

**Proposed Syllabus
Bachelor of Physical Education
(D.P.Ed.) - Two Year
Programme-Semester System**

Admission Criteria

Eligibility	Has passed +2 examinations from the CBSC/ Punjab School Education Board or any other examination recognized as equivalent to with at least 50% Marks and 5% relaxation for SC/ST students. Age should not be more than 24 years with one year relaxation to SC/ST students
Entrance test	Written test – 50 Multiple Choice Questions (MCQ) Physical Proficiency Test – Canadian Fitness Test
Sports Achievement	As per the Sports Policy of Ministry of Sports, Govt. of India
NCC/NSS	As per the policy of concern university

DIPLOMA IN PHYSICAL EDUCATION (D.P.ED) TWO YEAR COURSE

PART-I (SEMESTER-I, II, III & IV)

1. An examination for the Diploma course in physical education (D.P.Ed. two year) shall be held in two parts to be known as Part-I and Part-II and shall be held semester wise in the month of November and May and consists of four semesters, two in each year or on supplementary examination for candidates placed under reappear shall be held in the month of September or on such other dates as may be fixed by the Academic Council.

2. (A) The first year (Semester-I) examination shall be open to any candidates who

(i) Has been enrolled in a college admitted to the privileges of the university in the faculty of education and information science for the D.P.Ed. course during the academic year preceding the examination.

(ii) Has passed +2 examinations from the Punjab School Education Board or any other examination recognized as equivalent to.

(iii) Has his name submitted to the Registrar by the Principal of the college, he has most recently attended; and produces the following certificates:

- a) Off good character
- b) Having attended not less than 75% of the total number of lectures delivered in each paper/ subject and 75% of the periods held in practical in each activity Provided that a deficiency in attendances may be condoned for special reason as per rules made by the university from time to time.
- c) Of having fulfilled all the requirements pertaining to the teaching practice and officiating.
- d) Of having satisfactory performed the work of the class.

(B) A candidate who have attended the prescribed number of lectures, does not appear in the examination after completion of his lectures or having appeared in the examination has failed may be allotted to appear at any subsequent examination with in a period of two years without attending a fresh course of lectures.

3. (i) Every candidate shall submit through the principal of the college, he has most recently attended, his application on the prescribed form accompanied by examination fee as prescribed by the university time to time and a statement showing the subject (s) in which he/ she to be examined.

(ii) Every candidate would be required to produce the following certificate signed by the principal of the college recently joined before his/ her name is submitted to the Registrar to sit in the University examined.

“Of having obtained, at the house examination held in December/ January, at least 40% marks in the aggregate of all subject and 25% marks in each of the prescribed subject.

In case a candidate could not appear in the house examination owing to unavoidable circumstances and fails to secure the required marks in the internal examination as a regular student, the principal may at his discretion hold a special test for the candidate (s). Such a candidate would be required to obtain at least 40% marks in aggregate of all subjects and 30% marks in each of the subjects prescribed in special exams.

4. The last date by which admission form and fee must reach the Registrar as notified by the university from time to time..

5. The medium of Examination in all the subjects shall be English, Punjabi or Hindi. In the case of Punjabi and Hindi the medium shall be Punjabi in Gurumukhi script and Hindi Devnagari script(as the questions shall be set in English and Punjabi).
Provided that the use of English technical terms shall be permissible in setting the question papers as well as in answering the question.

6. The examination shall consist of three parts:

Part-I Theory

Part-II Skill and Prowess

Part-III Practice of Teaching and Officiating.

The scheme of education and syllabus for the course shall be prescribed by the Academic Affairs council from time to time. Provided that the following Categories of candidates shall be allowed /disallowed to clear the paper of History and Culture of Punjab in lieu of Punjabi as per rules mentioned herein.

I Candidate who have passed the Matriculation examination from a school located outside the State of Punjab may be allowed to take up the subject of History & Culture in lieu of Punjabi Compulsory.

II Candidate who has passed their Matriculation examination from a school located in the State of Punjab compulsory at the graduate level. This clause will not apply to student covered by clause no. (iii) given below.

III Children of Defense Personnel Para Military Personnel (Serving as well as retired) will be allowed to take up the subject of Punjab History and Culture , provided the father or the mother /guardian (in case father is deceased) of the candidate gives an affidavit that the candidate has not studied Punjabi at the school level.

7. The minimum number of marks required to pass the examination shall be as under

(a) 40% marks in each paper of Part-I

(b) 40% marks in aggregate of all papers of Part-II

(c) 40% marks in Part-II (Skill and Prowess)

(d) 40% marks in Part-III & IV (Education, Cultural and Social Projects and Practice of Teaching & Officiating.)

8. A candidate who fails in one part of examination at one and the same attempt shall be permitted to appear at any subsequent examination in the part in which he/she failed an payment of prescribed fee on each occasion without being required to attend fresh classes. In he/she fails in not more than one theory subject/ papers and secures at least 40% marks in the aggregate of the remaining theory papers/subjects he /she shall be allowed exemption in such paper's /subjects. In case a candidate fails in more than one theory paper his result shall be declared as Fail in theory part of the examination.

A candidate who is granted exemption shall be allowed to join the next higher class provisionally and the result of the higher class of such a candidate will be kept in abeyance till he/she clear the lower examination provided that a candidates placed under reappear shall

be allowed a maximum two subsequent consecutive additional chance to clear the Reappear theory paper failing which his result for the examination de-novo.

Provided further that a candidate failing in skill will be required to undergo further training in the college for another term of six months.

A candidate failing in skill shall however be allowed to join Part-II. The result of the part-I examination shall be declared after the declared of the result in skills of Part-I. In case he/she fails in skills, the result for the Part-II examination shall be cancelled. Students undergoing a two year integrates certificate courses in Physical Education shall be awarded the degree on the basis of their combined scores of Part-I and Part-II examination.

Successful candidates who obtain 60% or more of the aggregate number of marks shall be placed in the first division.

9. After the termination of the examination or as soon as may be the Registrar shall publish a list of candidate who has passed. Each successful candidate shall be granted a certificate of having passed the examination.

10. The candidates after successfully completing the Two Year Diploma in Physical Education (D.P.Ed) is eligible for the lateral entry to the B.P.Ed IV Year Course provided the college should get the permission from NCTE. The admission in lateral entry will be given in third year of the above mentioned class. Further the candidate has to qualify the deficit subjects only after he/she will be declared successful in completing the Bachelor Degree in Physical Education (Four Year). For the lateral entry only 20% seats will be reserved provided the college has vacant seats in the above said class for lateral entry. The number of seats should not exceed as per the norms of NCTE. The college should send the copy of lateral entry candidates to the Controller Examination Punjabi University and Chairman, Board of Studies in Physical Education, Dept of Physical Education for verification and approval.

PART-II (SEMESTER-III & IV)

1. An examination for the Diploma course in physical education (D.P.Ed. two year) Part- II shall be held in two semesters to be known as semester-III and semester-IV and shall be held semester wise in the month of November and May or on supplementary examination for candidates placed under reappear shall be held in the month of September or on such other dates as may be fixed by the Academic Council.

2 . (A) The Second year examination shall be open to any candidates who

(i) Has been enrolled in a college admitted to the privileges of the university in the faculty of education and information science for the D.P.Ed. Part II course during the academic year preceding the examination.

(ii) Has passed D.P.Ed Part -I examination from the Punjabi University or any other affiliated colleges of Punjabi University as equivalent to.

(iii) Has his name submitted to the Registrar by the Principal of the college, he has most recently attended; and produces the following certificates:

a) Off good character

b) Having attended not less than 75% of the total number of lectures delivered in each paper/ subject and 75% of the periods held in practical in each activity

Provided that a deficiency in attendances may be condoned for special reason as per rules made by the university from time to time.

- c) Of having fulfilled all the requirements pertaining to the teaching practice and officiating.
- d) Of having satisfactory performed the work of the class.

(B) A candidate who have attended the prescribed number of lectures, does not appear in the examination after completion of his lectures or having appeared in the examination has failed may be allotted to appear at any subsequent examination with in a period of two years without attending a fresh course of lectures.

3. (i) Every candidate shall submit through the principal of the college, he has most recently attended, his application on the prescribed form accompanied by examination fee as prescribed by the university time to time and a statement showing the subject (s) in which he/ she to be examined.

(ii) Every candidate would be required to produce the following certificate signed by the principal of the college recently joined before his/ her name is submitted to the Registrar to sit in the University examined.

“Of having obtained, at the house examination held in December/ January, at least 40% marks in the aggregate of all subject and 25% marks in each of the prescribed subject.

In case a candidate could not appear in the house examination owing to unavoidable circumstances and fails to secure the required marks in the internal examination as a regular student, the principal may at his discretion hold a special test for the candidate (s). Such a candidate would be required to obtain at least 40% marks in aggregate of all subjects and 30% marks in each of the subjects prescribed in special exams.

- 4. The last date by which admission form and fee must reach the Registrar as notified by the university from time to time..
- 5. The medium of Examination in all the subjects shall be English, Punjabi or Hindi. In the case of Punjabi and Hindi the medium shall be Punjabi in Gurumukhi script and Hindi Devnagari script(as the questions shall be set in English and Punjabi).
Provided that the use of English technical terms shall be permissible in setting the question papers as well as in answering the question.
- 6. The examination shall consist of three parts:

Part-I Theory
Part-II Skill and Prowess
Part-III Practice of Teaching and Officiating.

The scheme of education and syllabus for the course shall be prescribed by the Academic Affairs council from time to time. Provided that the following Categories of candidates shall be allowed /disallowed to clear the paper of History and Culture of Punjab in lieu of Punjabi as per rules mentioned herein.

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7. The minimum number of marks required to pass the examination shall be as under
- (a) 40% marks in each paper of Part-I
 - (b) 40% marks in aggregate of all papers of Part-II
 - (c) 40% marks in Part-II (Skill and Prowess)
8. A candidate who fails in one part of examination at one and the same attempt shall be permitted to appear at any subsequent examination in the part in which he/she failed an payment of prescribed fee on each occasion without being required to attend fresh classes. In he/she fails in not more than one theory subject/ papers and secures at least 40% marks in the aggregate of the remaining theory papers/subjects he /she shall be allowed exemption in such paper's /subjects. In case a candidate fails in more than one theory paper his result shall be declared as Fail in theory part of the examination.
- A candidate who is granted exemption shall be allowed to join the next higher class provisionally and the result of the higher class of such a candidate will be kept in abeyance till he/she clear the lower examination provided that a candidates placed under reappear shall be allowed a maximum two subsequent consecutive additional chance to clear the Reappear theory paper failing which his result for the examination de-novo.
- Provided further that a candidate failing in skill will be required to undergo further training in the college for another term of six months.
- A candidate failing in skill shall however be allowed to join Part-II. The result of the part-I examination shall be declared after the declared of the result in skills of Part-I. In case he/she fails in skills, the result for the Part-II examination shall be cancelled. Students undergoing a two year integrates certificate courses in Physical Education shall be awarded the degree on the basis of their combined scores of Part-I and Part-II examination.
- Successful candidates who obtain 60% or more of the aggregate number of marks shall be placed in the first division.
9. After the termination of the examination or as soon as may be the Registrar shall publish a list of candidate who has passed. Each successful candidate shall be granted a certificate of having passed the examination.
10. The candidates after succesfully completing the Two Year Diploma in Physical Education (D.P.Ed) is eligible for the lateral entry to the B.P.Ed IV Year Course provided the college should get the permission from NCTE. The admission in lateral entry will be given in third year of the above mentioned class. Further the candidate has to qualify the deficit subjects only after he/she will be declared successful in completing the Bachelor Degree in Physical Education (Four Year). For the lateral entry only 20% seats will be reserved provided the college has vacant seats in the above said class for lateral entry. The number of seats should not exceed as per the norms of NCTE. The college should send the copy of lateral entry candidates to the Controller Examination Punjabi University and Chairman,

Board of Studies in Physical Education, Dept of Physical Education for verification and approval.

Scheme of Study

DIPLOMA IN PHYSICAL EDUCATION (D.P.ED) TWO YEAR COURSE

PART-I (SEMESTER-I, II, III & IV)

Notes:

1. Syllabi of every course should be revised according to the NCTE.
2. Revised Syllabi of each semester should be implemented in a sequential way.
3. In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
4. All formalities for revisions in the syllabi should be completed before the end of the Semester for implementation of the revised syllabi in the next academic year.
5. During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
6. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

Part	Particular	Marks
Part-A	Theory	1600 Marks
Part-B	Practical	1380 Marks
Part-C	Teaching Practice	200 Marks
Part-D	Project Meet	20 Marks
Part-E	Internship	Compulsory
Total		3200 Marks

**DIPLOMA IN PHYSICAL EDUCATION (D.P.ED) TWO YEAR COURSE
PART-I (SEMESTER-I, II, III & IV)**

Semester-I

Paper	Title of the Papers	Total Hours	Internal Marks	Project Work	External Marks	Total Marks
1.	Officiating Coaching	70	20	10	70	100
2.	History, Principles and Foundation of Physical Education	70	20	10	70	100
3.	Educational and Sports Psychology	70	20	10	70	100
4.	Anatomy and Physiology	70	20	10	70	100
Paper	Title of the Papers	Total Hours	Internal Marks	Project Work	External Marks	Total Marks
1	Track & Field (Sprints-100,200,400, Long Jump and Triple Jump)	15				50
2	Gymnastic	15	5		45	50
3	Football	15	5		45	50
4	Volleyball	15	5		45	50
5	Basketball	15	5		45	50
6	Softball	15	5		45	50
7	Lead-up Games	15	4		16	20
8	Lezuim	15	2		8	10
9	National Anthem	15	2		8	10
10	Picnic	15	2		8	10
11	Movement Lesson (Action Song and Motion Song)	36	25		25	50

* Students will visit Elementary Schools for Teaching Practice at least for 7 days (36 hours).

**DIPLOMA IN PHYSICAL EDUCATION (D.P.ED) TWO YEAR COURSE
PART-I (SEMESTER-I, II, III & IV)**

Semester-II

Paper	Title of the Papers	Total Hours	Internal Marks	Project Work	External Marks	Total Marks
1.	Officiating Coaching	70	20	10	70	100
2.	Recreation and Yoga	70	20	10	70	100
3.	Methods of Teaching value education in physical education	70	20	10	70	100
4.	Sports Training	70	20	10	70	100
Paper	Title of the Papers	Total Hours	Internal Marks	Project Work	External Marks	Total Marks
1	Track & Field- (Hurdles(110-M, 100-G), Relay (4X100, 4X400), Shot-put and Discus)	15				50
2	Gymnastic	15	5		45	50
3	Handball	15	5		45	50
4	Cricket	15	5		45	50
5	Badminton	15	5		45	50
6	Table Tennis	15	5		45	50
7	Folk Dance	15	4		16	20
8	Dumbbell	15	2		8	10
9	Flag Hosting	15	2		8	10
10	Game Lesson	36	25		25	50

* Students will visit Secondary Schools for Teaching Practice at least for 7 days (36 hours).

