

S-19 June & 6 July 2012 AC after Circulars from Circular No.84 & onwards - 19 -
DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY

CIRCULAR NO. ACAD / NP / Phy.Edu./ B.P.Ed. /90 /2012

It is hereby notified for the information of all concerned that, on the recommendation of Faculty of Physical Education, the Academic Council at its meeting held on 19-06-2012 has accepted the **“Revised Syllabus of Bachelor of Physical Education [B.P.Ed.] as per Annual Pattern under the Faculty of Physical Education”** as appended herewith.

This is effective from the academic year 2012-2013 and onwards.

All concerned are requested to note the contents of this circular for their information and necessary action.

University Campus,
 Aurangabad-431 004.
 REF.NO.ACAD/NP/B.P.ED./
 2012/19693-712
A.C.M. I.No.13
 Date:- 01-08-2012.

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Director,
Board of College and
University Development.

Copy forwarded with compliments to:-

- 1] The Principals, affiliated concerned Colleges,
 Dr. Babasaheb Ambedkar Marathwada University.

Copy to :-

- 1] The Controller of Examinations,
- 2] The Superintendent, [Professional Unit],
- 3] The Superintendent, [Eligibility Unit],
- 4] The Director, [E-Suvidha Kendra], in-front of Registrar's Quarter,
 Dr. Babasaheb Ambedkar Marathwada University.
- 5] The Record Keeper,
 Dr. Babasaheb Ambedkar Marathwada University.

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**Dr. BABASAHEB AMBEDKAR MARATHAWADA
UNIVERSITY, AURANGABAD**

**SYLLABUS FOR
BACHELOR OF PHYSICAL EDUCATION (B. P. Ed)
(ANNUAL SYSTEM)**

Outlines of tests, syllabi and courses for the Bachelor of Physical Education Examination (Annual) for the Exams from 2012-13

The course of instruction for the B. P. Ed. Exam consists of two parts as under:

PART – I Theory 600 Marks

PART – II Skill Proficiency Practical 300 Marks

PART – III Teaching Practical 300 Marks

Note: Part-I will be evaluated externally.

Part-II will be evaluated with one external and one internal examiner.

PART – I

Theory Papers Marks:

- | | |
|--|-------|
| 1. Foundations of Physical Education | = 100 |
| 2. Educational and Sport Psychology | = 100 |
| 3. Organization and Administration | = 100 |
| 4. Anatomy, Physiology, Biomechanics, Kinesiology and Health Education | = 100 |
| 5. Officiating and Coaching | = 100 |
| 6. Methodology in Physical Education and Education | = 100 |

PART – II

<u>Practical Skill Proficiency:</u>					
S. No.	CLASSIFICATION	NUMBER	CHOICE	SPORT	MARKS
1	Team Games	6	Compulsory	Hockey, Kabaddi, Kho-Kho, Football, Volleyball, Basketball	60
2	Team Games	2	Elective	Cricket, Badminton, Handball, Softball Ball, Badminton, Table Tennis	20
3	Combative	1	Compulsory	Wrestling	10
4	Combative	1	Elective	Judo, Boxing, Fencing	10
5	Athletics	4	Compulsory	100 Meters, 800 Meters,	40

Dr. S.S. Shinde
Dees

Dr. S.S. Shinde

28/05/2012

Dr. M.S. Joshi

Dr. M.S. Joshi

Dr. M.S. Joshi

Practical Teaching External (B)					
S. No.	PARTICULARS	NO. OF LESSON	MARKS PER LESSON	TOTAL MARKS	REMARKS
1	Academic Lessons	1	50	50	External
2	Physical Lessons	1	50	50	External
3	Classroom Teaching Physical Education	1	50	50	External
Total				150 Marks	

PAPER-I
FOUNDATIONS OF PHYSICAL EDUCATION
HISTORY – A

Total Marks: 100
Theory – A: 50

UNIT-I

History of Physical Education around the World: Greece, Rome, Denmark, Germany, U. S. A., USSR, Japan and China

UNIT – II

History of Physical Education in India: Ancient (Vedic, Epic, Buddhist, Mughal, Rajput, Britishers); Modern (Pre-Independence and Post-Independence); History of Physical Education in Maharashtra.

