

PHYSIOLOGY OF EXERCISE**UNIT-I**

Meaning, Definitions, need & importance of physiology of exercise in Physical Education

Muscular skeletal system:- Human skeleton & effect of exercise of human skeleton, sex difference,

Muscles: Structure (Gross & microscopic), properties and functions of muscles, sliding filament theory of muscular contraction, Molecular mechanism of muscular contraction.

UNIT-II

Cardiovascular system: Structure of heart, circulation through heart, pulmonary and systematic Circulation, cardiac output, blood pressure, effect of exercise on cardiovascular system, athletic heart, Composition and functions of blood

Respiratory system: organs of respiration, mechanism of respiration, effect of exercise on Respiratory system, oxygen debt, second wind.

UNIT-III

Digestive system, digestion, assimilation and absorption of food, effect of exercise on digestive system, Structure and functions of kidney and skin and effect of exercise on excretory system.

Endocrine glands and effect of exercise on endocrines glands, Basic structure of nervous system and neural control.

UNIT-IV

Influence of acute and chronic exercises on muscular system, types of muscular contractions, effect of exercise & muscular system

Physiological concept of physical fitness, conditioning and training, component of motor fitness, fatigue

UNIT-V

Environment and Exercise: Hot, humid, cold temperature and performance, altitude and performance

Nutrition and performance: Athletic diet, pre, during and post game meals, importance of vitamins, minerals and water in sports performance.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical:

Identification of bones responsible for movement of shoulder, elbow, hip and knee joint.

1. Measurement of pulse rate at rest, during exercise and recovery.
2. Measurement of blood pressure at rest and during exercise.
3. Estimation of target heart rate.
4. Prediction of vo₂ max
5. Tests for cardio respiratory endurance
6. Measurement of vital capacity
7. Harvard step up test and different modifications of HST.

SUGGESTED READINGS

- Brooks, G., Fahey, T. and Baldwin, K. (2004). Exercise Physiology. McGraw Hill, USA.
- Gerard J Tortora SR Grabowski. Principles of Anatomy and Physiology.
- Jain Rita (2007). Quick Review in Anatomy and Physiology. Peepee. Delhi.
- McArdle, WD, Katch, F I and Katch, VL (2000). Essentials of Exercise Physiology 2nd Ed., Lippincott Williams & Wilkons, USA.
- Merieb EN (2007). Essential of Human Anatomy & Physiology. Ed 8th Dorling Kindersley. India.
- Powers, S. and Howley, E. (2006). Exercise Physiology. McGraw Hill, USA.
- Rowland Thomas W. children's (2005). Exercise Physiology. 2nd Edition Human Kinetics.
- Sharma NP Sharrer Rachna Thatha Sharrer Kriya Vigyan. Khel Sahitya Kendra. Delhi.
- Wilmore Jack H and Costil David L. (2004). Physiology of Sports and Exercise. Human kinetics.

HEALTH EDUCATION, FIRST AID & REHABILITATION**Unit-I**

Health-meaning, dimensions of health and their interrelationships, importance of health for individual, family, community and nation; factors influencing health, spectrum of health

Health Education- meaning, scope, aims and objectives, principles, methods and media used in health education

Hygiene- personal hygiene, food hygiene, environmental hygiene-meaning, need and importance; associated practices related to maintenance and promotion of health

Unit-II

Foods and Nutrition- Misconceptions about food, essential body nutrients- functions, food sources, balanced diet, diet prescription

Communicable and Non-communicable diseases- meaning, distinction between communicable and non-communicable diseases. Communicable diseases- their mode of spread and prevention of diarrhea diseases, typhoid, malaria, STD Respiratory disease ; non-communicable diseases- causes and prevention of diabetes, CVD, cancers, renal diseases and respiratory diseases.