**DIPLOMA IN PHYSICAL EDUCATION (D.P.ED) TWO YEAR COURSE
PART-I (SEMESTER-I, II, III & IV)**

Semester-III

Paper	Title of the Papers	Total Hours	Internal Marks	Project Work	External Marks	Total Marks
1.	Officiating Coaching	70	20	10	70	100
2.	Health Education	70	20	10	70	100
3.	Applied Physiotherapy and Rehabilitation	70	20	10	70	100
4.	Organization and Administration	70	20	10	70	100
Paper	Title of the Papers	Total Hours	Internal Marks	Project Work	External Marks	Total Marks
1	Track & Field (Middle Distance-800 and 1500 and Long Distance-10000 and 5000, Pole Vault, High Jump)	15	5		45	50
2	Gymnastic	15	5		45	50
3	Hockey	15	5		45	50
4	Kabaddi	15	5		45	50
5	Kho-Kho	15	5		45	50
6	Wrestling	15	5		45	50
7	Indian Club	15	2		8	10
8	Drill and March	15	4		16	20
9	Mass PT Table	15	4		16	20
10	Theory lesson and General lesson	36	25		25	50

* Students will visit High Schools for Teaching Practice at least for 7 days (36 hours).

**DIPLOMA IN PHYSICAL EDUCATION (D.P.ED) TWO YEAR COURSE
PART-I (SEMESTER-I, II, III & IV)**

Semester-IV

Paper	Title of the Papers	Total Hours	Internal Marks	Project Work	External Marks	Total Marks
1.	Officiating Coaching	70	20	10	70	100
2.	Nutrition and Balance Diet	70	20	10	70	100
3.	Test, Measurement and Evaluation in Physical Education	70	20	10	70	100
4.	Sociology, Leadership and Social Welfare	70	20	10	70	100
Paper	Title of the Papers	Total Hours	Internal Marks	Project Work	External Marks	Total Marks
1	Track & Field (Decathlon and Heptathlon, Javelin and Hammer Throw	15	5		45	50
2	Gymnastic	15	5		45	50
3	Judo	15	5		45	50
4	Boxing	15	5		45	50
5	Swimming	15	5		45	50
6	Yoga	15	5		45	50
7	Aerobic	15	4		16	20
8	Hoops	15	2		8	10
9	Trekking	15	2		8	10
10	Athletics lesson	36	25		25	50

* Students will visit Secondary Schools for Teaching Practice at least for 7 days (36 hours).

DIPLOMA IN PHYSICAL EDUCATION (D.P.ED)
TWO YEAR COURSE

Semester – I

Theory – Part A

Sr. No.	Title of the Papers	Total Hours	Total Marks
1.	Officiating Coaching	70	100
2.	History, Principles and Foundation of Physical Education	70	100
3.	Educational and Sports Psychology	70	100
4.	Anatomy and Physiology	70	100

Semester-I Paper-I Officiating and Coaching			
		Total Marks	: 100
		Theory	: 70
		Internal Assessment	: 10
		Project Work	: 20
Note: Nine questions will be set. Question number one will be compulsory of 20 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting two from each unit and each question will carry 12½ marks.			
UNIT-I			
Introduction of Officiating and Coaching • Concept of officiating and coaching • Importance and principles of officiating • Relation of official and coach with management, players and spectators • Measures of improving the standards of officiating and coaching			
UNIT-II			
Rules and Regulations of Games and Athletic events: • Track & Field (Sprints-100,200,400, Long Jump and Triple Jump) • Gymnastic, Football, Volleyball, Basketball and Softball • Score sheets and officials of different games and athletics.			
Specifications of different Play Field : • Gymnastic • Football • Volleyball • Basketball • Softball			
Marking and Lay Out: • Gymnastic • Football • Volleyball • Basketball • Softball			
Project Work Students are required to submit a project report on officiating any of the above mentioned game. The same project will be submitted to the teacher concerned and evaluated by the Committee of Three Teachers of the Department including HoD of the department. The awards will be submitted separately like Sessional Marks.			
REFERENCE: 1 Doherty J.Meeneth –Modern ,Track and Field ,Englewodd. Cliffs N.J. Prentice Hall,Inc. 2 Dr. Feeune Mezo – The modern Olympic Games ,Guda Pest ,Pennonia Press. 3 Singh Hardyal –Sports Traning,New Delhi. 4 J.W. Bunn- Scientific Principles of Coaching. 5 Kamlesh M.L. Field Manual of Sports and Games Negeen Prakashan, Meerut, India. 6 Bunn, J. . (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.			

- 7 Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.
- 8 Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Ltd.
- 9 Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd.
- 10 Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
- 11 Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.

Paper-II History, Principles and Foundation of Physical Education	
Total Marks	: 100
Theory	: 70
Internal Assessment	: 10
Project Work	: 20
Note: Nine questions will be set. Question number one will be compulsory of 20 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting two from each unit and each question will carry 12½ marks.	
UNIT-I	
Introduction	
• Meaning, Definition and Scope of Physical Education • Aims and Objective of Physical Education • Importance of Physical Education in present era • Misconceptions about Physical Education • Relationship of Physical Education with General Education • Physical Education as an Art and Science • Indus Valley Civilization Period. (3250 BC 2500 BC) • Vedic Period (2500 BC 600 BC) • Early Hindu Period (600 BC 320 AD) and Later Hindu Period (320 AD 1000 AD) • British Period (Before 1947) • Physical Education in India (After 1947) • Philosophical Foundation ○ Idealism ○ Pragmatism ○ Naturalism ○ Realism ○ Humanism and Existentialism	
UNIT-II	
• Definition, aims and objectives of physical education. • Importance of physical education in the modern age. • Relationship of physical education with Health Education and Recreation. • Meaning of terms Physical Culture, Physical Training, Drills, Games and Sports Gymnastics. • Brief History of Physical Education in Ancient Greece. • Modern Olympic Games-A comparison with Ancient Olympics. • Asian Games. • Awards and Incentives: Arjuna Award, Daronacharya , Maharaja Ranjit Singh Award. • Sports Schemes in India. a) Sports Authority in India. b) Punjab Sports Department. c) Punjab State Sports Council.	
Project Work	
Project on the history of Major Tournament in India after Independence. The same project will be submitted to the teacher concerned and evaluated by the Committee of Three Teachers of the	

Department including HoD of the department. The awards will be submitted separately like Sessional Marks.

REFERENCES

1. Khan-Eraj Ahmed, History of Physical Education.
2. D.C.Wakherkar , Manual of Physical Education
3. Kamlesh,M.L. & Snagral, Principals and History of Physical Education.
4. Ministry of Education, Govt of India. A National Plan of Physical Education.
5. Sanyal Sardindo, India and Olympic Games.
6. Rajgopalan K.A. Brief History of Physical Education in India, Delhi Army Publisher Pvt. Ltd.
7. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co.
8. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
9. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep.
10. Nixon, E. E. & Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders Co.
11. Obertuffer, (1970). Delbert physical education. New York: Harper & Brothers Publisher.
12. Sharman, J. R. (1964). Introduction to physical education. New York: A.S. Barnes & Co.
13. William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.

Paper-III Educational and Sports Psychology	
Total Marks	: 100
Theory	: 70
Internal Assessment	: 10
Project Work	: 20
Note: Nine questions will be set. Question number one will be compulsory of 20 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting two from each unit and each question will carry 12½ marks.	
UNIT-I	
Introduction	
• Meaning, Importance and scope of Educational and Sports Psychology. • General characteristics of Various Stages of growth and development. • Types and nature of individual differences; Factors responsible-Hereditry and environment • Meaning, Definition and importance of sociology in physical education and sports • Nature of learning, theories of learning, Laws of learning • Plateau in Learning; & transfer of training • Meaning and definition of personality, characteristics of personality	
UNIT-II	
Sports Psychology	
• Dimension of personality, personality and sports performance. • Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance. • Mental Preparation Strategies: Attention focus, Self-talk, Relaxation, Imaginary • Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety • Meaning and nature of stress; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance	
Project Work:	
Students under the supervision of teacher will prepare a Personality profile of outstanding sports person. The same project will be submitted to the teacher concerned and evaluated by the Committee of Three Teachers of the Department including HoD of the department. The awards will be submitted separately like Sessional Marks.	
REFERENCE	
1. Blair, J.& Simpson, R.(1962). Educational psychology, New York:McMillan Co. 2. Cratty, B. J.(1968). Psychology and physical activity. Eaglewood Cliffs. Prentice Hall. 3. Kamlesh, M.L. (1998). Psychology inphysical education and sport. New Delhi:Metropolitan Book Co. 4. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). Sport and social system. London: Addison Wesley Publishing Company Inc. 5. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981).Sports culture and society.Philadelphia: Lea &Febiger. 6. Mathur, S.S., (1962). Educational psychology. Agra.VinodPustakMandir. 7. Skinnner, C. E., (1984.). Education psychology. New Delhi: Prentice Hall of India. 8. William, F. O.&Meyer, F. N. (1979). A handbook of sociology. New Delhi: Eurasia Publishing House Pvt Ltd.	

Paper-IV Anatomy and Physiology	
Total Marks	: 100
Theory	: 70
Internal Assessment	: 10
Project Work	: 20
Note: Nine questions will be set. Question number one will be compulsory of 20 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting two from each unit and each question will carry 12½ marks.	
UNIT –I	
Anatomy and Physiology: • Meaning and its Importance. • Human Cell: Structure and its function. • Tissue: Structure and its types. • Bones: General structure of the bone, various kinds of bones, function of bones. • Structure of Bones: Scapula, Upper limbs, Lower limbs, Sternum and Ribs. • Joints: Its types, structure and movement. • Muscles: Meaning and Structure of various kinds of Muscles and their functions. • Classification of muscles: Classification of muscles according to their structure.	
UNIT-II	
Respiratory System: (a) Organs of Respiration and their structure. (b) Mechanism of respiration. (c) Exchange of gases. (d) Oxygen debt.	
Digestive System: (a) Organs, Structure and Functions of Digestion. (b) Structure of stomach, small intestine and large intestine and their function. (c) Absorption and assimilation of food. (d) Metabolism.	
Circulatory System: (a) Organs (b) Structure of Heart, Artery and Vein and their functions. (c) Blood, its constituents and functions.	
Excretory System: (a) Organs of Excretion. (b) Structure and function of skin, kidney and lungs.	
Nervous System: (a) Central Nervous System. (b) Structure of Brain and Spinal Column (c) Neuromuscular Co-Ordination.	
PROJECT WORK Students under the supervision of teacher will prepare models on different systems using charts, thermocol etc. The same project will be submitted to the teacher concerned and evaluated by the Committee of Three Teachers of the Department including HoD of the department. The awards will be submitted separately like Sessional Marks.	

REFERENCE

1. Gupta, A. P. (2010). Anatomy and physiology. Agra: Sumit Prakashan.
2. Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press. Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B. Saunders. Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.
3. Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.
4. Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications.
5. Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co. Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.
6. Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.
7. Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications.

DIPLOMA IN PHYSICAL EDUCATION (D.P.ED)
TWO YEAR COURSE

Semester – I

Practical – Part B

Sr. No.	Title of the Papers	Total Hours	Total Marks
1	Track & Field (Sprints-100,200,400, Long Jump and Triple Jump)	15	50
2	Gymnastic	15	50
3	Football	15	50
4	Volleyball	15	50
5	Basketball	15	50
6	Softball	15	50
7	Lead-up Games	15	20
8	Lezuim	15	10
9	National Anthem	15	10
10	Picnic	15	10

D.P.Ed. - Semester - I
PART-B (Activity – Skill and Prowess)
ATHLETICS (Track and Field)

Max. Marks: 50 Marks

Practical: 45 Marks

Internal Assessment: 05 Marks

Objectives:-

1. History of athletics (Track and Field) for men and women including important competitions and personalities of national and international repute.
2. Introduction of the event and its historical development with special reference to India.
3. Knowledge of equipment of international standard required in the sport/event.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of each event.
6. Importance of hygiene for an athlete.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Sprinting Events:

- Correct running style emphasizing on proper body position.
- Crouch start and its variations - fixing of the starting blocks, getting off the block.
- Practice of starts with blocks using proper and different commands.
- Finishing techniques – Run Through, Forward Lunge and Shoulder Shrug.
- Rules & regulation of sprinting event.

Long Jump:

- Techniques:-Hang and Running in the Air Techniques.
- Teaching Stages: Approach run, take off, flying phase and landing.
- Measurement of Long Jump Arena.
- Rules & Regulations for Competition.

Triple Jump:

- Teaching Stages: Approach run, take off and landing for hop, step & jump, Flying phase and landing
- Measurement of Triple Jump Arena
- Rules & Regulations for Competition

Evaluation Plan (Equal distribution of marks)

- Performance Test,
- Oral/ written Test.
- Professional Attitude, and
- Assignments.

Books Recommended

1. Brown L. Richard, “Fitness Running.” (2003) Human Kinetics USA.

2. Singh, Baljeet “Athletic Conditioniong.” (2007) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
3. Novich,M.Max “Training and Conditioning of Athletes”,Lea & Febiger 450S. Washington square Philadelphia,PA 19106 U.S.A.
4. Bosen,Ken O. “Track and Field Fundamental Techniques”, Patiala: N.I.S. Publication.
5. Dyson, Geoffrey HG, Edumndson, Joseph, “Athletics for Schools.” University of London Press Ltd. 1969.
6. Doherty, J. Mannet, “Track and Field” Englewood Cliffs, N.J. Prentice Hall Inc.
7. Dyoon, Geoffrey, G.H. The Mechanic of Athletics: London University of London press Ltd.,1962
8. Hodks, Gens.Application of Weight Training to Athletics. Englewood Cliffs, N.J. Prentice Hall Inc., 1962
9. Malhotra, Ashok Kumar A Guide to be an Athlete, Krishna Publication Books New Delhi.
10. Mohan, V.M. Athletics for beginners, Metropolitan Books New Delhi.

D.P.Ed. - SEMESTER - I
PART-B (Activity – Skill and Prowess)
GYMNASTICS (Men and Women)

Max. Marks: 50 Marks

Practical: 45 Marks

Internal Assessment: 05 Marks

Objectives:-

1. History of Gymnastics for men and women including important competitions and personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to India.
3. Knowledge of equipment of international standard required in the game/sport.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of each event/item of gymnastics.
6. Importance of hygiene for a gymnast.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS
(MEN SECTION)

Developmental Exercises

- Exercises on wall bars, exercises on heavy beam, rope climbing, exercises with medicine ball, pyramid formations and stunts.

Floor Exercises

- Forward roll, backward roll, sideward roll, cart wheel, hand stand and forward roll, backward roll to hand stand, Diving forward roll, side split, head stand, different kind of scale, dive roll from best board and round off.

FUNDAMENTAL SKILLS
(WOMEN SECTION)

Floor Exercise

- Rolls-forward and backward, hand stand and roll forward, cartwheel and cat leap.

