6. Budget Management - Physical Education budget, steps in preparing budget, administering of the budget, a practical budget.
7. Management of Physical Education plant - Indoor facilities (gymnasium, weight training hall, Dance room, store etc.) room dimension, materials and construction, Swimming pool-planning, water circulation and treatment dimensions, floor, changing room. Outdoor facilities: Playground, open gymnasium, open swimming pool. Play field surfaces.



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8. Management of Competitions – Intramural and Extramural, Types of tournaments organization of meets, Management demonstration and exhibition, play day.
9. Management of outdoor education: Camping, excursions, rock climbing, trekking.

## PART – B: TEACHING METHODS
## (48 Lectures) (40 Marks)

1. Concept of teaching, Meaning and need of teaching methods, factors affecting the methods of teaching. Types of teaching methods (Physical activity and class room). Fundamentals of teaching, teaching aid types and their uses.
2. A. Classification of students. B. Class management and its principles.
3. Lesson plan and their types, different parts of lesson plan for physical activity and class room teaching.
4. Technique of Presentation- Personal and technical preparation of teachers and presentation of subject matter.

## Paper-IV: Measurement and Evaluation in Physical Education
## (60 Lectures): Full Marks-50

**1. Basic Principles of Test Measurement and Evaluation :**

a) Basic concept of Test, Measurement and Evaluation.

b) Need, Importance and principles of evaluation.



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c) Applications of Test and Measurement in Physical Education.

d) Criteria for selecting tests.

**2. Evaluating Physical Fitness and Motor Fitness :**

a) JCR Motor Fitness Test.

b) AAHPERD Youth Fitness Test.

c) Harvard Step Test.

d) Health Related Physical Fitness Test.(any two)

**3. Evaluating Skill Achievement :**

a) Mc Donald Soccer Test.

b) Russel Lange Volleyball Test.

c) Johnson Basketball Ability Test.

d) Lockhart Mc Person Badminton Test. (two deeds)

**4. Grading :**

a) Need and Purpose.

b) Types of Grading.

**5. Statistical Tools in Evaluation in Physical Education :**

a) Statistics- need and importance of statistics in physical education. Data- raw data, arrive data,

b. Frequency distribution, frequency distribution table, frequency Polygon, Pie distribution.

b) Mean, Median and Mode Methods of computation for grouped and ungrouped data.

c) Measures of Variability, Range, quartile deviation, Mean deviation, Standard Deviation, Standard error of mean and their computation.



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d) Correlation: Positive, Negative and Zero correlation, computation of Correlation Coefficient by Product moment and Rank correlation method.

## Paper-V: Anatomy, Physiology and Exercise Physiology

## Full Marks-100

## PART-A: ANATOMY AND PHYSIOLOGY

## (84 Lectures): (70 marks)

1. **Introduction**: Definition of terms related to Anatomy and Physiology. Importance of Anatomy and Physiological studies in Physical Education and sports. A general concept of structure and functions of organs and systems of the body.
2. Definition, structure and function of cell and tissues.
3. **The Skeletal System** : The human skeletal system: structure and functions, composition, classification and functions of bones, axial skeletal, appendicular skeletal, anatomical sex difference-male and female pelvic girdle, joints: types, various movements around the joints, skeletal deformities.
4. **Muscular system**: Structure of muscle, various types of muscles and their functions.
5. **Circulatory System**: General arrangement of circulatory system. The heart and blood vessels. Heart rate, mechanism of the circulatory system, Cardiac cycle. Blood composition and functions, coagulation. Blood group, blood pressure.
6. **Respiratory system**: Organs of respiratory system, Mechanism of respiration, Pulmonary Ventilation, Respiratory capacities and volume.



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7. **Digestive System**: Brief description and location of the different parts of the digestive tract. Different digestive juices and process of digestion. Location and function of liver, pancreas and salivary glands, concept of metabolism.
8. **Excretory System**: Structure of kidney- excretion through Kidney, skin, lungs. Temperature regulation.
9. **Endocrine System**: Meaning and description of endocrine glands and endocrine system. The location, secretion and function of various endocrine glands and hormones.
10. **Nervous System**: Organization of nervous system, central and autonomic nervous system. The neurons, synapse, spinal cord and reflexes. A brief description of eye and ear.