Unit-III

Contemporary health problems of college youth- Alcohol, drugs, use of tobacco (chewing, sniffing, smoking)- their harmful effects substance abuse management

Population education- importance of small family, methods of controlling conception, signs and symptoms of pregnancy, home and hospital delivery, care of the infant, importance of breast feeding, immunization, oral rehydration therapy

National health programmes- components of existing national health programmes

Unit-IV

Definition of first aid, DRABCH of first aid, CPR, first aid for, hemorrhage, fractures, sprain and strain (Price), drowning snake bite, poisoning, heat stroke and heat exhaustion

International health agencies- WHO, UNICEF, Red Cross- their constitution and role in promoting health

Unit-V

Rehabilitation – definition, physical, mental and psychological rehabilitation.

Rehabilitation Modalities – cold, heat, water, radiation, Hydrotherapy, cryotherapy, thermotherapy – superficial heat – I R Lamp, Wax bath, deep heat- short wave diathermy, microwave diathermy, u/s therapy, inferential therapy, TENS, nerve muscle stimulator.

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical

1. A visit to – International health agency and/or Government/NGO related to health promotion activities
2. Study of health programmes/s
3. Prescription of diet
4. Determination of calorie value of food
5. Identification of various methods of contraceptives
6. Collection of material for substance abuse control
7. Immunization schedule

SUGGESTED READINGS

- Anspaugh DJ Ezell G and Goodman KN (2006). Teaching Today's Health. Mosby Publishers. Chicago. USA.
- Balayan D (2007). Swasthya Shiksha Evam Prathmik Chikitsa. Khel Sahitya. Delhi.
- Chopra D and D Simon (2001). Grow Younger, Live Longer: 10 Steps to Reverse Aging. Three Rivers Press. New York. USA.
- Dewan AP (1996). School Health Manual. Nature Cure and Yoga Health Centre. New Delhi.
- Dixit Suresh (2006). Swasthya Shiksha. Sports Publication. Delhi.

- Floyd PA SE Mimms and C Yeilding (2003). Personal Health: Perspectives and Lifestyles. Thomson Wads Worth. Belmont. California. USA.
- Hales D (2005). An Invitation to Health. Thomson-Wadsworth, Belmont. California. USA.
- Donatelle RJ (2005). Health the Basics. Sixth Edition. Oregon State University.
- Snehlata (2006). Shareer, Vigyan Evam Swasthya Raksha. Discovery Pub. House s. New Delhi.
- Uppal AK & Gautam GP (2008). Health & Physical Education. Friends Publication. New Delhi.
- Park K (2007). Park's Text Book of Preventive & Social Medicine. Banarsi Das Bhanot & Company. Delhi.

GAME OF SPECIALIZATION – ATHLETICS**Unit-I**

Introduction to athletics, Olympics and non- Olympics events

Structure, Constitution and functions of IOC (International Olympic Committee) AAA (Athletics Association of Area) OCA (Olympic Council of Area)

Marking of various areanas of field events –long jump, triple jump, shot put and discuss throw

Unit-II

Protocol and procedure of athletics championship

Organisation and management of athletics meet

Ceremonies – Opening Ceremony, victory and closing ceremony

Unit-III

Brief background techniques, training and important motor-components of the following events:

Middle and long distance running , Javelin throw and Hammer throw, High Jump and Pole Vault, Relay races (4x100m, 4x400m)

Unit-IV

Tactics and strategies of the concern events, Athletics training for children and women, Psychological and social factors of athletics performance

Unit-V

Athletics training load, form of load, factors of load, load and adaptation

Various training methods- continuous, interval, repetition, slow-fast and descending and ascending training methods

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical

1. Technical training and practice of following
2. Middle and long distance running
3. Javelin throw and Hammer throw
4. High Jump and Pole Vault
5. Relay races (4x100m, 4x400m)

SUGGESTED READINGS

- Chauhan BS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
- Fox EL (1998). Physiological Basis of Physical Education and Athletics Brown Pub.
- Frost RB and others (1992). Administration of Physical Education and Athletics. Universal Book, Delhi.
- Gothi E (1997). Teaching & Coaching Athletics. Sport Pub., New Delhi.
- Grant, S. and Lloyd, E. (2006). Training and Performance in difficult environments : A Guide for competitive Athletes. Crowood Press, USA.
- Knight T and Troop N (1988). Sackville Illustrated Dictionary of Athletics, Jackvillie,
- Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
- Shrivastav AK (1997). Athletics. S & S Parkashan. Amravati.
- Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.
- Thani (1995). Skills and Tactics Track Athletics. Sports Pub. Delhi.
- Warden P (1990). Take Up Athletics. Springfield Books Ltd.
- Weaver T (1988). Personal Best : Athletics. Harper Collins. London.