Evaluation Plan: (Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

1. Chakraborty, S “ Activities for Children Teaching Gymnastics Piramids” (2006-07) Sports Publication, G-6,23/23B EMCA House, Ansari Road, Darya Ganj New Delhi. Stunrt, Nik.”
2. Competitive Gymnastics,” London:Paul and Company, Ltd.1970.
3. De Carle, Tom., “Hand Book of Progressive Gymnastics.” Englewood Cliffs: N.J.Printice Hall,1963.

4. Lokon, Newtwan, C. Wiliougbby. Rodert, J.” Complete Book of Gymnastics.” Englewood Cliffs, N.J. Printice Hall, 1954.
5. Cochranu, Tunvi. S.”International Gymnastics for Girls and Women.” London: Addison Willy Publishing Company.
6. Drury, Blanchu, J. and Schmid Andore B. ,” Gymnastics for Women.” California: National Book, 1970.
7. Rules Book of Gymnastics Federation of India, Latest Edition.

D.P.Ed.-SEMESETER - I
PART-B (Activity – Skill and Prowess)
FOOTBALL

Max.Marks:50 Marks
Practical: 45 Marks
Internal Assessment: 5 Marks

Objectives:-

1. History of football including important tournaments and distinguish personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to India.
3. Knowledge of equipment of international standard required in the game/sport.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of the game.
6. Importance of hygiene for a football player.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Kicks:

- Kicking with the inside of the foot.
- Kicking with the instep of the foot.
- Kicking with the outer instep of the foot.
- Lofted kick.

Trapping:

- Trapping rolling ball – with the inside, sole and instep of the foot.
- Trapping bouncing ball with the sole.

Dribbling:

- With the instep of the foot.
- With the inside of the foot.
- With the outer instep of the foot.

Heading:

- From standing, running and jumping.

Feinting:

- With the lower limb and with the upper part of the body.

Tackling:

- Simple and slide tackling.

Goal Keeping:

- Collection of balls.
- Ball clearance – Kicking, throwing and deflecting.

Elementary formations and systems of play

Functional training

Lead up games/ side games

ADVANCE SKILLS

Kicking:

- Chip, in-swing and out-swing.
- Volley (low drive, back volley and scissors volley).
- Half volley.

Ball Reception and Control:

- Receiving the rolling ball with inside and out side of the foot and changing direction.
- Trapping the bowling ball with the abdomen.
- Trapping the bowling ball with the lower leg.
- Receiving the bowling ball with the inside and outside of the foot and changing the direction.
- Receiving the flying ball with the inside, instep thigh, chest and head.

Dribbling:

- Controlled dribbling, fast dribbling, straight dribbling, zigzag dribbling and dribbling around/between obstacles.

Heading:

- From running and jumping, heading for long distance and downward heading.

Evaluation Plan: (Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Buxton. Ted, "Football Skills for Young Players"(2003)Angus Books Limited.
- K.Kanika, "Football Coaching Manual" (2005)Sports Publications H.O: 7/26, Ansari Road ,Darya Ganj,New Dehli.
- Batty Cris,"Soccer Coaching the Modern way." London; Faber and Faber,1969.
- Hatty Lein ,"Soccer Coaching :The Modern Way."London; Faber andFfaber ,1969.
- Hedler and Stranghton,"Play Football with Pele." London Tronoto,Sydney.
- Larche,Harry, E.,,"Techniques of Football Coaching." London;A.S.Barnes & Company,1969.
- Lonziak Conrad,"Understanding Soccer Tactics." London; Faber and Faber, 1966.
- Soundrer's Tom,"Play Better Soccer in all Colour."London; Colling Geagow,1972.
- Singh,Gian,"Football Quiz." Delhi; Services Publishing House,1977.

D.P.Ed.-Semester - I
PART-B (Activity – Skill and Prowess)
VOLLEYBALL

Max.Marks:50 Marks

Practical: 45 Marks

Internal Assessment: 05Marks

Objectives:-

1. History of Volleyball including important tournaments and distinguish personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to India.
3. Knowledge of equipment of international standard required for the game.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of the game.
6. Importance of hygiene for a volleyball player.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Player's Stance-while receiving and passing the ball.

Passes (overhead and underhand):-

The Volley (overhead pass) and the dig (underhand pass).

Serves: Under arm serve, side arm serve, tennis serve, Round arm serve, float serve and smash serve.

Spike/ Smash: Straight arm spike and round arm spikes.

Blocks: Single block.

ADVANCE SKILLS

Pass:-Back pass, Back roll volley, Back roll dig, Side roll dig and Jump and pass.

Serve: Side arm floater and overhead floating serve.

Spike:Spiking cross the court and spiking down the court.

Block:Double block and triple block.

Dive:Dive combined with dig (One handed) and dive combined with dig (Two handed).

Systems of Play: 5 – 1 and 4 -2 systems of play with rotation of serve.

NOTE: Advance skills may be taught during the specialization in the fourth year of D.P.Ed.

Lead-up Games:

Evaluation Plan:(Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments

Books Recommended

- Kus Sally, "Coaching Volleyball Successfully." Human Kinetics P.O. Box 5076 Champaign, IL61825-5076
- Arora, Monica "Volleyball Coaching Manual" (2006) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Anthony, Don."Success in Volleyball." (1978), John Murray Publishers Ltd. London.

- Nicholls, Keith.” Modern Volleyball for Teachers, Coaches and Players.”(1970), Lepus Books, London.
- Sandhu, G.S.” Volleyball: Basic and Advanced.” The Sports People, Chandigarh.
- Sandefur Kandy.” Volleyball.” (1970), Goodyear Publishing Company, Inc. California.
- Siyamaker, Thomas and Brown, Virgine H.”Power Volleyball.” (1976), Sounders Company, London.
- Sotir, Nicholas.” Winning Volleyball.”(1950), Stanley Paul, London.

D.P.Ed.- Semester - I
PART-B (Activity – Skill and Prowess)
BASKETBALL

Max. Marks: 50 Marks
Practical: 45 Marks
Internal Assessment: 05Marks

Objectives:-

1. History of Basketball including important tournaments and distinguish personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to India.
3. Knowledge of equipment of international standard required in the game/sport.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of the game.
6. Importance of hygiene for a basketball player.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Player/s Stance and Ball Holding.

Passing and Receiving:

- Two hand chest pass
- Two hand bounce pass
- One hand base ball pass
- Side arm pass
- Over head pass
- Hook pass

Receiving:

- Two hand receiving
- One hand receiving
- Receiving in stationery position
- Receiving while running
- Receiving while jumping

Receiving:

- Start and stop dribbling
- High and low dribbling
- Reverse dribbling
- Rolling dribbling

Shooting:

- Lay-up shot and its variations
- One hand set shot
- One hand jump shot
- Hook shot
- Free throw

Rebounding:

- Defensive rebound
- Offensive rebound
- Knock out
- Rebound organization

Individual Defense:

- Guarding the man without the ball
- Guarding the man with the ball

Pivoting:

Systems of play (defense & attack):

Evaluation Plan: (Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Vaidhya, Rajesh “Skills & Tactics Basketball, (2007) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Rose.H.Lee, “The Basketball Handbook.” (2004) Human kinetics, USA.
- Boe, Clair and Norton, Kon, “Men to Men Defense and Attack.” (1959) New York: Ronald Press Company.
- Boe, Clair and Norton, Kon, “Zone Defense and Attack.” (1959) New York: Ronald Press Company.
- Colberk, A.L.,” Modern Basketball – A Fundamental Analysis of Skills and Tactics.”(1956) London. Nicholas Kaya.
- Moontasir, Abbas, “Principles of Basketball.” (1979) Bombay Skanda Publication.
- Srivatsan s., ”Basketball.”NIS,Publication,Patiala.

D.P.Ed.-Semester - I
PART-B(Activity – Skill and Prowess)
SOFTBALL

Max.Marks:50 Marks

Practical: 45 Marks

Internal Assessment: 05Marks

Objectives:-

1. History of Softball including important tournaments and distinguish personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to India.
3. Knowledge of equipment of international standard required for the game.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of the game.
6. Importance of hygiene for a Softball player.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Batting: The grip: Short, long and standard.

The stance: Parallel, open and closed.

Swing and hitting

Bunting

Pitching:

The grip: Three and four finger. Windmill and figure of eight.

Base Running: Running to first base, running more than one base and base stealing.

Fielding: Fielding ground balls and Fielding fly balls.

Game Tactics: Batting strategy and Fielding strategy.

Lead-up Games.

Evaluation Plan:(Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

D.P.Ed. - Semester - I
PART-B (Activity – Lead Up Games)

Max. Marks: 20 Marks

Practical: 16 Marks

Internal Assessment: 04Marks

Objectives:-

1. To prepare the students for demonstrations/displays on international, national or important days of the institution.
2. Knowledge of equipment required for different indigenous activities.
3. To teach Free Hand Exercises emphasizing on physical fitness, rhythmic sense and neuro-muscular co-ordination.
4. To teach and provide organized physical education activities emphasizing on skill learning, leadership, orderly behaviour and enjoyment.
5. To wear appropriate dresses.
6. Etiquette.

FUNDAMENTAL SKILLS

Lead up Games:

Minor Games:-At least 50 minor games to be taught at the end of the Period for 10-12 minutes.

Evaluation Plan :(Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Datta,A.K.,and Mazumdar, I.,” Students Teaching in Physical Education.”2004, Janvani Prakshan (P) Ltd.30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032.
- Govt. of India Publication,” The Fitness Corps.”
- ”Hand Book of Physical Education.”(1995), Friends Publication (India), 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.

D.P.Ed. - Semester - I
PART-B (Activity – Lazium)

Max. Marks: 10 Marks

Practical: 08 Marks

Internal Assessment: 02Marks

Objectives:-

1. To prepare the students for demonstrations/displays on international, national or important days of the institution.
2. Knowledge of equipment required for different indigenous activities.
3. To teach Free Hand Exercises emphasizing on physical fitness, rhythmic sense and neuro-muscular co-ordination.
4. To teach and provide organized physical education activities emphasizing on skill learning, leadership, orderly behaviour and enjoyment.
5. To wear appropriate dresses.
6. Etiquette.

FUNDAMENTAL SKILLS

Lazium

Set of Exercises – Two Counts, Four Counts, Eight Counts, Sixteen Counts and Reverse Count Exercises – These exercises may be carried out with or without drum.

Evaluation Plan :(Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Datta,A.K.,and Mazumdar, I.,” Students Teaching in Physical Education.”2004, Janvani Prakshan (P) Ltd.30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032.
- Govt. of India Publication,” The Fitness Corps.”
- ”Hand Book of Physical Education.”(1995), Friends Publication (India), 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.

D.P.Ed. - Semester - I
PART-B (Activity – National Anthem)

Max. Marks: 10 Marks

Practical: 08 Marks

Internal Assessment: 02Marks

Objectives:-

1. To prepare the students for demonstrations/displays on international, national or important days of the institution.
2. To wear appropriate dresses.
3. Etiquette.

FUNDAMENTAL SKILLS

National Anthem

1. Standing position.
2. Write the words on the board. Students may know the piece, but not the exact words
3. Speaking of words focus on the enunciation of the words.
4. Just work on first three notes over and over again. Establishing the key and the first three notes will be essential to the success of the performance.
5. Breathe and don't breathe in the right places.

Evaluation Plan :(Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Datta,A.K.,and Mazumdar, I.,” Students Teaching in Physical Education.”2004, Janvani Prakshan (P) Ltd.30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032.
- Govt. of India Publication,” The Fitness Corps.”
- ”Hand Book of Physical Education.”(1995), Friends Publication (India), 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.

D.P.Ed. - Semester - I
PART-B (Activity – Picnic)

Max. Marks: 10 Marks

Practical: 08 Marks

Internal Assessment: 02Marks

Objectives:-

1. To teach and provide organized physical education activities emphasizing on skill learning, leadership, orderly behaviour and enjoyment.
2. To wear appropriate dresses.
3. Etiquette.

FUNDAMENTAL SKILLS

Picnic

- Picnic Time is a great time for children to learn the social skills of being together as a large group
- Picnic Theme Survey
- What to do on a picnic:
- What to see?
- What to hear?
- What types of food to eat?
- What type of weather is best for a picnic?

Evaluation Plan :(Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Datta,A.K.,and Mazumdar, I.,” Students Teaching in Physical Education.”2004, Janvani Prakshan (P) Ltd.30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032.
- Govt. of India Publication,” The Fitness Corps.”
- ”Hand Book of Physical Education.”(1995), Friends Publication (India), 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.

**DIPLOMA IN PHYSICAL EDUCATION (D.P.ED)
TWO YEAR COURSE**

Semester – I

Teaching Practice – Part C

Sr. No.	Title of the Papers	Total Hours	Total Marks
01	Movement Lesson (Action Song and Motion Song)	36	50

D.P.Ed.-Semester - I
PART-C (TEACHING PRACTICE)
TEACHING PRACTICE - Movement Lesson (Action Song and Motion Song)

Max. Marks: 50 Marks

Practical: 40 Marks

Internal Assessment: 10Marks

Objectives:

1. Importance of teaching practice in physical education.
2. To develop efficiency in the conduct and teaching of physical activities of formal nature.
3. To prepare the student-teacher to face the students in theory as well as activity classes.
4. To teach Free Hand Exercises emphasizing on physical fitness muscular co-ordination.
5. To teach and provide organized physical education activities emphasizing on skill learning, leadership, orderly behaviour and enjoyment.
6. To develop the skill of teaching of students of different age groups of different gender.
7. To prepare the students to handle the class of different durations.
8. To prepare the student-teacher to handle the class effectively and efficiently during the university examination in the presence of the internal examination board.

Review of the syllabus taught in D.P.ED.- First Semester under Movement Lesson (Action Song and Motion Song)

Movement Lesson (Action Song and Motion Song) : (Five lessons in Movement Lesson (Action Song and Motion Song))

Note:-D.P.Ed. – First Semester students will be engaged to conduct five lessons in Movement Lesson (Action Song and Motion Song). Proper lesson plan shall be prepared by each student-teacher. The lessons will be supervised by the faculty members, who would discuss the merits and demerits of the lesson and guide the student-teacher for the future. Each lesson should be completed as per the plan mentioned in the lesson plan.

Evaluation Plan: (Equal distribution of marks)

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Datta,A.K.,and Mazumdar, I.,” Students Teaching in Physical Education.”2004, Janvani Prakshan (P)Ltd.30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032.
- Govt. of India Publication,” The Fitness Corps.”
- “Hand Book of Physical Education.”(1995), Friends Publication (India), 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.