## PART- B: EXERCISE PHYSIOLOGY
## (36 Lectures) (30 Marks)

1. Types of muscular contraction and exercise. Physical and chemical changes during muscular contraction. Slow and Fast twitch muscle fibers. Effect of exercise and training on muscle, Muscle fatigue.
2. Metabolism and energetic during exercise.
3. Effect of Exercise and training on cardiovascular system, cardiac output, stroke volume, heart rate, Blood pressure, Athletic heart.
4. Effect of Exercise and training on respiratory system. Oxygen consumption during rest and exercise, oxygen debt, second wind, Vital capacity. Tidal Volume.



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## Paper -6: Health Education and First Aid

## Full Marks= 50

## PART –A: HEALTH EDUCATION

## (60 Lectures) (40 marks)

1. Health and Health Education, Components/Dimension of Health, Physical and Mental Health, Importance of teaching health education in Physical Education.
2. Personal Health Programme: Personal cleanliness- care of mouth, teeth, eyes, ears, nose, skin, nails, clothing and its importance.
3. Importance of fitness, different fitness programmes for different age groups, concept of posture and criteria of good posture, postural deformities and their remedies.
4. Food and Nutrition: Principles of nutrition, balance diet, diet for athletes, water and electrolyte balance.
5. School Health Programme: Health service, health supervision and health instruction, an ideal classroom and school and seating arrangement, methods of proper supply of drinking water, arrangement of sanitation.
6. Communicable diseases: common ailments, communicable diseases (Malaria, gastro-enteric disease, AIDS, Tuberculosis), methods of transmission, mode of spread and control of communicable diseases.
7. World Health Organization (WHO): role in community health development.
8. Drug and Health: effect of tobacco, alcohol and drugs on health. Doping methods, effects on health.



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## PART- B: FIRST AID

**(12 Lectures) : (10 marks)**

**First Aid:** Basic concept, qualification of first aider, golden rules of first aid, first aid management of shock, wounds, hemorrhage, fracture, dislocation, burn, artificial respiration, snake bite, drowning, management of sports injuries- hemorrhage, sprain, strain, cramp and muscle pull.

## Paper -VII: Officiating and Sports Training

**Full marks=100**

## GROUP – A: OFFICIATING

**(48 Lectures): (40 marks)**

1. Officiating: Meaning, definition, basic principles of officiating, qualities of good official, duties of an official, Officiating aspects of different games and sports:

a. Interpretation and application of the rules of different games and sports, track and field, Gymnastics and swimming.

b. Measurement and layout of field of different games and sports and track and field events.(Football, Volleyball, Kabaddi, Kho-Kho, Basketball, Hockey etc)

c. System of officiating of different games and sports with signals.

d. Preparation of score sheet and method of scoring.



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## GROUP-B: SPORTS TRAINING

## (72 Lectures): (60 marks)

1. Sports Training: meaning, definition, and need, for Sports Training.
    a. Basic Principles of Sports Training. Definition of a coach, qualities of a good coach, duties and responsibilities of a good coach.
2. Physical fitness and its components, different exercises for developing the various components of physical fitness.
3. Warming up, conditioning, cooling down.
4. Different types of training methods: Weight training, Interval training, Circuit training, Fartlek training, Plyometric training.
5. Training load, classification of load, load and recovery, adaptation, conditions of adaptation, principles of training load.
6. Periodisation: Types and different phases of periodisation- micro, meso and macro-cycle.
7. Brief: skill, technique, tactic, strategies.

## PAPER-VIII A: Recreation in Physical Education (Compulsory Elective)

## (60 Lectures): Full Marks=50

1. Definition and nature of recreation, its relationship with physical education, leisure, play and recreation, characteristics and classification of recreational activities.
2. Importance of recreation in physical education and in modern life.



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3. Classification of recreation-industrial, community, therapeutic.
4. Programme planning principles: finance, facilities leadership qualities, duties and responsibilities.
5. Organization of people festival, youth festival, play-days, camp.
6. Agencies providing recreation: government, semi government, private, voluntary, commercial.
7. Recreation of the special population.