Semester III

Max. Marks =50

Time allowed: 3Hrs

GAME OF SPECIALIZATION – BASKETBALL

UNIT-I

Principles and objectives of coaching, Techniques of coaching – pep talk, coaching- pre match, during and post match, individual and group coaching

UNIT-II

Psychological qualities and preparation of a basketball player, Team system and tactical training, Offensive system in play, Defense system in play

UNIT-III

Individual, Diet and nutrition for a basketball player. Construction of basketball court

UNIT-IV

Principles of load and adaptation, Fatigue, recovery and super compensation, Overload and its management

UNIT-V

Ankle sprain, jammed thumb, shoulder dislocation, wrist twist, rib injuries, Preventive and safety measures, Rehabilitation

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICAL

1. Dribbling Drill
2. Speed work
3. Endurance Training
4. Match Practice

SUGGESTED READINGS

- Ambler V (1984). How to Play Basket Ball. Paper Balls, Delhi.
- Cluck, B. (1998) Play Better Basketball : Winning Techniques and Strategies. 2nd Ed. McGraw Hill, USA.
- Jain Naveen (2003). Play and Learn Basket Ball. Khel Sahitya Kendra, New Delhi.
- Nat B. B (1997). Conditioning Coaches Association. NBA Power Conditioning, Human Kinetics.
- Sharma OP (2003). Basket Ball Skills and Rules. Khel Sahitya Kendra, Delhi.
- Thani Lokesh (1995). Skills & Tactics of Basket Ball. Sport Pub, New Delhi.
- Thani Yograj (2002). Coaching Successfully Basket Ball. Sports Publisher, Delhi.

Semester III

Max. Marks =50

Time allowed: 3Hrs

GAME OF SPECIALIZATION – BADMINTON**UNIT-I**

Important motor components, Structure and process for improvement of performance, Various training methods and principles of training load, Causes and symptoms of overload, Management of overload

UNIT-II

Anatomical considerations, Physiological considerations, Biomechanical considerations, Psychological consideration, Scientific research reviews

UNIT-III

Long term and short term planning for competition, Cyclic process of training : micro, meso and macro cycles
Preparation of training schedules, Tactical efficiency

UNIT-IV

Introduction, importance of test, measurement and evaluation in badminton, Fitness tests, Skill tests

UNIT-V

Means & methods, Teaching lessons, process of classroom teaching, Preparation of teaching lesson-plans : characteristics & principles, Stages of teaching, Use of teaching aids

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Practical applications of tactics and strategies
2. Training means for development and measurement of strength, speed, endurance, flexibility and coordinative abilities
3. Observing and assessing the video/tournament recording/movie and preparing a report
4. Teaching lessons

SUGGESTED READINGS

- Bloss M.V & Hales RS (1994). Badminton. WC Brown
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- Grice, T. (2007). Badminton : Steps to Success : 2nd Ed. Human Kinetics, USA.
- Jain D (2001). Teaching and Coaching –Badminton. Khel S.K. Delhi
- Kumar A (2003). Badminton. Discovery, New Delhi.
- Narang P (2005). Play and Learn Badminton. Khel Sahitaya Kendra
- Seaman, J. (2009). Badminton Revisited. J.R. Books Ltd.
- Singh MK (2006). A to Z Badminton. Friends Pub. New Delhi.
- Singh MK (2007). Comprehensive Badminton. Friends Pub. New Delhi.
- Talbot Derlk (1989). Top Coach Badminton. Britain: Q.A. Press

GAME OF SPECIALIZATION – CRICKET**UNIT-I**

Principles and objectives of coaching, Techniques of coaching – pep talk, coaching- pre-match, during and post-match, individual and group coaching,