DIPLOMA IN PHYSICAL EDUCATION (D.P.ED)
TWO YEAR COURSE

Semester – II

Theory – Part A

Sr. No.	Title of the Papers	Total Hours	Total Marks
1.	Officiating Coaching	70	100
2.	Recreation and Yoga	70	100
3.	Methods of Teaching value education in physical education	70	100
4.	Sports Training	70	100

Semester-II Paper-V Officiating and Coaching	
Total Marks: 100 Theory: 70 Internal Assessment: 10 Project Work: 20	
Note: Nine questions will be set. Question number one will be compulsory of 20 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting two from each unit and each question will carry 12½ marks.	
UNIT-I	
Coach as a Mentor • Duties of coach in general, pre, during and post game. • Philosophy of coaching • Responsibilities of a coach on and off the field • Psychology of competition and coaching	
UNIT-II	
Rules and Regulations of Games and Athletic events: • Track & Field-(Hurdles(110-M, 100-G), Relay (4X100, 4X400), Shot-put and Discus) • Handball, Cricket, Badminton and Table Tennis • Score sheets and officials of different games and athletics. Specifications of different Play Field : • Handball • Cricket • Badminton • Table Tennis Marking and Lay Out: • Handball • Cricket • Badminton • Table Tennis	
Project Work Students are required to submit a project report on officiating any of the above mentioned game. The same project will be submitted to the teacher concerned and evaluated by the Committee of Three Teachers of the Department including HoD of the department. The awards will be submitted separately like Sessional Marks.	
REFERENCE: 1. Doherty J.Meeneth –Modern ,Track and Field ,Englewodd. Cliffs N.J. Prentice Hall,Inc. 2. Dr. Feeune Mezo – The modern Olympic Games ,Guda Pest ,Pennonia Press. 3. Singh Hardyal –Sports Traning,New Delhi. 4. J.W. Bunn- Scientific Principles of Coaching. 5. Kamlesh M.L. Field Manual of Sports and Games Negeen Prakashan, Meerut, India. 6. Bunn, J. . (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.	

7. Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.
8. Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Ltd.
9. Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd.
10. Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
11. Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.

Paper-VI Recreation and Yoga	
Total Marks	: 100
Theory	: 70
Internal Assessment	: 10
Project Work	: 20
Note: Nine questions will be set. Question number one will be compulsory of 20 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting two from each unit and each question will carry 12½ marks.	
UNIT-I	
Introduction to Recreation	
1	Recreation: Definition, its importance, characteristics and Misconceptions. Importance of Recreation.
2	Agencies Providing Recreation: (a) Municipal Agencies. (b) Public Agencies. (c) Private Agencies. (d) Youth Serving Agencies. (e) Employee Recreation. (f) Commercial Recreation. (g) Recreation for Handicapped.
4	Programs in Recreation: (a) Criteria and Principles for community Recreation programmes. (b) Classification of Recreational Activities. (c) Arts and Crafts (d) Dancing (e) Dramatics (f) Literary Activities (g) Music. (h) Nature and Outing. (i) Social Events. (j) Indoor and Outdoor sports and Games. (k) Photography. (l) Gardening.
UNIT-II	
Introduction to Yoga	
• Meaning and Definition of Yoga • Aims and Objectives of Yoga • Need and Importance of Yoga in Physical Education and Sports • The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi • Yoga in the Bhagavadgita- Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga • Types of Asanas ○ Effects of Asanas and Pranayama on various system of the body ○ Types of Bandhas and Mudras ○ Types of Kriyas	

Project Work:

Students under the supervision of teacher will develop and organize recreational activities for old age people. The same project report will be submitted to the teacher concerned and evaluated by the Committee of Three Teachers of the Department including HoD of the department. The awards will be submitted separately like Sessional Marks.

REFERENCE

1. Butter, George D. Introduction to Community Recreation, McGraw Hill Book Co., N. York, 1959.
2. Chubb, Michael and Chubb, Holly, one Third of Our Time: An Introduction to Recreation Behaviour and Resources, John Wiley and Sons, New York, 1981.
3. Ellis, M. J., Why people play, Prentice Hall Inc. Eaglewood Cliffs, 1973.
4. Torkildsen, George, Leisure and Recreation Management, E. and F. N. Spon., London, 1992.
5. Brown, F. Y.(2000). How to use yoga. Delhi:Sports Publication.
6. Gharote, M. L. &Ganguly, H. (1988). Teaching methods for yogic practices.Lonawala: Kaixydahmoe.
7. Rajjan, S. M. (1985). Yoga strenthening of relaxation for sports man. New Delhi:Allied Publishers.
8. Shankar,G.(1998). Holistic approach of yoga. New Delhi:Aditya Publishers.
9. Shekar,K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra.

Paper-VII Methods of Teaching Value Education in Physical Education	
Total Marks	: 100
Theory	: 70
Internal Assessment	: 10
Project Work	: 20
Note: Nine questions will be set. Question number one will be compulsory of 20 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting two from each unit and each question will carry 12½ marks.	
UNIT-I	
Introduction	
• Education and Education Technology: Meaning and Definitions. • Types of Education: Formal, Informal and Non-Formal Education. • Teaching: Meaning and Principles of teaching. • Importance of technological devices used of imparting knowledge. • Teaching Methods: Lecture Methods, Command Method, Demonstration method, Imitation method, project method, Whole method, Whole-part-whole method, Part method, At will method etc. • Factors affecting teaching methods. • Presentation Techniques: Personal and technical preparation, Steps of presentation. • Types of class formations and Methods of classification of students.	
UNIT-II	
Teaching Aids	
• Teaching Aids: Meaning, Importance, types of teaching aids. • Criteria for selecting teaching aids. • Team Teaching: Meaning, Principles and advantage of team teaching. • Difference between Teaching Methods and Teaching Aid. • Lesson Planning: Meaning, Importance and Type • Principles of lesson plans. • Micro Teaching: Meaning, Types and steps of micro teaching. • Simulation Teaching: Meaning, Types and steps of simulation teaching.	
Project Work	
Students under the supervision of teacher will prepare the models of different teaching aids. The same project will be submitted to the teacher concerned and evaluated by the Committee of Three Teachers of the Department including HoD of the department. The awards will be submitted separately like Sessional Marks.	
REFERENCE	
1. Bhardwaj, A. (2003). New media of educational planning. New Delhi: Sarup of Sons. 2. Bhatia, & Bhatia, (1959). The principles and methods of teaching. New Delhi: Doaba House. 3. Kochar, S.K. (1982). Methods and techniques of teaching. New Delhi: Sterling Publishers Pvt. Ltd. 4. Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). Introduction to educational technology. New Delhi: Sterling Publishers Pvt. Ltd. 5. Walia, J.S. (1999). Principles and methods of education. Jullandhar: Paul Publishers.	

Paper-VIII Sports Training			
		Total Marks	: 100
		Theory	: 70
		Internal Assessment	: 10
		Project Work	: 20
Note: Nine questions will be set. Question number one will be compulsory of 20 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting two from each unit and each question will carry 12½ marks.			
UNIT-I			
Introduction to Sports Training • Meaning and Definition of Sports Training • Aim and Objective of Sports Training • Principles of Sports Training • Strength Mean and Methods of Strength Development • Speed Mean and Methods of Speed Development • Endurance – Mean and Methods of Endurance Development • Coordination- Mean and Methods of coordination Development • Flexibility Mean and Methods of Flexibility Development			
UNIT-II			
Training Process • Training Load – Definition and Types of Training Load • Periodization Meaning and types of Periodization. • Talent Identification and Development			
Project Work: Students under the supervision of the teacher will prepare training modules for the development of various fitness components for college students. The same project report will be submitted to the teacher concerned and evaluated by the Committee of Three Teachers of the Department including HoD of the department. The awards will be submitted separately like Sessional Marks.			
REFERENCE: 1. Dick, W. F. (1980).Sports training principles.London: Lepus Books. 2. Harre, D.(1982).Principles of sports training.Berlin: Sporulated. 3. Jensen, R. C.& Fisher, A.G. (1979). Scientific basis of athletic conditioning. Philadelphia: Lea and Fibiger, 2ndEdn. 4. Matvyew, L.P. (1981).Fundamental of sports training. Moscow: Progress Publishers. 5. Singh, H. (1984).Sports training, general theory and methods.Patials: NSNIS. 6. Uppal, A.K., (1999).Sports Training.New Delhi: Friends Publication.			

DIPLOMA IN PHYSICAL EDUCATION (D.P.ED)
TWO YEAR COURSE

Semester – II

Practical – Part B

Sr. No.	Title of the Papers	Total Hours	Total Marks
1	Track & Field-(Hurdles(110-M, 100-G), Relay (4X100, 4X400), Shot-put and Discus)	15	50
2	Gymnastic	15	50
3	Handball	15	50
4	Cricket	15	50
5	Badminton	15	50
6	Table Tennis	15	50
7	Folk Dance	15	20
8	Dumbell	15	10
9	Flag Hosting	15	10

D.P.Ed.- Semester - II
PART-B (Activity – Skill and Prowess)
ATHLETICS (Track and Field)

Max. Marks: 50 Marks

Practical: 45 Marks

Internal Assessment: 05 Marks

Objectives:-

1. Introduction of the event and its historical development with special reference to India.
2. Important personalities of national and international repute including national and international competitions.
3. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
4. Knowledge of equipment of international standard required for the event.
5. International rules and regulations of each event.
6. Importance of hygiene for an athlete.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Track Events

Hurdle Races

- **Teaching Stages:** Swinging leg action, Trailing leg action, Clearance of hurdle emphasizing on proper trunk position action, Development of stride rhythm from start to first hurdle, between hurdles and strides between the last hurdle and finishing line
- Rules & Regulations for Competition.

Shot- Put

- Techniques:- Perry O'Brien and Disco-Put.
- Teaching Stages: Hand hold, Placement of shot, Initial Stance, T-position, Glide, Delivery Stance, Delivery action and follow through/reverse
- Rules and Regulations for Competition

Discuss Throw

- Teaching Stages: Hand hold, Initial Stance, Preliminary Swings, Turn, Delivery Stance, Delivery Action and Reverse.
- Rules & Regulations for Competition

Evaluation Plan (Equal distribution of marks)

- Performance Test,
- Oral/ written Test.
- Professional Attitude, and
- Assignments.

Books Recommended

1. Brown L. Richard, "Fitness Running." (2003) Human Kinetics USA.
2. Singh, Baljeet "Athletic Conditioning." (2007) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.

3. Novich, M. Max “Training and Conditioning of Athletes”, Lea & Febiger 450 S. Washington square Philadelphia, PA 19106 U.S.A.
4. Bosen, Ken O. “Track and Field Fundamental Techniques”, Patiala: N.I.S. Publication.
5. Dyson, Geoffrey H.G., Edmundson, Joseph, “Athletics for Schools.” University of London Press Ltd. 1969.
6. Doherty, J. Mannet, “Track and Field” Englewood Cliffs, N.J. Prentice Hall Inc.
7. Dyson, Geoffrey, G.H. The Mechanic of Athletics: London University of London press Ltd., 1962
8. Hodges, Gens. Application of Weight Training to Athletics. Englewood Cliffs, N.J. Prentice Hall Inc., 1962
9. Malhotra, Ashok Kumar A Guide to be an Athlete, Krishna Publication Books New Delhi.
10. Mohan, V.M. Athletics for beginners, Metropolitan Books New Delhi.

D.P.Ed. - SEMESTER - II
PART-B (Activity – Skill and Prowess)
GYMNASTICS (Men and Women)

Max. Marks: 50 Marks

Practical: 45 Marks

Internal Assessment: 05 Marks

Objectives:-

1. History of Gymnastics for men and women including important competitions and personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to India.
3. Knowledge of equipment of international standard required in the game/sport.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of each event/item of gymnastics.
6. Importance of hygiene for a gymnast.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS
(MEN SECTION)

Parallel Bars

- Mount from one bar, straddle walking on parallel bars, single and double step walk, perfect swing and shoulder stand on one bar roll forward, roll side, shoulder stand and front on back vault to the side (dismount).

Vaulting Table

- Approach run and jump from the beat board, cat vault, squat vault and straddle vault.

FUNDAMENTAL SKILLS
(WOMEN SECTION)

Uneven Bars

- Long higher bar to squat forward to rear support, swan, one leg squat rise to scale and under wing dismount.

Evaluation Plan: (Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

1. Chakraborty, S “ Activities for Children Teaching Gymnastics Piramids” (2006-07) Sports Publication, G-6,23/23B EMCA House, Ansari Road, Darya Ganj New Delhi. Stunrt, Nik.”
2. Competitive Gymnastics,” London:Paul and Company, Ltd.1970.
3. De Carle, Tom., “Hand Book of Progressive Gymnastics.” Englewood Cliffs: N.J.Printice Hall,1963.

4. Lokon, Newtwan, C. Wiliougbby. Rodert, J.” Complete Book of Gymnastics.” Englewood Cliffs, N.J. Printice Hall, 1954.
5. Cochranu, Tunvi. S.” International Gymnastics for Girls and Women.” London: Addison Willy Publishing Company.
6. Drury, Blanchu, J. and Schmid Andore B. ,” Gymnastics for Women.” California: National Book, 1970.
7. Rules Book of Gymnastics Federation of India, Latest Edition.

D.P.Ed.-Semester - II
PART-B (Activity – Skill and Prowess)
HANDBALL

Max.Marks:50 Marks
Practical: 45 Marks
Internal Assessment: 05Marks

Objectives:-

1. History of Handball including important tournaments and distinguish personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to India.
3. Knowledge of equipment of international standard required for the game.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of the game.
6. Importance of hygiene for a handball player.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Basic stance, hand and feet movements.

Running and Catching the Ball:Running and catching the ball with two hands, Catching at chest height, Catching the high ball and catching the low ball.

Passing and Throwing the Ball:One hand shoulder pass, two hand chest pass and the long throw.

Dribbling (Running with the Ball)

Shooting:-The standing throw, the sides throw, the jump shot, the reverse shot, the fall shot, and the goal keeping.

Lead-up Games:

Evaluation Plan: (Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- O.P. Sharma, “Handball Rule Book.” (2006) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Mand, Charles L. “Handball Fundamentals.” (1968), Cinio, Charles E. Merrill Company, Columbus.
- Philips, B.E.”Handball its Play and Management”(1957), The Ronald Press, New York.
- Robarson,Richard and Olson Herbert.” Beginning Handball.”(1969), Wadsworth Company, Inc. Belmont.
- Rowland B.J.”Handball: A Complete Guide.”(1970), Faber and Faber Ltd. 24 Russella Square, London.

D.P.Ed.- Semester - II
PART-B(Activity – Skill and Prowess)
CRICKET

Max.Marks:50 Marks

Practical: 45 Marks

Internal Assessment: 05Marks

Objectives:-

1. Introduction of cricket and its historical development with special reference to India.
2. Important personalities of national and international repute including important national and international tournaments.
3. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
4. Knowledge of equipment of international standard required for the game.
5. To familiarize with methods of construction, lay-out and marking of cricket field and pitch.
6. International rules and regulations of the game.
7. Importance of hygiene for a cricket player.
8. Etiquette.
9. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Batting (Grip, stance and strokes)**Strokes in front of the wicket:-**Straight drive, forward defensive stroke, backward defensive stroke, Forward off drive, forward on drive, forward cut and square cut.

Batting-Strokes behind the wicket: Late cut, hook and leg glance.

Bowling (Breaks): Off break, leg break and goggle.

Bowling (Spin): Spin bowling – Off spin bowling and leg spin bowling; short ball and long ball.

Fielding: Defensive fielding (orthodox and un-orthodox) and offensive field.

Catching:High catching and slip catching.

Stopping and throwing technique.

Wicket keeping technique.

Drills and lead-up games.