## PAPER-VIII B: Therapeutic Physical Education (Compulsory Elective) (60 Lectures): Full marks=50

1. Exercise chronic and hypo kinetics diseases- osteoporosis, obesity, hypertension, diabetes, coronary heart disease.
2. Exercise therapy brief description of various therapeutic modalities - exercise as a therapy, message as a therapy, the rehabilitation process- basic principles, goals of rehabilitation, modalities, specific rehabilitation program.
3. Physical activity and ageing- exercises for the senior citizen, specific exercise program for different functional reserve with age, trainability and age, risk of exercise of the elderly person.
4. Physical activity for women.
5. Physical activity for special population: children, youth, aged.
6. Specific fitness and lifestyle benefits of exercise- health, exercise for fitness and wellness- life-long process- active lifestyle.



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## PAPER-VIII C: Adapted Physical Education (compulsory elective)
## (60 Lectures): Full marks=50

1. Introduction: meaning of handicapped and disabled.
    a. Historical development of adapted Physical Education
    b. Education for the special children: meaning and purpose.
    c. Relation between special education, adapted physical education and physical education.
2. Types of disability and their causes:
    a. Hearing disabled, visual impairments, orthopedically handicapped, mentally retarded.
    b. Cerebral palsy behavioral disorder and other health- impaired conditions.
    c. Adapted physical education program for the special population.
3. Programme organization and administration.
    a. Adjustment problems of challenged people.
    b. Teaching methods for the disabled, safety needs.
4. Competitive sports for challenged people:
    a. Sports Association for the special people.
    b. National organization for the disabled
    c. Government plans and actions for the disabled.
    d. Placement of disabled individuals.
5. Assessment technique for disabled person- assessing basic physical and motor proficiency.



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## PAPER-VIII D: Kinesiology (compulsory elective)

## (60 Lectures): Full marks=50

1. Definition and purpose of kinesiology, relationship with other sciences, importance of kinesiology in Physical Education.
2. Brief discussion of various types of joints and movements around the joints (elbow, shoulder, knee, hip).axial plane and reciprocal innervations.
3. Study of muscles and their functions around the following joints- shoulder, hip and knee.
4. Mechanical principles involved in motor movement- motion, laws of motion, force, center of gravity, equilibrium, stability, friction, different kinds of levers and body levers.
5. Analysis of fundamental movements: a. Walking, Running.
6. Sports activity- throwing, jumping.
7. Application of kinesiology in daily life skill-ascending, descending, charring objects, stooping and lifting weight.

## Paper -8 E: Research Methodology (Compulsory Elective)

## (60 Lectures): Full marks=50

1. Introduction: a) Meaning and definition of research b) Characteristics of research c) Needs of research in the field of Physical Education and Sports e) Types of Research, f) Qualities of a good researcher.
2. The problem: a) Selection of the problem- personal criteria, social criteria b) locating problem, c) research proposal.
3. Literature Survey: a) Purpose of review of literature b) critical and allied literature, c) Procedure of reviewing literature.



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4. Hypothesis: a) Definition, b) importance of hypothesis, c) characteristics of hypothesis, d) null and alternative hypothesis.
5. Tools of research: a) observation, b) interview, c) questionnaire.
6. Experimental research: a) meaning of experimental research, b) definition of experimental design, c) explanation on different types of experimental design.
7. Research Report :

a) Preliminary material,
b) The main body,
c) Supplementary material.

## PRACTICAL ACTIVITY PART

### GROUP A: Rhythmic, Apparatus Drill and Formal Activity etc.

**Full Marks: 170**

| | |
|---|---|
| i) Rhythmic (any two): | 2×20=40 |
| ii) Formal Activities (Calisthenics and Marching): | 10+20=30 |
| iii) Apparatus Drill (any three): | 3×10=30 |
| iv) Intramural Competitions and Cultural Activities | |
| v) Officiating in Games and Sports | 20* |
| vi) Observance on National Days | |
| vii) Outdoor Educational and Social Service | |
| viii) Practical Note Book on Activities | 20 |
| ix) Physical Fitness (AAHPERD) | 30 |

**(Sl. No. iv - ix to be assessed by the internal examiner/s)**

**(Full marks: 70)**



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**i) Rhythmics (any two):** **20×2=40 Marks**

a) Folk dance of different regions (any two)

b) Band Music: Codes of strokes and rolling related practice, Use of kettle, side and big drums, Beats, at least four with variations marching with drums beats for slow marching.

c) Bratachari,

**ii) Formal Activities (Compulsory for Men and Women)**

**a) Calisthenics : (10 marks)**

1) Neck exercises- head bending: forward, backward and sideways. Head turning either ways.