UNIT – III

History OF Ancient and Modern Olympics: Asian Games: Revival, Charter, Aims, Objectives, Spirit. Motto, Torch, Flag, Opening and Closing Ceremonies etc.

UNIT – IV

Physical Education and Sports Governing Bodies in India- YMCA, IOC, IOA, SAI, UGC, NCTE, NAAC, etc.

FOUNDATIONS – B

Total Marks: 100
Theory – B: 50

UNIT-I

Concept of Physical Education – Introduction, meaning, definitions, scope, aim and objectives of Education and Physical Education; Different terms related to Physical Education- Physical Culture, Training, Drills, Sports, Games, Coaching, Conditioning, Fitness, Motor Educability, Health Education, Hygiene, Recreation etc.

UNIT – II

Philosophies of Education as Applied to Physical Education – Idealism, Naturalism, Realism, Pragmatism and Existentialism; Physical Education as a Science and Art; Philosophy of

Education by Different Philosophers (Aristotle, John Dewey, Pestalozzi, Gandhi, Rabindranath Tagore, Swami Vivekananda. etc.)

UNIT – III

Basis of Physical Education – Biological basis of Physical Education – Benefits of Exercise, Exercise and Well-Being, Phenomenon of Use, Disuse and Overuse; Sociological Basis of Physical Education – Play and Play Theories; Sociological Basis of Physical Education – Socialization Process, Social Nature of Men and Physical Activity, Sports as Cultural Heritage of Mankind, Customs, Traditions and Sports, Social Values

UNIT – IV

Curriculum -- Meaning, Scope and Principles of Curriculum Construction, Agencies Support – Formal and Informal Activities in Sports and Physical Education

REFERENCES

1. Bucher, C.A. Foundations of Physical Education, the C.V. Mosby Co., Saint Louis, U.S.A.
2. Dalen, V. A World History of Physical Education Prentice Hall Inc.
3. Khan E.A. History of Physical Education Scientific Book Co. Patna-4.
4. Barow. R.M. Man and his Movement, Principles of Physical Education, Lea and Febricea, Philadelphia, U.S.A.
5. Revenes, R.S. Foundations of Physical Education, Houghton Mifflin Co., Boston, U.S.A.
6. Sage, G.H. Introduction to Motor Behaviour Addison-Wesley Pb. Co., Inc.
7. Kamlesh, M.L. Physical Education Facts and Foundations Faridabad: P.B. Publications.
8. Kamlesh, M.L. Principles and History of Physical Education and Sports, Friends Publications (India), New Delhi, 2004.
9. Makarand J., "Sharirik Shikshan Adhyayan Va Adhyapan" Nityanutan Prakashan, Pune
10. Wakharkar D. G., " Sharirik Shikshanache Adhuneek Swaroop and Adhyapan" Nilkanth Prakashan, Pune.
11. Wakharkar D. G., "Maharashtratil Sharirik Shikshanahe Watchal" M. S. M. Aurangabad
12. Zeigler, F.F., Philosophical Foundation for Physical, Health and Recreation Education, Prentice Hall Inc. Eaglewood Cliffs. 1964.

PAPER-II

EDUCATIONAL AND EXPERIMENTAL PSYCHOLOGY **EDUCATIONAL PSYCHOLOGY – A**

Total Marks: 100
Theory – A: 50

UNIT-I

Meaning of Education, Nature, Scope, Importance, aims and objectives of education; Definition and Meaning of Psychology and Educational Psychology

UNIT – II

Growth and Development – General Nature, Characteristics and Various Stages of Development, Influences of Heredity and Environment on Growth and Development, Factors Affecting Growth and Development

UNIT – III

Learning – Process, Theories, Laws of Learning, Transfer of Learning, Factors Influencing Learning, Learning Curves etc.

UNIT – IV

Social Psychology – Group Dynamics, Leadership Qualities, Sociometrics, Team Cohesion, Management of Maladjusted Children

EXPERIMENTAL PSYCHOLOGY – B

Total Marks: 100

Theory – B: 50

UNIT-I

Experimental Psychology - Meaning, Scope of Experimental Psychology, Historical Sketch and Importance of Experimental Psychology, Utility of Experimental Psychology in the field of Physical Education

UNIT – II

Personality -- Meaning, Definition of Personality, Characteristics, Approaches of Personality, Development of Personality, Assessment of Personality, Individual Differences etc.