Evaluation Plan (Equal distribution of marks)

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Aora, Monica “ Cricket Coaching Manual (2005) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Srivastava, V.K. “ Analysis of Cricket” (2006-07) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Hibra,E.B.”Cricket.”N.I.S. Publishing House,Patiala,Punjab.
- John Snow.”cricket.”(1950),William Dismoby Publisher Ltd.London.
- Mustaq,M.S.”How to Play Cricket.”(1981), Vikas Publishing House, New Delhi.
- The Cricket Coaching Manual By: Frank Tyson.

D.P.Ed.-Semester - II
PART-B (Activity – Skill and Prowess)
BADMINTON

Max.Marks: 50 Marks

Practical: 45 Marks

Internal Assessment: 05Marks

Objectives:-

1. History of Badminton including important tournaments and distinguish personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to India.
3. Knowledge of equipment of international standard require for the game.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of the game.
6. Importance of hygiene for a badminton player.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Grips: Racket and shuttle grips.

Foot Work: The stance, pivot, forehand return and back court return.

Serves: Short and long serves.

Strokes: Fore hand stroke, back hand stroke, Over head stroke and Net stroke.

Smash: Fore hand and back hand smash.

The Drop

Types of Games: Singles, doubles and mixed doubles.

Lead-up Games:

Evaluation Plan: Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignment.

Books Recommended

- Thani, L “ Skill and Tactics Badminton (1998) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Jain, Anu “ Badminton Coaching Manual (2006) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Davis Pat, “Guiness Book of Badminton.”(1983.) Pat Devis & Guiness Superlatives Limited
- Downey Jake, “Better Badminton for All.” (1982)Pelham Books Limited.
- Davic Part, ”Better Badminton Learn in Yourself Book.”(1979),Orient Paper Books, London.
- Doway, J.C., ”Better Badminton for All.”(1969), Pelham Books Ltd. Great Britain.
- Pelton,Berry C, ”Badminton.”(1971),N,J,Printice Hall Inc.Englewood Cliffs.

D.P.Ed.-Semester - II
PART-B (Activity – Skill and Prowess)
TABLE TENNIS

Max.Marks:50 Marks

Practical: 45 Marks

Internal Assessment: 05Marks

Objectives:-

1. History of Table Tennis including important tournaments and distinguish personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to India.
3. Knowledge of equipment of international standard required for the game.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of the game.
6. Importance of hygiene for a Table Tennis player.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Stance and foot work: Body position, foot placement and movements.

The Grip: The Tennis Grip, the Forehand Grip and Back Hand Grip, the Pen holder grip.

Serves: Fore hand serve (Forward and backward spin serves).Back hand serve (Forward and backward spin serves).Side spin serve. High toss serve.

Strokes :- From both hands- forehand and back hand, Push, chop, drive (with top spin), half volley, smash, drop-shot, balloon, flick shot and long force.

Game Tactics: Defensive and attacking in singles, doubles and mixed doubles.

Lead-up Games:

Evaluation Plan: (Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Chaudhary, P “ Table Tennis Coaching Manual” (2006) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Earna Victor,” Your Book of Table Tennis.” (1971), Faber and Faber Ltd. 3, Queen Square, London.
- Myers Harold,” Table Tennis.”(1977), Faber and Faber Ltd. 3, Queen Square, London.
- Sklorz Martin,” Sport Table Tennis.”(1973),E,P, Ltd. Cast Ardsley, Wakefield, Yorkshire.
- Varner, Margaret and Harrison J.R. Brown, “Physical Education, Activities Series, Table Tennis.” WM. C. Brown Company Dubuque, IOWA.

D.P.Ed. - Semester - II
PART-B (Activity – Folk Dance)

Max. Marks: 20 Marks

Practical: 16 Marks

Internal Assessment: 04Marks

Objectives:-

1. To prepare the students for demonstrations/displays on international, national or important days of the institution.
2. Knowledge of equipment required for different indigenous activities.
3. To teach Free Hand Exercises emphasizing on physical fitness, rhythmic sense and neuro-muscular co-ordination.
4. To teach and provide organized physical education activities emphasizing on skill learning, leadership, orderly behaviour and enjoyment.
5. To wear appropriate dresses.
6. Etiquette.

FUNDAMENTAL SKILLS

Folk Dance

Students are required to learn at least 15 types of folk dances which are officially practiced in different states of India.

Evaluation Plan :(Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Datta,A.K.,and Mazumdar, I.,” Students Teaching in Physical Education.”2004, Janvani Prakshan (P) Ltd.30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032.
- Govt. of India Publication,” The Fitness Corps.”
- ”Hand Book of Physical Education.”(1995), Friends Publication (India), 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.

D.P.Ed. - Semester - II
PART-B (Activity – Dumbbell)

Max. Marks: 10 Marks

Practical: 08 Marks

Internal Assessment: 02Marks

Objectives:-

1. To prepare the students for demonstrations/displays on international, national or important days of the institution.
2. Knowledge of equipment required for different indigenous activities.
3. To teach Free Hand Exercises emphasizing on physical fitness, rhythmic sense and neuro-muscular co-ordination.
4. To teach and provide organized physical education activities emphasizing on skill learning, leadership, orderly behaviour and enjoyment.
5. To wear appropriate dresses.
6. Etiquette.

FUNDAMENTAL SKILLS

Dumbbell

Set of Exercises – Two Counts, Four Counts, Eight Counts, Sixteen Counts and Reverse Count Exercises – These exercises may be carried out with or without drum.

Evaluation Plan :(Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Datta,A.K.,and Mazumdar, I.,” Students Teaching in Physical Education.”2004, Janvani Prakshan (P) Ltd.30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032.
- Govt. of India Publication,” The Fitness Corps.”
- ”Hand Book of Physical Education.”(1995), Friends Publication (India), 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.

D.P.Ed. - Semester - II
PART-B (Activity – Flag Hosting)

Max. Marks: 10 Marks

Practical: 08 Marks

Internal Assessment: 02Marks

Objectives:-

1. To prepare the students for demonstrations/displays on international, national or important days of the institution.
2. Knowledge of equipment required for different this activity.
3. To wear appropriate dresses.
4. Etiquette.

FUNDAMENTAL SKILLS

Flag Hosting

Rules for Flag Hosting (India)

Code of Conduct

Rules have been laid down to prevent misuse of the National flag

Flag of India: Protocol

- Manufacturing process, Proper flag protocol
- Respect for the flag
- Handling of the flag
- Correct display
- Showing the flag indoors
- Parades and ceremonies
- Display on vehicles
- Disposal

Evaluation Plan :(Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Datta,A.K.,and Mazumdar, I.,” Students Teaching in Physical Education.”2004, Janvani Prakshan (P) Ltd.30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032.
- Govt. of India Publication,” The Fitness Corps.”
- ”Hand Book of Physical Education.”(1995), Friends Publication (India), 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.

**DIPLOMA IN PHYSICAL EDUCATION (D.P.ED)
TWO YEAR COURSE**

Semester – II

Teaching Practice – Part C

Sr. No.	Title of the Papers	Total Hours	Total Marks
01	Game Lesson	36	50

D.P.Ed.-Semester - II
PART-C (TEACHING PRACTICE)
TEACHING PRACTICE – Game Lesson

Max. Marks: 50 Marks

Practical: 25 Marks

Internal Assessment: 25Marks

Objectives:

1. Importance of teaching practice in physical education.
2. To develop efficiency in the conduct and teaching of physical activities of formal nature.
3. To prepare the student-teacher to face the students in theory as well as activity classes.
4. To teach Free Hand Exercises emphasizing on physical fitness muscular co-ordination.
5. To teach and provide organized physical education activities emphasizing on skill learning, leadership, orderly behaviour and enjoyment.
6. To develop the skill of teaching of students of different age groups of different gender.
7. To prepare the students to handle the class of different durations.
8. To prepare the student-teacher to handle the class effectively and efficiently during the university examination in the presence of the internal examination board.

Review of the syllabus taught in D.P.ED.- Second Semester under Games and Sports

Game Lesson: (Five lessons in Game Lesson)

Note:-D.P.Ed. – Second Semester students will be engaged to conduct five lessons in Game Lesson. Proper lesson plan shall be prepared by each student- teacher. The lessons will be supervised by the faculty members, who would discuss the merits and demerits of the lesson and guide the student-teacher for the future. Each lesson should be completed as per the plan mentioned in the lesson plan.

Evaluation Plan: (Equal distribution of marks)

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Datta,A.K.,and Mazumdar, I.,” Students Teaching in Physical Education.”2004, Janvani Prakshan (P)Ltd.30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032.
- Govt. of India Publication,” The Fitness Corps.”
- “Hand Book of Physical Education.”(1995), Friends Publication (India), 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.

DIPLOMA IN PHYSICAL EDUCATION (D.P.ED)
TWO YEAR COURSE

Semester – III

Theory – Part A

Sr. No.	Title of the Papers	Total Hours	Total Marks
1.	Officiating Coaching	70	100
2.	Health Education	70	100
3.	Applied Physiotherapy and Rehabilitation	70	100
4.	Organization and Administration	70	100

Semester-III Paper-IX Officiating and Coaching			
	Total Marks	:	100
	Theory	:	70
	Internal Assessment	:	10
	Project Work	:	20
Note: Nine questions will be set. Question number one will be compulsory of 20 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting two from each unit and each question will carry 12½ marks.			
UNIT-I Duties of Official			
• Duties of official in general, pre, during and post game. • Philosophy of officiating • Mechanics of officiating position, singles and movement etc. • Ethics of officiating.			
UNIT-II Rules and Regulations of Games and Athletic events:			
• Track & Field (Middle Distance-800 and 1500 and Long Distance-10000 and 5000, Pole Vault, High Jump) • Hockey, Kabaddi, Kho-Kho and Wrestling • Score sheets and officials of different games and athletics.			
Specifications of different Play Field :			
• Hockey • Kabaddi • Kho-Kho and • Wrestling			
Marking and Lay Out:			
• Hockey • Kabaddi • Kho-Kho and • Wrestling			
Project Work			
Students are required to submit a project report on officiating any of the above mentioned game. The same project will be submitted to the teacher concerned and evaluated by the Committee of Three Teachers of the Department including HoD of the department. The awards will be submitted separately like Sessional Marks.			
REFERENCE:			
1. Doherty J.Meeneth –Modern ,Track and Field ,Englewodd. Cliffs N.J. Prentice Hall,Inc. 2. Dr. Feeune Mezo – The modern Olympic Games ,Guda Pest ,Pennonia Press. 3. Singh Hardyal –Sports Traning,New Delhi. 4. J.W. Bunn- Scientific Principles of Coaching. 5. Kamlesh M.L. Field Manual of Sports and Games Negeen Prakashan, Meerut, India. 6. Bunn, J. . (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall. 7. Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice			

- Hall.
8. Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Ltd.
 9. Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd.
 10. Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
 11. Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.

Paper-X Health Education	
Total Marks	: 100
Theory	: 70
Internal Assessment	: 10
Project Work	: 20
Note: Nine questions will be set. Question number one will be compulsory of 20 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting two from each unit and each question will carry 12½ marks.	
UNIT –I	
1 Health Education: (i) Meaning, Definition and Concept of Health. (ii) Meaning, Definition and Scope of Health Education. (iii) Aim, Objectives and Importance of Health Education. (iv) Principles of Health Education.	
2 School Health: (i) School Health Programmes (ii) Health Services. (iii) Health Supervisor. (iv) Health Instructions.	
3 Posture: (i) Meaning of Posture. (ii) Ideal posture for sitting, Standing, Reading, Writing and Walking. (iii) Causes for poor Posture. (iv) Postural Deformities and their remedies.(Knock Knee, flat foot, Bow legs,)	
UNIT-II	
1 Personal Hygiene: (i) Meaning of Personal Hygiene. (ii) Importance of Personal Hygiene. (iii) Care of Eyes, Ears Nose, Skin, Hands, Teeth and Hair. (iv) Role of exercise, Rest, Sleep & Relaxation maintaining health.	
2 Environmental hazards: (i) Air Pollution. (ii) Noise Pollution. (iii) Water Pollution.	
3 Communicable Disease: Mode of Transfer, Prevention and Control of (i) HIV/AIDS (ii) Malarias. (iii) Tetanus (iv) Typhoid (v) Hepatitis(A and B)	
Project work: Students under the supervision of the teacher will prepare models to sensitize public regarding prevention of AIDS. The same project will be submitted to the teacher concerned and evaluated by the Committee of Three Teachers of the Department including HoD of the department. The awards will be submitted separately like Sessional Marks.	

REFERENCE

1. Bhardwaj, A. (2003). New media of educational planning. New Delhi: Sarup of Sons.
2. Bhatia, & Bhatia, (1959). The principles and methods of teaching. New Delhi: Doaba House.
3. Kochar, S.K. (1982). Methods and techniques of teaching. New Delhi: Sterling Publishers Pvt. Ltd.
4. Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). Introduction to educational technology. New Delhi: Sterling Publishers Pvt. Ltd.
5. Walia, J.S. (1999). Principles and methods of education. Jullandhar: Paul Publishers.

Paper-XI Applied Physiotherapy and Rehabilitation			
	Total Marks	:	100
	Theory	:	70
	Internal Assessment	:	10
	Project Work	:	20
Note: Nine questions will be set. Question number one will be compulsory of 20 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting two from each unit and each question will carry 12½ marks.			
UNIT-I			
Sports Medicine and Physiotherapy			
• Sports Medicine: Meaning, Definition • Aims, Objective • Modern Concepts and Importance • Athletes Care and Rehabilitation. • Need and Importance of the study of sports in injuries in the field of physical education • Prevention of Injuries in sports Common sports injuries Diagnosis • First Aid – Treatment, Laceration, Blisters, Contusion – Strain, Sprain • Fracture Dislocation and Cramps • Bandages-Types of Bandages trapping and supports. • Definition Guiding principles of physiotherapy • Importance of physiotherapy, Introduction and demonstration of treatments- Electrotherapy • Infrared rays Ultraviolet rays. • Short Wave diathermy • Ultrasonic rays			
UNIT-II			
Hydrotherapy and Therapeutic Exercise			
• Introduction and demonstration of treatments of Cry therapy, Thermo Therapy, Contrast Bath, Whirlpool Bath, Steam Bath, Sauna Bath, Hot Water Fermentation. • Massage: History of Massage • Classification types of Manipulation (Swedish System). • Physiological Effect of Massage. • Definition and Scope Principles of Therapeutic Exercise. • Classification, Effects and uses of Therapeutic exercise passive Movements (Relaxed, Forced and passive – stretching) active movements (concentric, Eccentric and static). • Application of the therapeutic exercise: Free Mobility Exercise Shoulders, Elbow, Wrist and Finger Joints Hips, Knee, ankle and Foot joints, Trunk. Head and Neck exercises.			
Project Work:			
Students under the supervision of the teacher will provide therapeutic treatment to the patients at the lab for one week. The same project report will be submitted to the teacher concerned and evaluated by the Committee of Three Teachers of the Department including HoD of the department. The awards will be submitted separately like Sessional Marks.			
REFERENCES:			
1. Christine, M. D., (1999). Physiology of sports and exercise.USA: Human Kinetics.			