2) Arms exercise –bending, stretching in contrary direction rotation of arms, stretching in country direction.

3) Trunk exercises (lateral) - bending sideways, turning sideways and twisting of trunk in kneeling and sitting position.

4) Trunk exercises (Dorsal) -Bending forward from front support position, raising the upper body from back lying position.

5) Leg exercises- Knee bending, heal raising exercises by placing feet together, outside or alternate foot placing.

6) Rhythmic exercise- Alternate leg raising sideways with hop on opposite foot, rhythmically placing foot in different directions.

7) Balance and co-ordination exercises- Arms rising sideways and upward with outside feet or sideways hopping on one foot swinging the other.

**b) Marching: (20 marks)**

1) Attention; stand-at-ease, turning right, left and about, dressing, open and close order marches.



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2) Quick march and halt, turning on March, Wheeling, changing step, saluting. Slow marching.
3) Practice for ceremonial marching, flag hoisting and flag salutation.

**iii) Apparatus Drill (any three): 3×10=30 Marks**

1. Lezium Drill 2) Dumb bell Drill 3) Wand Drill 4) Pole Drill/Bamboo Drill 5) Indian Club Drill (performance of apparatus Drills shall involve different joints and parts of the body e.g. Neck, Shoulder, Wrist, Trunk, Knee, etc.)

## GROUP B: Individual sports, Swimming/Self-defense Activities
## Full Marks 170

| | |
|---|---|
| i) Track and Field | 60 |
| ii) Gymnastics | 40 |
| iii) Weight Training | 20 |
| iv) Yogasanas/ Pranayam/ kria's | 20 |
| v) Swimming or Self-defense activities (any two) | 30 |

**i) Track and Field (Compulsory for Men and Women): 60 Marks**

1) Running:
2) a) Sprint running-crouch start- bunch, medium, elongated, running action, finish, bend start and bend running in 200m and 400m running .



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b) Middle and Long distance running: standing start and techniques of running.

3) Relay Race: 4×100m relay holding the baton; exchange non-visual, overhand pass or down sweep, underhand pass or up sweep; running in free zone, exchange in relay zone.

4) Hurdle Race: 110m hurdles (men)/100 hurdles (Women); clearing the hurdles- lead leg and rear leg actions; running in between the hurdles, finish.

5) High Jump: approach run, take off, crossbar clearance western roll, straddle roll, Fos- Bury flop; landing.

6) Running Broad Jump: approach run, take off, flight-in-air, hitch kick, knee tuck; landing.

7) Triple Jump: approach run; techniques of hop and step; take off, flight, landing.

8) Shot Put: holding the shot; placement; release stance, standing put, initial stance, glide or disco turn, release action, recovery.

9) Discus Throw: holding the discus, initial stance; preliminary swing, standing throw, turn, release, recovery.

10) Javelin Throw: holding the javelin, pegging, release stance, standing throw, javelin carrying in running, last 5 or 6 steps (strides), throwing stance, release, reverse.

**ii) Gymnastics (For Women): 40 Marks**

1. Floor Exercise : 15 marks
2. Vaulting table : 15 marks
3. Balancing Beam : 10 marks



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**1. Skills for Floor Exercise:**

a) Forward Roll b) Backward Roll c) Cartwheel d) Straddle Roll e) Arch f) Split Sitting g) 'T' Balance h) 'V' Balance i) Knee Balance j) Cat Leap

**Apart from above compulsory items, students may acquire more advanced skills like handspring, round off flickflacback, salto.**

**2. Vaulting Table:**

a) Straddle Vault b) Through Vault

**Apart from above compulsory items, students may acquire more advanced skills like handspring, cartwheel etc.**

**3. Balancing Beam:**

a) Mount b) Leap jump,(cat leap) c) 'T' Balance d) 'V' Balance e) Knee Balance f) Forward Roll g) Dismount

*Students may choose any five skills*.