UNIT – III

Emotion and Motivation – Meaning of Emotion, Definition of Emotion, Types of Emotions, Dimensions of Emotions; Needs, Drives, Urges, Theories of Motivation, Types of Motivation, Social Motivation, Motivation Cycle, Factors Influencing Motivation etc.

UNIT – IV

Intelligence and Memory – Meaning, IQ, Theories, Tests of Intelligence, Factors of Memory, Types, Recall and Recognition

REFERENCES:

- 1 Blair, Jones and Simpson, Educational Psychology, McMillan Co., New York, 1962.
2. Cratty, B. J., Psychology and Physical activity. Eaglewood Cliffs. Prentice Hall, 1968.
3. Crow and Crow, Educational Psychology. Eurasia Publishing House, N. Delhi, 1979.
4. Kamlesh, M.I., Psychology in Physical Education and Sport. Metropolitan Book Co., N. Delhi. 1998.
5. Shatrunjay K., Scientific Coaching Manual For Martial Arts, Rana Graphics and Publications, Hyderabad, 1997
6. Mathur, S.S., Educational Psychology. Vinod Pustak Mandir, Agra, 1962.

7. Skinner, Charles. E., Education Psychology, Prentice Hall of India, N. Delhi, 1984.
8. Walia, J.S. Foundation of Educational Psychology. Paul Publishers, Jalandhar city, 1992.
9. Alderman A. B., Psychological Behaviour in Sports, W.B. Saunders Co., Philadelphia: 1974.

PAPER-III
ORGANISATION AND ADMINISTRATION
ORGANISATION – A

Total Marks: 100
Theory – A: 50

UNIT-I

Organization – Meaning, Definition, Nature, Principles, Need, Qualities of Good Organizer; Recreational Organization – Meaning, Definition, Characteristics, Aims, Objectives, Types, Agencies Providing Recreation, Organization of Recreation Programme at Different Levels, Career Opportunities in Recreation, Need for Specialized Professional Preparation in Recreation, Management of Leisure etc.

UNIT – II

Facilities and Standards -- Types of Facilities: Infrastructure – Indoor and Outdoor, Playfields, Areas, Location, Layout; Care of Equipments- Needs Importance, Purchase, Care and Maintenance etc.

UNIT – III

Programme – Organization of Programme Related to Schools and Junior Colleges, School Activities and Modified Games Related to Present Curriculum, etc.

UNIT – IV

Tournament – Intramurals: Sports Day, Sports Meet, National Days and Flag Hoisting etc., Extramural: Districts, State, National, Intercollegiate, Inter Schools, Universities, Demonstrations, Play Days etc. Drawing Fixtures

ADMINISTRATION – B

Total Marks: 100
Theory – B: 50

UNIT-I

Administration – Meaning, Definition, Scope, Nature, Need, Principles of Administration, Schemes of Health and Physical Education in Schools, Colleges and Universities, District, State and Nationals; Qualities of Good Administrator

UNIT – II

Planning – Meaning, Importance of Planning, Characteristics of Planning, Types of Planning, Unit Plan and Various Plans; Preparation of Time Table for Schools and Colleges etc.

UNIT – III

Budget and Finance – Meaning, Importance, Criterion of Good Budget, Sources of Income, Expenditure, Preparation of Budget, Records and Registers (Maintenance of Attendance, Stock, Cash, Medical Examination Record etc.)

UNIT – IV

Supervision – Nature, Quality of Good Supervisor, Methods of Supervision, Techniques of Supervision, Visits, Periodicals, Meetings, Conferences, Short Courses, Refresher Course, Demonstration, Seminars, Clinics, Symposia, etc.