UNIT- II

Coaching schedule – seasonal, daily, weekly, monthly and yearly, Talent-identification to select the winning combination,

UNIT-III

Long-term and short-term preparation for the decisive cricket competitions, Psychological qualities and preparation of a cricketer, Team system and tactical training, Team building

UNIT-IV

Offensive system in play, Defense system in play Individual group and team tactics, Diet and nutrition for a cricketer, The coordination among the coach, doctor, psychologist and players

UNIT-V

Ankle sprain, finger injuries, shoulder dislocation, knee displacement, rotator's cuff, Preventive and safety measures, First-aid and Rehabilitation

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Practical efficiency in performance & demonstration of different advanced techniques
Basic Skills and Techniques:
Batting - forward defense, backward defense, all types of drives, glance, cut, pull, sweep
Bowling - medium pace, leg spin, off spin and their improvisation, Fielding - catching, ground fielding, close and deep fielding, Wicket-keeping
2. Practical application of different tactics
3. Test, measurement & evaluation
(a) Skill tests (throwing ability, running between wicket, target hitting)
(b) Tests for different fitness components
4. Coaching lesson - 5 (five) internal lessons

SUGGESTED READINGS

- Amarnath M (1996). Learn to Play Good Cricket. Ubspd, New Delhi.
- Chugh GD (1993). Laws of Cricket. D.V.S.Pub. New Delhi.
- Dellor R (1990). How to Coach Cricket. Mandola, London.
- Goodway, K. (2002). Your Cricket Coach. Human and Rousseau Pvt. Ltd., USA.
- Jain R (2003). Play and Learn Cricket. K.S.K, New Delhi.
- Kutty S K (2003). Fielding Drills in Cricket. K.S.K, New Delhi.
- Jain R (2005). Play & Learn Cricket. Khel Sahitaya Kendra. Delhi.
- Sharangpani, RC (1992). Fitness Training in Cricket. Marine Sports. Bombay.
- Sharma P (2003). Cricket. Shyam Prakashan. Jaipur.
- Srivastava, A.K. (2007). How to Coach Cricket. Sports Publications, Delhi.
- Thani Vivek (1998). Coaching Cricket. Khel Sahitya Kendra. New Delhi.

**Semester III
Paper XI (a)**

Max. Marks =50

Time allowed: 3Hrs

GAME OF SPECIALIZATION – FOOTBALL

UNIT-I

Principles and objectives of coaching, Techniques of coaching – pep talk, coaching- pre match, during and post match, individual and group coaching, Coaching schedule – seasonal, daily, weekly, monthly and yearly, Talent identification to select the winning combination – the offense and the defense, Team building

UNIT-II

Long - term and short - term preparation for the decisive football competitions, Psychological qualities and preparation of a football player,

UNIT-III

Team system and tactical training-Offensive system in play, Defense system in play, Dribbling and reception pattern, Individual , group and team tactics

UNIT-IV

Describe major muscles used in the basic skills of games

UNIT-V

Ankle sprain, finger injuries, shoulder dislocation, knee displacement and head injuries, Preventive and safety measures, First-aid and Rehabilitation

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICAL

1. Tackling the ball – basic, slide, shoulder charge
2. Feinting – with the ball, without the ball, with an opponent behind and alongside the dribble
3. Correct skill of throw in – throwing a ball, faults occurring, required instruction
4. Goal keeping - throwing a ball with one hand, rolling the ball along the ground, ground kick, air kick
5. Penalty kick

SUGGESTED READINGS

- Kumar N (2003). Play and Learn Football. K.S.K. New Delhi.
- Lau SK (1995). Encyclopedia of Football. Sport Pub. Delhi.
- Reilly T (1988). Science and Football. E.N. Sport Ltd. London.
- Sharma OP (2001). Teaching and Coaching –Football. Khel S.K. Delhi.
- Shellito K (1988). Personal Best Football. William Collins & Sons. London.
- Thani Y(2002). Coaching Successfully Football. K.S.K. New Delhi.
- Williams J (1988). The Roots of Football. London.
- Wirhed R (1992). Training to Win Football. Wolfe Pub. London.