2. Conley, M. (2000). Bioenergetics of exercise training. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.
3. David, R. M. (2005). Drugs in sports, (4th Ed). Routledge Taylor and Francis Group.
4. Hunter, M. D. (1979). A dictionary for physical educators. In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education (pp. 573-74). Philadelphia: Lea &Febiger.
5. Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.
6. Khanna, G.L., (1990). Exercise physiology & sports medicine. Delhi:Lucky Enterprises.
7. Mathew, D.K. & Fox, E.L, (1971). Physiological basis of physical education and athletics. Philadelphia:W.B. Saunders Co.
8. Pandey, P.K., (1987). Outline of sports medicine, New Delhi: J.P. Brothers Pub.
9. Williams, J. G. P. (1962). Sports medicine. London: Edward Arnold Ltd.

Paper-XII Organization and Administration			
		Total Marks	: 100
		Theory	: 70
		Internal Assessment	: 10
		Project Work	: 20
Note: Nine questions will be set. Question number one will be compulsory of 20 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting two from each unit and each question will carry 12½ marks.			
UNIT-I			
Organization and Administration			
• Meaning and importance of Organization and Administration in physical education. • Qualification and Responsibilities of Physical Education teacher and pupil leader. • Planning and their basic principles. • Program planning: Meaning, Importance, Principles of program planning in physical education. • Functions of Management: Planning, organizing, staffing, directing, communicating, coordination, controlling, evaluating and innovating.			
Office Management, Record, Register and Budget			
• Office Management: Meaning, definition, functions and kinds of office management. • Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record. • Budget: Meaning, Importance of Budget making. • Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget.			
UNIT-II			
Facilities & Time-Table Management			
• Facilities and equipment management: Types of facilities; Infrastructure-indoor, out door. • Playfields: Area, Location, layout and care. • Equipment: Need, importance, purchase, care and maintenance. • Time Table Management: Meaning, Need, Importance and Factor affecting time table.			
Competition Organization			
• Tournament and its importance. • Types of Tournament and its organization structure – Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament, Consolation tournaments and challenge tournament. • Organisation structure of Athletic Meet. • Sports Event Intramurals & Extramural Tournament planning.			
Project work			
Project will cover Assignment/s- Preparation of Department Budget; Physical Verification of Sports Stores. The project will be submitted to the teacher concerned and the same will be evaluated by the Committee of Three Teachers of the Department including HoD of the department. The awards will be submitted separately like Sessional Marks.			
REFERENCES:			

1. Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc.
2. Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St. Louis: The C.V. Mosby Co.
3. Kozman, H.C. Cassidy, R. & Jackson, C. (1960). Methods in Physical Education. London
4. W.B. Saunders Pandy, L.K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depot.
5. Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication.
6. Thomas, J. P. (1967). Organization & administration of Physical Education. Madras: Gyanodayal Press.
7. Tirunarayanan, C. & Hariharan, S. (1969). Methods in Physical Education. Karaikudi: South India Press.
8. Voltmer, E. F. & Esslinger, A. A. (1979). The organization and administration of Physical Education. New York: Prentice Hall Inc.

DIPLOMA IN PHYSICAL EDUCATION (D.P.ED)
TWO YEAR COURSE

Semester – III

Practical – Part B

Sr. No.	Title of the Papers	Total Hours	Total Marks
1	Track & Field (Middle Distance-800 and 1500 and Long Distance-10000 and 5000, Pole Vault, High Jump)	15	50
2	Gymnastic	15	50
3	Hockey	15	50
4	Kabaddi	15	50
5	Kho-Kho	15	50
6	Wrestling	15	50
7	Indian Club	15	10
8	Drill and March	15	20
9	Mass PT Table	15	20

D.P.Ed.-Semester III
SYLLABUS OF ACTIVITY – SKILL & PROWESS AND TEACHING PRACTICE
PART-B (Activity – Skill and Prowess)
ATHLETICS (Track and Field)

Max. Marks: 50 Marks
Practical: 45 Marks
Internal Assessment: 05 Marks

Objectives:-

1. Introduction of the event and its historical development with special reference to India.
2. Important personalities of national and international repute.
3. Knowledge of equipment of international standard required for the events.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of each event.
6. Importance of hygiene for an athlete.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Middle and Long Distance Running Events including Walking Events and Marathon Race:

- Practice of standing start.
- Correct running style- emphasizing on proper body position and foot placement.
- Proper arm & leg action.
- Running tactics.
- Rules & regulations.

High Jump

- Techniques: - Straddle Roll and Fosbury Flop Techniques
- Teaching Stages Approach run, Take off, Flying phase, bar clearance and landing.
- Rule and Regulations for competition.

Pole Vault

- Teaching Stages: Pole grip and carry, the run and Pole plant, take off, Rock back Pull up, Push up, bar clearance and Landing.
- Rules & Regulations for Competition.

Evaluation Plan (Equal distribution of marks)

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

1. Singh, Baljeet “Athletic Conditioning” (2006-07) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
2. Novich M. Max, “Training & Conditioning of Athletes.” (1983) Lea & Febriger 450S. Washington Square Philadelphia, PA 19106, USA
3. Bosen, Ken O., “Track and Field Fundamental Techniques”, Patiala: N.I.S. Publication.

4. Dyson, Geoffrey HG, Edmundson, Joseph, “Athletics for Schools.” (1969) University of London Press Ltd..
5. Doherty, J. Mannet, “Track&Field” Englewood Cliffs, N.J. Prentice Hall Inc.
6. Dyoon, Geoffrey, G.H. The Mechanic of Athletics (1962) London University of London press Ltd.
7. Hodks, Gens. Application off Weight Training to Athletics (1962) Englewood Cliffs, N.J. Prentice Hall Inc.
8. Malhotra, Ashok Kumar A Guide to be an Athlete, Krishna Publication Books New Delhi.
9. Mohan, V.M. Athletics for beginners, Metropolitan Books New Delhi

D.P.Ed. - SEMESTER - III
PART-B (Activity – Skill and Prowess)
GYMNASTICS (Men and Women)

Max. Marks: 50 Marks

Practical: 45 Marks

Internal Assessment: 05 Marks

Objectives:-

1. History of Gymnastics for men and women including important competitions and personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to India.
3. Knowledge of equipment of international standard required in the game/sport.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of each event/item of gymnastics.
6. Importance of hygiene for a gymnast.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS
(MEN SECTION)

Horizontal Bars

- Perfect swing on horizontal bars, single leg up start with swing, mill circle forward, and mill circle backward.

Pommel horse

- Perfect support position on pommel horse, single leg outward (front support), single leg circle inward (front support) and half single leg circle.

FUNDAMENTAL SKILLS
(WOMEN SECTION)

Beam

- Jump to squat stand, knee scale with support, walk on the beam, standing scale front ways and cat leap.

Evaluation Plan: (Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

1. Chakraborty, S “ Activities for Children Teaching Gymnastics Piramids” (2006-07) Sports Publication, G-6,23/23B EMCA House, Ansari Road, Darya Ganj New Delhi. Stunrt, Nik.”
2. Competitive Gymnastics,” London:Paul and Company, Ltd.1970.
3. De Carle, Tom., “Hand Book of Progressive Gymnastics.” Englewood Cliffs: N.J.Printice Hall,1963.

4. Lokon, Newtwan, C. Wiliougbby. Rodert, J. "Complete Book of Gymnastics." Englewood Cliffs, N.J. Printice Hall, 1954.
5. Cochranu, Tunvi. S. "International Gymnastics for Girls and Women." London: Addison Willy Publishing Company.
6. Drury, Blanchu, J. and Schmid Andore B. , "Gymnastics for Women." California: National Book, 1970.
7. Rules Book of Gymnastics Federation of India, Latest Edition.

D.P.Ed.- Semester - III
PART-B(Activity – Skill and Prowess)
HOCKEY

Max.Marks:50 Marks

Practical: 45 Marks

Internal Assessment: 05 Marks

Objectives:-

1. Introduction of hockey and its historical development with special reference to India.
2. Important personalities of national and international repute including important national and international tournaments.
3. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
4. Knowledge of equipment of international standard required for the game.
5. International rules and regulations of the game.
6. Importance of hygiene for a hockey player.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS

- Grip of Stick and Stance, Rolling the Ball, Dribbling, Hitting the Ball, Stopping the Ball, Pushing the Ball, Flick, Jab, Scoop,
- Passing the Ball – Forward/straight pass, triangular pass and square pass.
- Drills and lead - up games related with the skill taught.

ADVANCE SKILLS:

- Reverse hit and hitting on the wrong foot.
- Stopping the ball – on the right side, on the left side and in the air.
- Pushing the ball on the wrong foot.
- Reverse flick.
- Dodging (through the legs, right and left sides).
- Tackling - from front, right and left sides.
- Passing – through pass, diagonal pass and return pass.
- Common bully.
- Positional play in attack and defense.
- Drills and lead-up games.

Evaluation Plan:(equal distribution of marks)

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Aora, Monica “ Hockey Coaching Manual (2005) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Tronson, Mark, “ Esanda’s World Hockey” (1984) International Hockey Federation Publishing.

- Ahmad Khan, Eraj.” Hokey for Boys and Girls.”(1976), Scientific Book Company, Patna, Bihar.
- Flint, Rachael, H. ”Women’s Hockey.”(1976),Pelham Books Ltd. London.
- Kapur. ”Rules of Hockey with Interpretations – Boys and Girls.”(1950).
- Milford, D.S. ”Hockey Practice and Tactics.”(1949),Edward Arnold and Company,London.
- Singh,Gian and Walia Kuku.”Learn Hockey-This Way.”(1950), International Hockey Institute, New Delhi, India.
- Thani, Yograj.”Hockey.” 1976.
- Wein, Horts.”The Science of hockey.”(1979). Pelham Books Ltd. London.

D.P.Ed. - Semester - III
PART-B (Activity – Skill and Prowess)
KABADDI

Max.Marks:50 Marks

Practical: 45 Marks

Internal Assessment: 05Marks

Objectives:-

1. History of Kabaddi including important tournaments and distinguish personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to India.
3. Knowledge of equipment of international standard required for the game.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of the game.
6. Importance of hygiene for a Kabaddi player.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS

The Cant: Kabaddi, Kabaddi, Kabaddi.

Skills in Raiding:- Touching with hand, toe touch, various kicks- side kick, front kick, curve kick, cross kick, roll kick, mule kick or back kick, fly kick etc; crossing the baulk line, crossing the bonus line, luring the opponent to catch and pursuing.

Skills of Catching (holding) the Raider:-Different chain formations, catching of particular part of the body- ankle catch, double ankle catch, knee catch, double knee catch, thigh catch, double thigh catch wrist catch, crocodile catch, shoulder catch, washer man hold etc., jump and dive catch, luring the raider to take particular position so as to facilitate catching.

Additional Skills Raiding and Catching:-Bringing the opponents into particular position, escaping from various holds, techniques of escaping from chain formation, combined formations in offence and defense.

Positional and systems of play:

Lead-up Games:

Evaluation Plan: (Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Rao, C.V., “Kabaddi.”(1971), NIS. Publications, Patiala.
- Reddy, B.A.,” Scientific Kabaddi.”(1974), Raman’s Printing Press, Madras.

D.P.Ed.-Semester - III
PART-B (Activity – Skill and Prowess)
KHO-KHO

Max.Marks:50 Marks

Practical : 45 Marks

Internal Assessment: 05Marks

Objectives:-

1. History of Kho-Kho including important tournaments and distinguish personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to India.
3. Knowledge of equipment of international standard required for the game.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of the game.
6. Importance of hygiene for a Kho-Kho player.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS

General Skills:-Running between poles, chasing, dodging, faking etc.

Skills in Chasing:-Correct kho, moving on the lanes, pursuing the runner, trapping the inactive runner, trapping the runner on heels, trapping on the poles, diving, judgment in giving kho, and rectification of foul.

Skills in Running:-Zigzag running, single and double chain, ring play, rolling in the sides, dodging while facing and on the back fakes, on the pole fake-legs, body, arms etc., combination of different skills.

Lead-up Games:

Evaluation Plan :(Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- “Kho-Kho the Game of Chase and Trill.” Kho-Kho Association, Maharashtra, Bombay.
- Yogesh Yadav,” Kho-Kho.” (1969), Maharashtra Kho-Kho Association, Bombay.

D.P.Ed.- Semester - III
PART-B(Activity – Skill and Prowess)
WRESTLING

Max.Marks:50 Marks
Practical Marks: 45 Marks
Internal Assessment: 05Marks

Objectives:-

1. History of Wrestling including important tournaments and distinguish personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to India.
3. Knowledge of equipment of international standard required in the game/sport.
4. Different kinds of wrestling.
5. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
6. International rules and regulations of the game.
7. Importance of hygiene for a wrestler.
8. Etiquette.
9. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Learning and demonstrating fundamental skills involving drills and lead up games related with the style of wrestling:

- Take downs: leg tackles and arm drag.
- Counters for take downs: Cross face and whizzer series.
- Escapes from under: Sit out-turns in tripped.
- Counters for escapes from under: Basic control, back drop and counters for stand up.
- Pinning combination: Nelson series (Half Nelson, Half Nelson and Bar Arm) leg lift series, leg cradle series, reverse double bar arm, chicken wing and half nelson.
- Escapes from pinning: Wing lock series, double arm lock, roll and bridge.
- Standing wrestling; Head under arm series and whizzer series.

Evaluation Plan: Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Clanger, E.L. & Dex Perry, "Wrestling." A.S. Barus 7 Co. New York.
- Dubey, C.H., "A Wrestling Guide." 201 Rampura, Saggar(M.P.)
- U.S. Naval Institute, "Wrestling." Arnapolis Manyala USA.

D.P.Ed. - Semester - III
PART-B (Activity – Indian Club)

Max. Marks: 10 Marks

Practical: 08 Marks

Internal Assessment: 02Marks

Objectives:-

1. To prepare the students for demonstrations/displays on international, national or important days of the institution.
2. Knowledge of equipment required for different indigenous activities.
3. To teach Free Hand Exercises emphasizing on physical fitness, rhythmic sense and neuro-muscular co-ordination.
4. To teach and provide organized physical education activities emphasizing on skill learning, leadership, orderly behaviour and enjoyment.
5. To wear appropriate dresses.
6. Etiquette.

FUNDAMENTAL SKILLS

Indian club – rigid and swing exercises

Set of Exercises – Two Counts, Four Counts, Eight Counts, Sixteen Counts and Reverse Count Exercises – These exercises may be carried out with or without drum.

Evaluation Plan :(Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Datta,A.K.,and Mazumdar, I.,” Students Teaching in Physical Education.”2004, Janvani Prakshan (P) Ltd.30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032.
- Govt. of India Publication,” The Fitness Corps.”
- ”Hand Book of Physical Education.”(1995), Friends Publication (India), 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.