**4. Formation of Creative Stunts and Pyramid:**

| **ii) Gymnastics (For Men)** | **40 Marks** |
|---|---|
| 1. Floor Exercise | 20 marks |
| 2. Long Horse | 10 marks |
| 3. Parallel Bar | 10 marks |

**1. Skills for Floor Exercise:**

a) Forward Roll b)Backward Roll c) Handstand Roll d) Cartwheel e) Side 'T' f) Split Sitting g) Arch h) Straddle Jump



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**Apart from above compulsory skills, students may acquire more advanced skills like handspring, round off, back flick, salto.**

**2. Long Horse**:

a) Straddle Vault, b) Through Vault

**Apart from above two compulsory skills, students may acquire more advanced skills like handspring, cartwheel, etc.**

**3. Parallel Bar:**

a) Mount b) Swing c) One leg cutting (left and right side) d) Both leg cutting e) Shoulder stand f) Dismount

**4**. **Formation of Creative Stunts and Pyramid:**

**iii) Weight Training: 20 Marks**

1. Grips-over-grip, under grip, alternate grasp, starting position- standing, crouch.
2. Upright rowing, wrist curl, two arms front curl (dumb-bell, iron bar ) and reverse curl, alternate upward arm press (dumb-bell), front and back press (iron bar), bench press, inclined bench press, leg press.
3. Good morning, back and front squat, split squat, heel raise.

iv) **Yogasanas (For men and Women): 20 Marks**

**a) Aranas:**

1. Savasana 2. Dhanurasana 3. Mastsyasana 4. Vajrasana 5. Sarvngasana 6. Paschimottanasana 7. Padmasana 8. Halasana 9. Padahastasana 10. Bhujangasana 11.Sirsasana 12.Chakrasana

**b) Pranayam: (Anulome, bilome) Kriya-Dhoti- Jal nathi, Suth nathi**



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**v) Swimming or Self-Defense activities (any two): 30 Marks**

**A) Swimming:**

1. Four sweeps common to all strokes:

a) Out sweep, b) Down sweep, c) In sweep, d) Upsweep

2. Four strokes:

a) Freestyle front Crawl, b) Back Crawl (back stroke) c) Butterfly d) Breast stroke

Front Crawl : Parts of the stroke to be taught are (i) The arm stroke ii) flutter kick iii) The body position iv) Breathing v) Co-ordination between arms and legs.

Back Crawl (back stroke) : parts of the stroke to be taught i) The Arm stroke ii) The flutter kick iii) Co-ordination of the arms and legs iv) Body position v) Breathing.

Butterfly : Parts of the stroke to be taught i)The arm stroke ii) The dolphin kick iii) Co-ordination between arms and legs iv) Body position v) Breathing.

Beast Stroke: Parts of the stroke to be taught i) The arm stroke ii) The frog kick iii) Co-ordination between arms and legs iv) Body position v) Breathing.

**B) Self-defense Activities (any two items): 30 Marks**

**a) Karate:**

1. Salute 2. Walking Slip

Hand Section: Judging (Hand technique)

1. Side punch, Middle punch, Front Punch, Upper Punch, Face punch.

2. Hand technique: Blocking, Lower block, Upper block, Knife block,



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Leg Section: Front kicking, Mawashi giri (Round horse kick), Back kick, Turning kick, Side kick, Air turning kick, Wheel turning kick, Hook turning Kick.

**b) Lathi:**

1. Holding: Anulom and Bilom Uttar and Dakshin.
2. Sandipani-jamak,Chalit jamak, Risramandal, Baddha Chalit and Pulta.
3. Ran of Harua-Gredan, Palat, Tamecha and Asar, Man, Bahera, Rat Kathi, Bhandar.