GAME OF SPECIALIZATION – GYMNASTICS**UNIT-I**

Psychological preparation of a gymnast-Principles and methods of development of mental pre-requisite for training, Mental preparation for competition, Mental training during competition, Attention and its role in gymnastics
Children training in gymnastics-Aims and objectives, Principles and procedure of training, Construction of an exercise/routines for various levels of competitions

UNIT-II

Nutrition in gymnastics-Meaning, definition and classification of nutrition, Basic components of nutrition, Energy requirements and body composition in gymnastics, Role of diet in pre-competition, during competition and off-session phases, Fluid and its role in gymnastics-Pre-session, In-session, During competition, Off-session

UNIT-III

Specification of gymnastics apparatus (Artistic & Rhythmic)

UNIT-IV

Sports Aerobics Gymnastics-Group-A : Dynamic strength, Group-B : Static strength, Group-C : Jumps and leaps, Group-D : Balance and flexibility, Sports Acrobatic Gymnastics-Mixed, Men double, Women double, Quadrap – four men

UNIT-V

Professional preparation in Gymnastics, Outline a proposal of starting gymnastics in school, college and club, Prepare a detailed orientation/clinic/workshop in gymnastics

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICAL

1. Sports Aerobics Gymnastics-Group-A : Dynamic strength, Group-B : Static strength, Group-C : Jumps and leaps
2. Group-D : Balance and flexibility
3. Assignment/Project-Professional preparation in gymnastics, Outline a proposal of starting gymnastics in school, college and club, Prepare a detailed orientation/clinic/workshop in gymnastics, Observing and assessing the video/tournament recording/movie and preparing a report
4. Teaching lessons (preparation, stages of teaching and use of teaching aids)

SUGGESTED READINGS

- Chakraborty S and Sharma L (1995). Fundamental of Gymnastics. D.V.S. Pub. New Delhi.
- Chakraborty S (1995). Fundamental of Gymnastics. DVS Pub. New Delhi.
- Chakraborty S (1998). Women's Gymnastics. Friends Pub. Delhi.
- Federation Int. De Gymnastics (2005). Code of Points Trampoline Gymnastics
- Derry G (1988). Personal Best Gymnastics. Willionm Colliv. London.
- Harvey FJ (1998). Physical Exercises & Gymnastics. Khel Sahitya. New Delhi.
- Jain R (2005). Play and Learn Gymnastics. Khel Sahitaya Kendra. New Delhi.
- Pearson D (1991). Play The Game Gymnastics. Ward Lock. London.
- Smither Graham (1980). Behing The Scence of Gymnastics. London.
- Turoff Fred (1991). Artistic Gymnastics. C. Brown. U.S.A.

GAME OF SPECIALIZATION – HANDBALL**UNIT-I**

General and specific warm up, (cooling down and their physiological concepts) , specific motor components related to handball, their importance and development.

UNIT-II

Introduction to sports training, its importance and characteristics, training load, over load and adaptation, principles of training load

UNIT-III

Officiating- Methods and importance of officiating, duties and responsibilities of officials

UNIT-IV

Tactical preparation- Attacking & defensive tactics, different types of group tactics & their principles, game strategies and system of play

UNIT-V

Psychological training- Importance and Methods of Psychological training, philosophical aspects of training and coaching

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical

1. Court marking (dimensions)
2. Team (players, substitutes, coaches)
3. The officials (referee, table officials and their powers)
4. Rules of contact (practical knowledge)
5. Fast breaks
6. Second waves
7. Free throws
8. Screen (at different positions)
9. Peripheral vision
10. Training of physical fitness components
11. Exercise drill

SUGGESTED READINGS

- Jain D (2003). Play & Learn Handball. Khel Sahitya Kendra. New Delhi.
- Kumar A (1999). Handball. Discovery Publishing House. New Delhi.
- Lohar AR (1998). Handball Basic Technology. The Marine Sports Publishing Division. Bombay.
- Schmottlach N Mcmanama J (1997). Physical Education Handbook. 9th Edition. Allyn & Bacon. London.