D.P.Ed. - Semester - III
PART-B (Activity – Drill & March)

Max. Marks: 20 Marks

Practical: 16 Marks

Internal Assessment: 04Marks

Objectives:-

1. To prepare the students for demonstrations/displays on international, national or important days of the institution.
2. Knowledge of equipment required for different indigenous activities.
3. To teach Free Hand Exercises emphasizing on physical fitness, rhythmic sense and neuro-muscular co-ordination.
4. To teach and provide organized physical education activities emphasizing on skill learning, leadership, orderly behaviour and enjoyment.
5. To wear appropriate dresses.
6. Etiquette.

FUNDAMENTAL SKILLS

Marching:

Quick march and halt, wheeling (left /right), turning while marching and time mark, marching with salute.

Evaluation Plan :(Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Datta,A.K.,and Mazumdar, I.,” Students Teaching in Physical Education.”2004, Janvani Prakshan (P) Ltd.30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032.
- Govt. of India Publication,” The Fitness Corps.”
- ”Hand Book of Physical Education.”(1995), Friends Publication (India), 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.

D.P.Ed. - Semester - III
PART-B (Activity – Mass PT Table)

Max. Marks: 20 Marks

Practical: 16 Marks

Internal Assessment: 04Marks

Objectives:-

1. To prepare the students for demonstrations/displays on international, national or important days of the institution.
2. Knowledge of equipment required for different indigenous activities.
3. To teach Free Hand Exercises emphasizing on physical fitness, rhythmic sense and neuro-muscular co-ordination.
4. To teach and provide organized physical education activities emphasizing on skill learning, leadership, orderly behaviour and enjoyment.
5. To wear appropriate dresses.
6. Etiquette.

FUNDAMENTAL SKILLS

Mass PT Table/ Free Hand Exercises (Exercises without Apparatus):-Set of Exercises – Two Counts, Four Counts, Eight Counts, Sixteen Counts and Reverse Count Exercises – These exercises may be carried out with or without drum.

Evaluation Plan :(Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Datta,A.K.,and Mazumdar, I.,” Students Teaching in Physical Education.”2004, Janvani Prakshan (P) Ltd.30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032.
- Govt. of India Publication,” The Fitness Corps.”
- ”Hand Book of Physical Education.”(1995), Friends Publication (India), 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.

**DIPLOMA IN PHYSICAL EDUCATION (D.P.ED)
TWO YEAR COURSE**

Semester – III

Teaching Practice – Part C

Sr. No.	Title of the Papers	Total Hours	Total Marks
01	Theory lesson and General lesson	36	50

D.P.Ed.-Semester - III
PART-C (TEACHING PRACTICE)
TEACHING PRACTICE – Theory and game Lesson

Max. Marks: 50 Marks

Practical: 25 Marks

Internal Assessment: 25Marks

Objectives:

1. Importance of teaching practice in physical education.
2. To develop efficiency in the conduct and teaching of physical activities of formal nature.
3. To prepare the student-teacher to face the students in theory as well as activity classes.
4. To teach Free Hand Exercises emphasizing on physical fitness muscular co-ordination.
5. To teach and provide organized physical education activities emphasizing on skill learning, leadership, orderly behaviour and enjoyment.
6. To develop the skill of teaching of students of different age groups of different gender.
7. To prepare the students to handle the class of different durations.
8. To prepare the student-teacher to handle the class effectively and efficiently during the university examination in the presence of the internal examination board.

Review of the syllabus taught in D.P.ED.- Third Semester under Light apparatus /Calisthenics activity and Theory Subjects

Theory and General Lesson: (Five lessons in Theory and General Lesson)

Note:-D.P.Ed. – Third Semester students will be engaged to conduct five lessons in Theory and General Lesson. Proper lesson plan shall be prepared by each student- teacher. The lessons will be supervised by the faculty members, who would discuss the merits and demerits of the lesson and guide the student-teacher for the future. Each lesson should be completed as per the plan mentioned in the lesson plan.

Evaluation Plan: (Equal distribution of marks)

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Datta,A.K.,and Mazumdar, I.,” Students Teaching in Physical Education.”2004, Janvani Prakshan (P)Ltd.30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032.
- Govt. of India Publication,” The Fitness Corps.”
- “Hand Book of Physical Education.”(1995), Friends Publication (India), 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.

**DIPLOMA IN PHYSICAL EDUCATION (D.P.ED)
TWO YEAR COURSE**

Semester – IV

Theory – Part A

Sr. No.	Title of the Papers	Total Hours	Total Marks
1.	Officiating Coaching	70	100
2.	Nutrition and Balance Diet	70	100
3.	Test, Measurement and Evaluation in Physical Education	70	100
4.	Sociology, Leadership and Social Welfare	70	100

Semester-IV Paper-XIII Officiating and Coaching			
		Total Marks	: 100
		Theory	: 70
		Internal Assessment	: 10
		Project Work	: 20
Note: Nine questions will be set. Question number one will be compulsory of 20 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting two from each unit and each question will carry 12½ marks.			
UNIT-I Qualities and Qualifications of Coach and Official - Qualities and qualification of coach and official - General rules of games and sports. - Eligibility rules of intercollegiate and inter-university tournaments, preparation of T.A, D.A. bills. - Integrity and values of sports.			
UNIT-II Measures for Improvement: - Detailed measures of improving the standard and moral of officials. Rules and Regulations of Games and Athletic events: - Track & Field (Decathlon and Heptathlon, Javelin and Hammer Throw) - Judo, Boxing, Swimming and Yoga - Score sheets and officials of different games and athletics. Specifications of different Play Field : - Judo - Boxing - Swimming - Yoga Marking and Lay Out: - Complete Marking and lay-out of Athletic Track. - Judo - Boxing - Swimming			
Project Work Students are required to submit a project report on officiating any of the above mentioned game. The same project will be submitted to the teacher concerned and evaluated by the Committee of Three Teachers of the Department including HoD of the department. The awards will be submitted separately like Sessional Marks.			
REFERENCE: - Doherty J.Meeneth –Modern ,Track and Field ,Englewodd. Cliffs N.J. Prentice Hall,Inc. - Dr. Feeune Mezo – The modern Olympic Games ,Guda Pest ,Pennonia Press. - Singh Hardyal –Sports Traning,New Delhi. - J.W. Bunn- Scientific Principles of Coaching. - Kamlesh M.L. Field Manual of Sports and Games Negeen Prakashan, Meerut, India.			

6. Bunn, J. . (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall.
7. Bunn, J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall.
8. Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Ltd.
9. Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd.
10. Lawther, J.D. (1965). Psychology of coaching. New York: Pre. Hall.
11. Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.

Paper-XIV Nutrition and Balance Diet			
	Total Marks	:	100
	Theory	:	70
	Internal Assessment	:	10
	Project Work	:	20
Note: Nine questions will be set. Question number one will be compulsory of 20 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting two from each unit and each question will carry 12½ marks.			
UNIT-I			
Introduction to Sports Nutrition			
• Meaning and Definition of Sports Nutrition. • Basic Nutrition guidelines • Role of Nutrition in sports • Factor to consider for developing nutrition plan.			
UNIT-II			
Nutrition: Ingestion to Energy Metabolism			
• Carbohydrates, Protein, Fat Meaning, Classification and its function. • Role of carbohydrates, Fat and protein during exercise. • Vitamins, Minerals, Water Meaning, Classification and its function. • Role of hydration during exercise, water balance, Nutrition daily caloric requirement and its expenditure.			
Doping: Meaning and Methods of Doping			
Project Work			
Students under the supervision of teacher will prepare Balanced Diet for the students of various age group. The project report will be submitted to the teacher concerned and evaluated by the Committee of Three Teachers of the Department including HoD of the department. The awards will be submitted separately like Sessional Marks.			
REFERENCES:			
1. Bessesen, D. H. (2008). Update on obesity. J ClinEndocrinolMetab.93(6), 2027-2034. 2. Butryn, M.L., Phelan, S., & Hill, J. O.(2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. Obesity(Silver Spring). 15(12), 30913096. 3. Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. Am J ObstetGynecol, 197(3), 223-228. 4. DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. N Engl J Med,356(21), 2176-2183. 5. Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized			

Paper-XV Test, Measurement and Evaluation in Physical Education	
Total Marks	: 100
Theory	: 70
Internal Assessment	: 10
Project Work	: 20
Note: Nine questions will be set. Question number one will be compulsory of 20 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting two from each unit and each question will carry 12½ marks.	
UNIT-I	
Introduction to Test & Measurement & Evaluation	
• Meaning of Test, Measurement & Evaluation in Physical Education • Need & Importance of Test, Measurement & Evaluation in Physical Education • Principles of Evaluation	
UNIT-II	
Physical Fitness Test	
• AAHPER youth fitness test • National Physical Fitness Test • Indiana Motor Fitness Test	
Sports Skill Test	
• Johnson Basketball Test • McDonald soccer Test • S.A.I. Volleyball Test	
Project Work	
Students under the supervision of teacher will assess the playing ability of the players any one game of their choice. The same project will be submitted to the teacher concerned and evaluated by the Committee of Three Teachers of the Department including HoD of the department. The awards will be submitted separately like Sessional Marks.	
REFERENCES:	
1. Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark: Ho+Storm. 2. Barron, H. M., &Mchee, R. (1997). A practical approach to measurement in physical education. Philadelphia: Lea and Febiger. 3. Barron, H.M. &Mchee, R. (1997). A Practical approach to measurement in physical education. Philadelphia: Lea and Febiger. 4. Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi: D.V.S. Publications. 5. Mathews, D.K., (1973). Measurement in physical education, Philadelphia: W.B.SoundersCompnay. 6. Pheasant, S. (1996). Body space: anthropometry, ergonomics and design of work. Taylor & Francis, New York. 7. Phillips, D. A., &Hornak, J. E. (1979). Measurement and evaluation in physical education. New York: John Willey and Sons. 8. Sodhi, H.S., & Sidhu, L.S. (1984). Physique and selection of sports- a kinanthropometric study. Patiala: Punjab Publishing House.	

Paper-XVI Sociology, Leadership and Social Welfare			
	Total Marks	:	100
	Theory	:	70
	Internal Assessment	:	10
	Project Work	:	20
Note: Nine questions will be set. Question number one will be compulsory of 20 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting two from each unit and each question will carry 12½ marks.			
UNIT-I			
Relation between Social Science and Physical Education			
• Orthodoxy, customs, Tradition and Physical Education • Festivals and Physical Education • Socialization through Physical Education • Social Group life, Social conglomeration and Social group, Primary group and Remote group • Leadership of recreation: Meaning and Objectives of Recreation - Leadership - Types and Functions of Recreation Leaders. - Qualifications, Qualities and Professional Training.			
UNIT-II			
Culture: Meaning and Importance			
• Features of culture, • Importance of culture • Effects of culture on people life style. • Different methods of studying Observation/ Inspection method, Questionnaire method, Interview method.			
Project work:			
Students under the supervision of teacher will prepare models to motivate public for participation in physical activities in general and sports in particular. The same project report will be submitted to the teacher concerned and evaluated by the Committee of Three Teachers of the Department including HoD of the department. The awards will be submitted separately like Sessional Marks.			
REFERENCE			
1. Ball, D. W. & Loy, J. W. (1975). Sport and social order; Contribution to the sociology of sport. London: Addison Wesley Publishing Co., Inc. 2. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). Sport and social system. London: Addison Wesley Publishing Company Inc. 3. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). Sports culture and society. Philadelphia: Lea & Febiger. 4. Mathur, S.S., (1962). Educational psychology. Agra. Vinod Pustak Mandir. 5. Skinnner, C. E., (1984.). Education psychology. New Delhi: Prentice Hall of India. 6. William, F. O. & Meyer, F. N. (1979). A handbook of sociology. New Delhi: Eurasia Publishing House Pvt Ltd.			

DIPLOMA IN PHYSICAL EDUCATION (D.P.ED)
TWO YEAR COURSE

Semester – IV

Practical – Part B

Sr. No.	Title of the Papers	Total Hours	Total Marks
1	Track & Field (Decathlon and Heptathlon, Javelin and Hammer Throw	15	50
2	Gymnastic	15	50
3	Judo	15	50
4	Boxing	15	50
5	Swimming	15	50
6	Yoga	15	50
7	Aerobic	15	20
8	Hoops	15	10
9	Trekking	15	10

D.P.Ed. - Semester - IV
SYLLABUS OF ACTIVITY – SKILL & PROWESS AND TEACHING PRACTICE
PART-B (Activity – Skill and Prowess)
ATHLETICS (Track and Field)

Max. Marks: 50 Marks
Practical: 45 Marks
Internal Assessment: 05 Marks

Objectives:-

1. Introduction of the event and its historical development with special reference to India.
2. Important personalities of national and international repute including national and international competitions.
3. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
4. Knowledge of equipment of international standard required for the event.
5. International rules and regulations of each event.
6. Importance of hygiene for an athlete.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Javelin Throw

- **Teaching Stages:** Techniques of holding and carrying javelin (Grip and Carry-its types), Approach run, Last five strides rhythm, Delivery stance and Reverse
- Rules & Regulations for Competition.

Hammer Throw

- Teaching Stages: Grip, Initial Stance, Preliminary swings, Transition from swings to turns, Turns, Delivery Stance, Delivery action, Release and Reverse.
- Rules & Regulations for Competition

Evaluation Plan (Equal distribution of marks)

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

1. Singh, Baljeet “Athletic Conditioning” (2006-07) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
2. Novich M. Max, “Training & Conditioning of Athletes.” (1983) Lea & Febriger 450S. Washington Square Philadelphia, PA 19106, USA
3. Bosen, Ken O., “Track and Field Fundamental Techniques”, Patiala: N.I.S. Publication.
4. Dyson, Geoffrey HG, Edmundson, Joseph, “Athletics for Schools.” (1969) University of London Press Ltd..
5. Doherty, J. Mannet, “Track&Field” Englewood Cliffs, N.J. Prentice Hall Inc.
6. Dyoon, Geoffrey, G.H. The Mechanic of Athletics (1962) London University of London press Ltd.
7. Hodks, Gens. Application off Weight Training to Athletics (1962) Englewood Cliffs, N.J. Prentice Hall Inc.

8. Malhotra, Ashok Kumar A Guide to be an Athlete, Krishna Publication Books New Delhi

D.P.Ed. - SEMESTER - IV
PART-B (Activity – Skill and Prowess)
GYMNASTICS (Men and Women)

Max. Marks: 50 Marks

Practical: 45 Marks

Internal Assessment: 05 Marks

Objectives:-

1. History of Gymnastics for men and women including important competitions and personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to India.
3. Knowledge of equipment of international standard required in the game/sport.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of each event/item of gymnastics.
6. Importance of hygiene for a gymnast.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS
(MEN SECTION)

Roman Rings

- Perfect swing on roman rings, inverted hand stand and indicate forward with body bent and straight.

FUNDAMENTAL SKILLS
(WOMEN SECTION)

Vaulting

- Squat vault.