**c) Judo:**

1. Handshake
2. Hand lock and release
3. Holding from back and release
4. Front and Back Roll
5. Leg sweep and leg lock
6. Block of punches of hand and leg
7. Release from single hand hold, double wrist hold, front throat hold, front hair hold
8. Defense- against blow at hold, rear shirt hold, rear waist hold, front waist hold
9. Jambia -attack and defense

**d) Wresting:**

1. Varieties of wrestling- Indian, free style, Greco Roman
2. Stances- Distance stance, Square stance, close stance
3. Go behind- Underarm sweep, Arm Drag
4. Pake down- Mura, Overhead drag and escape



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5. Pins -Half Nelson, Chicken wing and Half Nelson.

## GROUP C: Teams Games

**Full Marks: 260**

**A. Compulsory:** **25x8=200 marks**

| | **Men** | **Women** |
|---|---|---|
| 1. | Football | 1. Badminton |
| 2. | Volleyball | 2. Volleyball |
| 3. | Basketball | 3. Basketball |
| 4. | Kho-Kho | 4. Kho-Kho |
| 5. | Kabaddi | 5. Kabaddi |
| 6. | Cricket | 6. Netball |
| 7. | Hockey | 7. Hockey |
| 8. | Handball | 8. Handball |

**B. Optional (Any Three):** **Marks 3×20=60**

| | **Men** | **Women** |
|---|---|---|
| 1. | Badminton | 1. Football |
| 2. | Table Tennis | 2. Table Tennis |
| 3. | Softball | 3. Softball |
| 4. | Throw ball | 4. Throw ball |
| 5. | Netball | 5. Cricket |



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**Football:**

**(Compulsory for Men, 25 Marks and optional for Women, 20 Marks)**

1. Pass: Inside pass, instep pass, short pass, Long pass, Diagonal pass, wall-pass, Square pass.
2. Kicking: Instep, Inside instep, Kick, inside kick, long kick, chip, high drive, low drive, in-swing and out-swing.
3. Volley: Half volley, full volley, side volley, Bicycle volley.
4. Trapping/Receiving: Sole, Inside, Instep, Thigh, Chest, Head.
5. Heading: Short and Long.
6. Throw in: short and long.
7. Dribbling: Inside, outside.
8. Tackling: Side, Slide, Front.
9. Goal-Keeping
10. Tactics: Offensive and Defensive.
11. System of Play: (4+2+4), (5+3+2), (4+3+3)
12. Game Practice.
13. Penalty Kick, Corner Kick, Free Kick.

**VOLLEYBALL:**

**(Compulsory for Men and Women, 25 Marks)**

1. Service- Underarm, Sidearm, Spin, Tennis, Floting.
2. Pass- Underarm, Overhead.
3. Set-Forward, Medium, high and High backward, Medium high.
4. Spiking-Different parts of smash/spike
5. Blocking- Single, Double.



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6. System of service Reception, Defense.
7. Game Practice with application of latest rules.

**BASKETBALL:**

**(Compulsory for Men and Women, 25 Marks)**

1. Passing and Receiving- Player's Stance, Position of Hands and Fingers, Chest Pass, Bounce Pass, Overhead Pass, Baseball Pass, Long Pass, Fake and Pass.
2. Dribbling -Stance, Dribbling with different Height.
3. Pivoting.
4. Shooting.
5. Strategy -Man to Man, Defense zone Defense.
6. Game Practice.

**HANDBALL:**

**(Compulsory for Men and Women, 25 Marks)**

1. Passing- Chest Pass, Sidearm Pass, Hook Pass, Overhead Pass, Inter-passing in two, three etc. Long Pass, Short Pass.
2. Dribbling- Individual dribbling and dribbling against opponent, feinting.
3. Shooting- Shooting at the goal (Jump Shot, Jump and Fall Shot).
4. Goal Throw, Penalty Throw, Goal Keeping.
5. Strategy and Tactics-Offensive and Defensive tactics.
6. Game Practice.



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**KABADDI:**

**(Compulsory for Men and Women, 25 Marks)**

1. Raider's Skill: Cant, Hand touch, toe touch, squat thrust (leg thrust), side kick, back kick.
2. Anti Raider's skill: Ankle catch, Knee Catch, Thigh Catch, Waist Catch, Hand Catch, Bear Hug.
3. Tactics and Strategy: Use of Lobby, Baulk line and Bonus line Cross, Single and Double Chain.
4. Game Practice.