GAME OF SPECIALIZATION – HOCKEY**UNIT-I**

General and specific warm up, cooling down & their physiological effect, specific motor components related to hockey, their importance and development.

UNIT-II

Introduction to sports training, its importance and characteristics, training load and adaptation, principles of training load

UNIT-III

Officiating- Definition and importance, duties and responsibilities of hockey skills

UNIT-IV

Tactical preparation- Attacking & defensive tactics, their kinds & principles, game strategies- system of play

UNIT-V

Psychological training- Methods and importance of Psychological training, philosophical aspects of training and coaching

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Drills to improve basic skill-hitting, receiving, shooting at goal post passing
2. Attacking tactics- Attacking move from right and left side, interchange position, heading and shooting at goal
3. Defensive tactics- Positioning of defenders, interchange position, man to man and zonal defense, defensive attack
4. General and specific exercise for warming up and cooling down

SUGGESTED READINGS

- Dubey HC (1999). Hockey. Discovery Publishing House. New Delhi.
- International Hockey Federation (2003). Rules of the Game of Hockey with Guidance for Players and Umpires. International Hockey Federation. India.
- Jain D (2003). Hockey Skills & Rules. khel Sahitya Kendra . New Delhi.
- Narang P (2003). Play & Learn Hockey. Khel Sahitya Kendra. New Delhi.
- Thani Y(2002). Coaching Successfully Hockey. Sports Publication. Delhi.

GAME OF SPECIALIZATION – JUDO**UNIT-I**

Important motor components, Structure and process of improvement of performance

UNIT-II

Principles of training load and various training methods, Causes, symptoms and management of overload

UNIT-III

Long term and short term panning, main and build-up competitions, Preparation of training schedules, Tactical efficiency

UNIT-IV

Fitness tests, Skill tests, Knowledge tests, Assessment of performance for better efficiency or performance analysis

UNIT-V

Coaching a team, Organising a competition , Officiating in a competition, Conducting a workshop/seminar/clinic

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Practical applications of techniques and tactics
2. Training means for development and measurement of strength, speed, endurance, flexibility and coordinative abilities
3. Observing and assessing the video/tournament recording/movie and preparing a report
4. Teaching lessons

SUGGESTED READINGS

- Caffary B (1992). Skilful Judo. A & C Black London.
- Dando J (1994). Play The Game Judo. Blandford Great Britain.
- Harrison EJ (2002). Coaching Successfully Judo. Sports Publishers. Delhi.
- Holme P (1995). Get to Gripe With Judo. Blandford. London.
- Holme P (1996). Competition Judo. Ward Lock. London.
- Jain D (2003). Play and Learn Judo. Khel Sahitaya Kendra. New Delhi.
- Kumar M (1994). Action Judo. Sport Publication. Delhi.
- Marwood D (1995). Critical Judo. A.I.T.B.S. Pub. New Delhi.

GAME OF SPECIALIZATION – KABADDI

UNIT-I

Tactics & strategies in Kabaddi, Individual, group and team tactics,

UNIT-II

Long - term and short term preparation for the decisive Kabaddi competitions, Psychological qualities and preparation of a Kabaddi player, Offensive system in play, Defense system in play, Raid and save pattern

UNIT-III

Diet and nutrition for a Kabaddi player

UNIT-IV

Principles of load and adaptation, Fatigue, recovery and super – compensation, Overload and its management

UNIT-V

Ankle sprain, foot injuries, shoulder dislocation, knee displacement, wrist displacement, Preventive and safety measures, First-aid & Rehabilitation

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness
Speed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility

SUGGESTED READINGS

- Rao C V (1982). Kabaddi. Oxford Press. New Delhi.
- Rao EP (1994). Modern Coaching in Kabaddi. D.V.S.Pub
- Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS Publication. Patiala.