Evaluation Plan: (Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

1. Chakraborty, S “ Activities for Children Teaching Gymnastics Piramids” (2006-07) Sports Publication, G-6,23/23B EMCA House, Ansari Road, Darya Ganj New Delhi. Stunrt, Nik.”
2. Competitive Gymnastics,” London:Paul and Company, Ltd.1970.
3. De Carle, Tom., “Hand Book of Progressive Gymnastics.” Englewood Cliffs: N.J.Printice Hall,1963.
4. Lokon,Newtwan,C. Wiliougby.Rodert, J.” Complete Book of Gymnastics.” Englewood Cliffs,N.J.Printice Hall, 1954.

5. Cochranu, Tunvi. S.”International Gymnastics for Girls and Women.”London: Addison Willy Publishing Company.
6. Drury, Blanchu, J. and Schmid Andore B. ,” Gymnastics for Women.”California: National Book, 1970.
7. Rules Book of Gymnastics Federation of India, Latest Edition.

D.P.Ed.- Semester - IV
PART-B (Activity – Skill and Prowess)
JUDO

Max. Marks: 50 Marks

Practical: 45 Marks

Internal Assessment: 05Marks

Objectives:-

1. History of Judo including important tournaments and distinguish personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to India.
3. Knowledge of equipment of international standard required for the game.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of the game.
6. Importance of hygiene for a judoka.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Rej (Salutation):

- Ritsurei (Salutation in standing position).
- Zarai (Salutation in sitting position)

Teach to wear judo costume.

Kuma Kata (Methods of holding judo costume.

Shisei (Posture in judo).

Kuzushi (Act of disturbing the opponent's posture)

Tsukuri and Kake (Preparatory action for attack)

Ukemi (Break fall):

- Urhiro Ukemi(Rear break fall).
- Yoko Ukemi(Side break fall).
- Mae Ukemi(Front break fall).
- Mae Mawari Ukemi (Front rolling break fall).

Shin Tai (Advance or retreat of foot):

- Suri-ashi (Gliding foot).
- Tsugi-ashi (Following foot steps).
- Ayumi-ashi (Drawing ankle throw).

Tai-Sabaki (Management of the body)

Nage-Waze (Throwing Technique):

- Hiza Guruma (Knee-wheel).
- Sesae Tsurikomi-ashi (Drawing ankle throw).
- De-ashi Hari (Advance foot sweep).
- O-goshi(Major Lion).
- Seoi-nage (Shoulder throw).

Katama-waze (Grappling Technique):

- Kesa-gatama (Scaff hold).
- Kata Gatama(Shoulder hold).
- Kami-shiho gatama (Locking of upper four quarters).
- Methods of escaping from each hold.

Lead-up Games:

- Break-fall relay (Maximum number of falls from standing position in one minute duration).
- Maximum number of shoulder throws in one minute.
- Maximum number of obstacles jumped while doing Mae –mawri-ukemi relay (Maximum number of falls in one minute duration).

Evaluation Plan: (Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Kumar, Mukesh “Judo” (2006-07) Judo Federation of Asia
- Aora, Monica “ Judo Coaching Manual (2005) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.

D.P.Ed. - Semester - IV
PART-B(Activity – Skill and Prowess)
BOXING

Max.Marks:50 Marks
Practical: 45 Marks
Internal Assessment: 05 Marks

Objectives:-

1. History of Boxing including important tournaments and distinguish personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to India.
3. Different kinds of Boxing.
4. Knowledge of equipment of international standard required for the game.
5. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
6. International rules and regulations of the game.
7. Importance of hygiene for a boxer.
8. Etiquette.
9. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Classification of Offensive and Defensive Actions:

- **Offensive Actions/Attacks: Direct and Counter Attacks.**
- **Types of Punches**(Six types of blows /punches):- Straight Left to the Face; Straight Right to the Face; Straight Left to the Body; Straight Right to the Body; Left and Right Hooks; and Left and Right Upper-cut.

Defense Actions (Two types):

- Active defense.
- Passive defense.

Four Groups of Defense (Blocking; Parries and Evading Movements):-

- **Blocking**:-Head Block; Shoulder Block; Elbow block; and Double block.
- **Parries**: - Left and right side parries; Inside parry; Out side parry; and Upward Parry.
- **Evading Movements**: Ducking; Weaving; and Slip left and right side.
- **Evading Movements**: Step back; Sway back; Left side step; and Right side step.

Weak Points of the Boxer: Temporal, Centre of Moustache, Chin, Jugular vein, Flattening ribs, Stomach.

Evaluation Plan: Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Shrivastava, A.K. “How to Coach Boxing” (2006-07) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.

D.P.Ed. - Semester - IV
PART-B (Activity – Skill and Prowess)
SWIMMING

Max.Marks:50 Marks
Practical Marks: 45 Marks
Internal Assessment: 05 Marks

Objectives:-

1. History of Swimming including important tournaments and distinguish personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to
3. India.
4. Knowledge of equipment of international standard required in the sport.
5. Different kinds of Aquatics activities.
6. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
7. Glossary of terms used in swimming.
8. International rules and regulations of the game.
9. Safety and sanitary rules of Swimming pool.
10. Common water borne diseases, their causes and preventive measures.
11. Importance of hygiene for an athlete.
12. Etiquette.
13. Tests/evaluation plan.

Fundamental Skills

Entry into the swimming pool

Development of water balance and confidence:

- a) Water- fear removing drills,
- b) Floating-mushroom and jelly-fish etc. and
- c) Gliding with and without kickboard.

Teaching of competitive swimming strokes (Free style, breast stroke, back stroke and butterfly etc.):

- a) Body position
- b) Leg
- c) Kick
- d) Arm pull
- e) Breathing and
- f) Co-ordination
- g) Starts and turns of the concerned strokes.

Individual medley:

- a) Relays and Relay tactics.
- b) Water treading and simple jumping

Rules, Regulation, Dimensions and Measurement

Evaluation Plan: (Equal distribution of marks)-
Performance Test,

Oral/written Test,
Professional Attitude, and
Assignments.

References:

1. Shrivastava, A.K. "Encyclopaedia of Sports" (2007) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
2. Shrivastava, A.K. "How to Coach Swimming" (2007) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
3. Counsilmen, James E., "Science of Swimming." London: Pelham Books.
4. Fair Banks and Annee Ross, "Teaching Spring Board Diving." Englewood Cliffs: Prentice Hall Inc.N.J. 1963.
5. Gallagher Harry, "Swimming." London: Pelham Books, 1970.
6. Harlen, Bruce, "How to Improve Your Diving." Poona Modern Book Stall.
7. Helen Elkington, "Swimming: A HAND Book for Teacher." Cambridge University Press.
8. Reckhan, George, "Diving Complete." London: Faber and Faber Ltd.

D.P.Ed. - Semester - IV
PART-B Activity – Skill and Prowess)
YOGA

Max.Marks:50 Marks

Practical: 45 Marks

Internal Assessment: 05Marks

Objectives:-

1. Introduction of yoga and its historical development with special reference to India.
2. Important personalities of national and international repute.
3. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
4. To equip the students with the knowledge of yogic system of exercise, its broad features, scope and limitations.
5. To know the contribution of yogic practices for the promotion of various aspects of health and fitness.
6. To know the benefits of yogic exercises, cautions and the therapeutic aspects of yoga.
7. To impart the knowledge of varieties of yogic practices with special reference to their significance of their name, technique and utility.
8. To know about the nature of diet for human being as per the practices followed by the yogis.
9. International rules and regulations of the game.
10. Importance of hygiene for a yogi.
11. Etiquette.
12. Tests/Evaluation plan.

FUNDAMENTAL SKILLS

Meditative Poses: Sukhasana, swastikasana, padamasana, vajrasana and siddhasana.

Cultural Poses: Bhujangasana, dhanurasana, halasana, vakrasana, savasana, vrikshasana, tadasana, mayurasana, parvatasana, Matsyasana, makarasana, shalabhasana, suryanamaskar, paschimotansana, ardh-shalabhasana, ardh-matsyendrasana, sarvangasana, shirshasana, naukasana, utkatasana etc.

Pranayama.

Bandha:Uddiyan

Mudra

Kriya

Evaluation Plan (Equal distribution of marks)

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Debnath, Monica “Basic Core Fitness through Yoga and Naturopathy” (2006-07) Sports Publication, G-6,23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Yogeswar, “Text Book of Yoga”,(2004) Penguin Books.
- Harvey, Paul “Yoga for Everybody”, (2001) Tucker Slings by Publisher Ltd.

- Sharma, Lalita “All You Wanted to Know About Yoga”, (1991) Sterling Publisher Pvt. Ltd.
- Kuvalayananda.”Asanas.”Popular Prakashan, Bombay.
- Kuvalayananda.”Pranayama.”Popular Prakashan, Bombay.
- Kuvalayananda AND Vinekar, S.L.”Yogic Therapy.”Central Bureau of Health Services, Ministry of Health, Govt of India, New Delhi.
- “Yoga Se Arogya.” Indian Yoga Society,Sagar.
- “Yoga Mimasa.” Journal No. I to XIX, Kaivalyadhama Lonavala.
- Yogeshwar.”Text Book of Yoga.” Yoga Centre, Mylopore, Madras.

D.P.Ed. - Semester - IV
PART-B (Activity – Aerobics)

Max. Marks: 20 Marks

Practical: 16 Marks

Internal Assessment: 04Marks

Objectives:-

1. To prepare the students for demonstrations/displays on international, national or important days of the institution.
2. Knowledge of equipment required for different indigenous activities.
3. To teach Free Hand Exercises emphasizing on physical fitness, rhythmic sense and neuro-muscular co-ordination.
4. To teach and provide organized physical education activities emphasizing on skill learning, leadership, orderly behaviour and enjoyment.
5. To wear appropriate dresses.
6. Etiquette.

FUNDAMENTAL SKILLS

Aerobics

- Knowledge of fundamental skills, technique, related to aerobics
- Proficiency in execution of the skills covered.
- An understanding of the mental and physical health benefits to be derived from aerobics.
- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility

Evaluation Plan :(Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Datta,A.K.,and Mazumdar, I.,” Students Teaching in Physical Education.”2004, Janvani Prakshan (P) Ltd.30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032.
- Govt. of India Publication,” The Fitness Corps.”
- ”Hand Book of Physical Education.”(1995), Friends Publication (India), 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.

D.P.Ed. - Semester - IV
PART-B (Activity – Hoops)

Max. Marks: 10 Marks

Practical: 08 Marks

Internal Assessment: 02Marks

Objectives:-

1. To prepare the students for demonstrations/displays on international, national or important days of the institution.
2. Knowledge of equipment required for different indigenous activities.
3. To teach Free Hand Exercises emphasizing on physical fitness, rhythmic sense and neuro-muscular co-ordination.
4. To teach and provide organized physical education activities emphasizing on skill learning, leadership, orderly behaviour and enjoyment.
5. To wear appropriate dresses.
6. Etiquette.

FUNDAMENTAL SKILLS

Hoops

Set of Exercises – Two Counts, Four Counts, Eight Counts, Sixteen Counts and Reverse Count Exercises – These exercises may be carried out with or without drum.

Evaluation Plan :(Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Datta,A.K.,and Mazumdar, I.,” Students Teaching in Physical Education.”2004, Janvani Prakshan (P) Ltd.30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032.
- Govt. of India Publication,” The Fitness Corps.”
- ”Hand Book of Physical Education.”(1995), Friends Publication (India), 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.

D.P.Ed. - Semester - IV
PART-B (Activity – Trekking)

Max. Marks: 10 Marks

Practical: 08 Marks

Internal Assessment: 02Marks

Objectives:-

1. To prepare the students for demonstrations/displays on international, national or important days of the institution.
2. Knowledge of equipment required for different indigenous activities.
3. To teach Free Hand Exercises emphasizing on physical fitness, rhythmic sense and neuro-muscular co-ordination.
4. To teach and provide organized physical education activities emphasizing on skill learning, leadership, orderly behaviour and enjoyment.
5. To wear appropriate dresses.
6. Etiquette.

FUNDAMENTAL SKILLS

Trekking

- TREKKING SESSION 1 - Intro to Equipment and Rope
- TREKKING SESSION 2 - Technique of Tent Pitching and Compass
- TREKKING SESSION 3 - With Jungle cooking
- TREKKING SESSION 4 - Night Trek special
- TREKKING SESSION 5 - First Aid
- TREKKING SESSION 6 - Group Discussion Session

Evaluation Plan :(Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Datta,A.K.,and Mazumdar, I.,” Students Teaching in Physical Education.”2004, Janvani Prakshan (P) Ltd.30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032.
- Govt. of India Publication,” The Fitness Corps.”
- ”Hand Book of Physical Education.”(1995), Friends Publication (India), 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.

**DIPLOMA IN PHYSICAL EDUCATION (D.P.ED)
TWO YEAR COURSE**

Semester – IV

Teaching Practice – Part C

Sr. No.	Title of the Papers	Total Hours	Total Marks
01	Athletics lesson	36	50

D.P.Ed.-Semester - IV
PART-C (TEACHING PRACTICE)
TEACHING PRACTICE – Track and Field

Max. Marks: 50 Marks

Practical: 25 Marks

Internal Assessment: 25Marks

Objectives:

1. Importance of teaching practice in physical education.
2. To develop efficiency in the conduct and teaching of physical activities of formal nature.
3. To prepare the student-teacher to face the students in theory as well as activity classes.
4. To teach Free Hand Exercises emphasizing on physical fitness muscular co-ordination.
5. To teach and provide organized physical education activities emphasizing on skill learning, leadership, orderly behaviour and enjoyment.
6. To develop the skill of teaching of students of different age groups of different gender.
7. To prepare the students to handle the class of different durations.
8. To prepare the student-teacher to handle the class effectively and efficiently during the university examination in the presence of the internal examination board.

Review of the syllabus taught in D.P.ED.-Fourth Semester under Track and Field Events

Track and Field Lessons :(Five lessons in Track and Field)

Note:-D.P.Ed. – Fourth Semester students will be engaged to conduct five lessons in Track and Field. Proper lesson plan shall be prepared by each student- teacher. The lessons will be supervised by the faculty members, who would discuss the merits and demerits of the lesson and guide the student-teacher for the future. Each lesson should be completed as per the plan mentioned in the lesson plan.

Evaluation Plan: (Equal distribution of marks)

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

Books Recommended

- Datta,A.K.,and Mazumdar, I.,” Students Teaching in Physical Education.”2004, Janvani Prakshan (P)Ltd.30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032.
- Govt. of India Publication,” The Fitness Corps.”
- “Hand Book of Physical Education.”(1995), Friends Publication (India), 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.

DIPLOMA IN PHYSICAL EDUCATION (D.P.ED) TWO YEAR COURSE

Semester – IV

Project Meet – Part D

Part D (Project Meet)

Students of the D.P.Ed. – Fourth Semester are required to organized an Athletic Meet of their Institution. The project will be of 20 marks. The external examiner assigned by the concerned university will be evaluating student's performance.

DIPLOMA IN PHYSICAL EDUCATION (D.P.ED) TWO YEAR COURSE

Semester – IV

Internship – Part E

Part E (Internship)

Internship of one month duration is compulsory in the schools for which a **CERTIFICATE** will be issued by the Principal of the College stating that so and so has completed his / her internship of one month duration from _____ to _____ at _____ school.