**KHO-KHO:**

(Compulsory for Men and Women, 25 Marks)

1. Chaser's Skill: To give kho, Late kho, Early kho, Judgment Kho, Pole Turning, Tapping. Runner's Skill: Single and double chain, Ring, Dodge.
2. Tactics and Strategy: Monkey Style, Pole Dive, Side Dive.
3. Game Practice.

**CRICKET:**

(Compulsory for Men and Women, 25 Marks)

1. Fundamental Skill: Batting, Bowling and Fielding.
2. Batting Grip, Stance, Back Lift, Straight Bat Shot-Forward and Backward Defenses, Front foot and Back foot Drive shot; Cross Bat Shot; Pull, Hook; Square cut (on both foot).



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3. Bowling: Fundamental of Bowling-Grip; Run up; Delivery, follow through; Types of Bowling-Fast; Swing, cut, Slow, Spin, Googly, Break; Chinaman.
4. Fielding: Defensive fielding, Attacking Fielding, Catching- Low, High, Parallel.
5. Wicket Keeping: Stance, Gathering of Fast Ball and Slow Bowling, Stumping.
6. Game Practice.

**HOCKEY:**

(Compulsory for Men and Women, 25 Marks)

1. Carrying the ball with the stick, from left to right and right to left. Passing Sideways, Front, Back, Square pass.
2. Dribbling Zigzag fashion, feinting.
3. Hitting and Stopping, long hitting, hitting at goal, corner hits.
4. Push penalty corner, Penalty Stroke push.
5. Goal Keeping.
6. Tacking- Right and left hand tackling, front tackling.
7. Game Practice.

**BADMINTON:**

(Optional for men, 20 Marks and Compulsory for Women, 25 Marks)

1. Service Long, Short, Long-High Services, Receiving of Returning with Forehand and Backhand.



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2. Strokes Forehand, Low forehand, Backhand, Low Backhand, High and Back hand Drop shots, placing at the net.
3. Smash high and net height smash.
4. Strategy for singles Play and Doubles formation.
5. Game Practice.

**SOFTBALL:**

(Optional for men and women, 20 Marks)

1. Fielding low ball and grounder.
2. Catching high ball, Ball at chest level and ball at reach.
3. Throwing long throw, Short Throw.
4. Batting long high hit, bunt, flat hit.
5. Pitching
6. Game Practice.

**NETBALL:**

(Optional for men, 20 Marks and Compulsory for Women, 25 Marks)

1. Catching at Standing, Jumping and Catching, one Hand Catch.
2. Passing Shoulder pass (Baseball Pass), chest pass, one handed underarm pass, two handed under arm pass, two handed over head pass.
3. Shooting one and two handed over head shot.
4. Game Practice.



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**TABLE TENNIS:**

(Optional for men and Women, 20 Marks)

1. Holding the Bat
2. Service flat, Spins
3. Forehand Return, Back hand Return, Jabbing.
4. Smashing forehand and backhand Smashing.
5. Strategy defensive and Attacking.
6. Game Practice.



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## RECOMMENDED BOOKS


1. Adhikari, S.: Sarir Sikshyay Manovidya. *Classique Books. Kolkata*.
2. Agarwal, J.C.: Principles, Methods of Technique of Teaching. *Vikash Publishing Pvt. Ltd.*
3. Bandhopadhaya, K.: Sarir Siksha Parichaya. *Classique Books.*
4. Bandhopadhaya, K. and Dutta, B.K.: Prackcharjer Avimukh. *Classique books. Kolkata.*
5. Barooah, P.P.: Traditional Indian Games. *Galgotia Publishing Company*.
6. Bera T.S.: Track and Field officiating Techniques. *Friends Publication.*
7. Bhatia, K.K. and Purohit T.: Educatoinal Psychology and Techniques of Teaching. *Kalyani Publishers*.
8. Bhattacharya, A.K. and Bhaumik, S.(Editor): Sarir Siksha, *W.B. State Book Board.*
9. Chakraborty, P. and Bhattacharjyaa, S.: Test Measurement and Evaluation in Physical Education. *Classique books. Kolkata*.
10. Chakraborty, S. and Sharma, L.: Fundamental of Gymnastics. *D.V.S. New Delhi.*
11. Clarke, H and Clarke, H.: Application of Management to Physical Education. *Prentice Hall.*
12. Das, S. and Pal, D.: Snatak Stare Sarir Siksha,( Vol. I,II,andIII). *Classique Books.*
13. Fahey, T.D.: Basic Weight Training for Men and Women. *Mayfield Publishing Company.*