GAME OF SPECIALIZATION – KHO-KHO**UNIT-I**

Principles and objectives of coaching, Techniques of coaching – pep talk, coaching- pre match, during and post match, individual and group coaching , Coaching schedule – seasonal, daily, weekly, monthly and yearly, Talent identification to select the winning combination – the offense and the defense, Team building, Coaching lesson plan

UNIT-II

Long-term and short-term preparation for the decisive volleyball competitions, Psychological qualities and preparation of a volleyball player, Team system and tactical training, Offensive system in play, Defense system in play, Individual, group and team tactics, Diet and nutrition for a Kho-kho player, Coordination among the coach, doctor, psychologist and players

UNIT-III

Teaching progression & coaching tips

UNIT-IV

Principles of load and adaptation, Fatigue, recovery and super compensation , Overload and its management

UNIT-V

Ankle sprain, shoulder dislocation, knee displacement, Preventive and safety measures, Rehabilitation

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each.

The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness
Speed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility
3. Game officiating

SUGGESTED READINGS

- Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.
- Panday L (1982). Kho - Kho Sarvaswa. Metropolitan. New Delhi.

GAME OF SPECIALIZATION – VOLLEYBALL**UNIT-I**

Principles and objectives of coaching, Coaching schedule – seasonal, daily, weekly, monthly and yearly, Talent identification to select the winning combination – the offense and the defense, Team building, Coaching lesson plan

UNIT-II

Long - term and short - term preparation for the decisive volleyball competitions, Psychological qualities and preparation of a volleyball player, Offensive system in play, Defense system in play, Service and reception pattern , Individual, group and team tactics, Diet and nutrition for a volleyball player, Coordination among the coach, doctor, psychologist and players

UNIT-III

Principles of load and adaptation, Fatigue, recovery and super compensation, Overload and its management

UNIT-IV

Teaching of volleyball skill - preparing a lesson plan, Specific training methods for different positions

UNIT-V

Ankle sprain, finger injuries, shoulder dislocation, knee displacement, Preventive and safety measures, Rehabilitation

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness
Speed, Strength, Endurance, Flexibility, Coordination, Agility, blocking, fighting
3. Game officiating

SUGGESTED READINGS

- American Volleyball Coaches Association (2005). Volleyball: Skills & Drills. Human Kinetics. Champaign. U.S.A.
- FIVB (1996). Backcourt Spiking in Modern Volley Ball. FIVB. Chennai.
- Saggart SK (1994). Cosco Skills Stactics - Volley Ball. Sport Publication. Delhi.
- Scates AE (1993). Winning Volley Ball. WC Brown

GAME OF SPECIALIZATION – YOGA**UNIT-I**

Types of Yoga:- Hatha yoga, laya yoga, mantra yoga, bhakti yoga, karma yoga, jnana yoga, raj yoga

UNIT-II

Patanjali yoga sutras- yama, niyama, asana, pranayama

Pratyahar- Benefits & utilities of these. Astanga yoga- Definition, objectives, dharna, dhyana, Samadhi & their psychological impact.

UNIT-III

According to yoga concept of normality, according to modern psychology, concept of personality & its development, yogic management of psycho-somatic ailments: frustration, anxiety, depression

UNIT-IV

Corporate yoga, Yoga for healthy lifestyle, yoga & sports, education value of yoga, relevance of yoga in 21st century

UNIT-V

Yoga – teaching methodology, Teaching practice, techniques and modules, Preparing teaching lessons in yoga

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

PRACTICALS

1. Repetition of syllabus of Semester-I
2. Tests of flexibility, concentration, VO₂ max., balance
3. Observing and assessing the video/tournament recording/movie and preparing a report
4. Teaching lessons

SUGGESTED READINGS

- Anand OP (2001). Yog Dawra Kaya Kalp. Sewasth Sahitya Perkashan. Kanpur.
- Sarin N (2003). Yoga Dawara Rogon Ka Upchhar. Khel Sahitya Kendra
- Sri Swami Ramas (2001). Breathing. Sadhana Mandir Trust. Rishikesh.
- Swami Ram (2000). Yoga & Married Life. Sadhana Mandir Trust. Rishikesh.
- Swami Veda Bharti (2000). Yoga, Polity. Economy and Family. Sadhana Mandir Trust. Rishikesh.

Semester III

Max. Marks =75

Time allowed: 2Hrs

ENGLISH A & B

Syllabus from B.A. Programme of Delhi University

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each. The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.