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14. Fox, Bowers and Foss.: The Physiological Basis of Physical Education and Athletics.
15. Gangopadhaya, S.R.: Sports Psychology. *S.R. Gangopadhaya*.
16. Garrison, K.C., Kingston, A.J. and Mc. Donald, A.S.: Education Psychology. *Vikils, Feffer and Simons Prirale Ltd.*
17. Goel, R.G. and Goel, V.: Encyclopedia of Sports and Games. *Vikas Publication*.
18. Hazra, A.K. Sarir Siksha Tukitaki. *Oriental Book Co.*
19. Jain, D.: Teaching and coaching Swimming. *Khel Sohitya Kendra*.
20. Johnson, B.L. and Nelson, J.K.: Practical Measurement for Evaluation in Physical Education. *Surjeet Publication, Delhi.*
21. Kamlesh, M.L.: Psychology in Physical Education and Sports. *Metropolotan book Co. Pvt. Ltd.*
22. Kar, S. and Mandal, I.: Amar Athletics Hand book. *Sarir Siksha Prakasani*.
23. Kar, S. and Mandal, I.: Uchatara Sarir Siksha. *Sarir Siksha Prakasani.*
24. Khanna, G.L. and Joyprakash, C.S.: Exercise Physiology and Sports Medecine, Friends Publication (India), Delhi.
25. Kirtani, R.: Physical Fitness. *Khel Sahity Kendra, Delhi.*
26. Marieb, E.N.: Human Anatomy and Physiology. *The Benjamin's Commings Publishing Co. Inc. New York.*
27. Masgaria, R.: Biomechanics and Energetic of Muscular Exercise. *Oxford.*
28. Paul, A.: Sarir Sikshaya Management. *Classique Books. Kolkata*.
29. Paul, A., SahaRoy, G. and Chakraborty, M.: Sarir Sikshaya Sastha Siskha. *Classique Books.*



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30. Pandey, K.P.: Advance Education Psychology. *Konark Publication.*
31. Pandey, P.K.: Sports Medicine. *Khel Sahitya Kendra, Delhi*.
32. Raghunathan, P.P.: Volleyball A Guide to Playing and Coaching. *Friends Publication, Delhi.*
33. Rai, B.C.: Health Education and Hygiene. *Prakashan Kendra*.
34. Roy, P.: Bharatio Khela Kho-Kho. *Classique Books. Kolkata.*
35. Roy, S,S.: Sports Management. *Friends Publication.*
36. Saha, A.: Sarir Sikshar Ritineeti. *Rana Publishing House. Kalyani. Nadia.*
37. Sharma, O.P.: Athletic Injuries. *Khel Sahitya Kendra, Delhi.*
38. Sharma, O.P.: Coaching Physical Education. *Khel Sahitya Kendra, Delhi.*
39. Sharma, O.P.: History of Physical Education. *Khel Sahitya Kendra, Delhi.*
40. Shaw, D.: Biomechanics and Kinesiology of Human Motion, *Khel Sahitya Kendra.*
41. Singh, A.P.S.: Football. *A.P. publication. Jolondhar*.
42. Singh, H.: Sports Training, *Kalyani Publication, Kolkata.*
43. Slyengar, G.: Yoga. *Allied Publishers Pvt. Ltd.*
44. Sreedhar, K.: Sports Training Method. *Sowmi Publications. Chidambaram*.
45. Wuest and Bucher: Foundations of Physical Education and Sports. *B.I. Publication. Pvt. Ltd.*



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