REFERENCES:

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. M.L. Kamlesh and M.S. Sangral, Methods in Physical Education, Prakash Brothers, 516, Book Market Ludhiana (19865).
6. Tirunarayan and Hariharan, Methods in Physical education M.SC.T. & S. H. Allagappa College of Physical Education, Karaikuddi U. (1985).
7. Kazmar, H.C. and Cassidy, Methods in Physical Education, W. B. Saunder Co., Philadelphia, London, 1958.
8. Charles E. Forsy, Administration of High School Athletic, Sixth Edition, Prentice Hall, Inc. Englewood, New Jersey, 1979.
9. Charles A. Bucher, Management of Physical Education and Athletic Programmes, Louis C.B. Mosby. Co. 1987.
10. D. S. Dheer and Radhika Kamal, Organisation and Administration of Physical Education. N. Delhi Friends Publication, 1991.
11. Chakraborty S and Pahava G., Sports Management, LESWS, New Delhi, Sports Publication, 1999.
12. Valtmer Edward F, Arthur A., Esslinger, Betty Foster Mccule and Kenneth G. Tillman “ The Organization and Administration of Physical Education” Printice Hall, Inc, New Jersy 1979
13. Dheer S. and Radhika Kamal “Organization and Administration of Physical Education” Friends Publication, New Delhi, 1991
14. Sachdeva M. S., “ A Modern Appraach to School Organization and Administration, Prakash Brothers Educational Publisher. Ludhianan, 1983

PAPER-IV**ANATOMY, PHYSIOLOGY, BIOMECHANICS, KINESIOLOGY AND HEALTH EDUCATION****ANATOMY AND PHYSIOLOGY – A****Total Marks: 100****Theory – A: 50****UNIT-I**

Anatomy- Definition, Meaning, Need and Importance; Origin of Life – Introduction to Human Body, Cells (Meaning, Structure, Function, Shape and Cell Division) Tissues – Definition, Classification, Structure, Function and Types

UNIT – II

Skeletal System – Classification, Structure, Types of Bones, Functions of Bones, Structure of Joints, Types of Joints etc.; Muscular System – Classification of Muscles, Structure and Functions of Muscles, Types of Muscles etc.; Respiratory System – Anatomy, Structure, Functions, Mechanism, Vital Capacity, VO_2 Max., Gases Transportation etc.

UNIT – III

Circulatory System – Anatomy, Physiology, Effects of Exercise on Circulatory System; Digestive System - Anatomy, Physiology, Effects of Exercise on Digestive System; Excretory System - Anatomy, Physiology etc.

UNIT – IV

Endocrine System - Anatomy, Physiology, Effects of Exercise on Endocrine System; Nervous System - Anatomy, Physiology, Effects of Exercise on Nervous System; Reproductive System - Anatomy, Physiology.

BIOMECHANICS, KINESIOLOGY AND HEALTH EDUCATION – B

Total Marks: 100

Theory – B: 50

UNIT-I

Biomechanics – Meaning, Definition, Historical Background; Kinematics (Linear and Angular) – Distance, Displacement, Speed, Velocity, Acceleration, De-acceleration, Projectiles etc.

UNIT – II

Kinetics -- Forces: Types, Sources, Effects, Resultant etc.; Work, Power, Energy, Equilibrium, Levers, Newton's Laws of Motion.

UNIT – III

Kinesiology – Meaning, Definition, Scope, History; Axis, Planes, Fundamental Movements in all Joints, Location of Muscles in Fundamental Movement etc.

UNIT – IV

Health Education - Health Education: Meaning and importance of Health Education; Personal Health: Care of skin, hair, eyes, ear, nose, teeth, hands and feet, Effect of smoking and Alcohol on health; School Health Programme: Health Services, Health Supervision, Health Instructions; Communicable diseases: Mode of transmission, Methods of Preventions, Common Communicable diseases (Influenza, Smallpox, Malaria, Typhoid, Tuberculosis, Cholera and AIDS); Nutrition: Elements of balanced diet, Carbohydrates, Proteins, Fats, Vitamins, Minerals, Salts and Water.

REFERENCES:

1. Pearce. E. Anatomy and Physiology for Nurses, Delhi, Oxford University Press, 1989.
2. Wellgoose. Health Teaching in secondary Carl.E. Schools. W.B. Saunders, 1977.
3. Wilson Kathleen J. W. Anatomy and Physiology, Health and illness. 6th Edition, Churchill Livingstone Edinburgh, 1987.
4. Park, J.E. and Park K. Text Book of Preventive and Social Medicine (Jabalpur: M/s Banarsadidas Banot, 1980. Edition. 8th.)
5. Shatrunjay K., Scientific Coaching Manual For Martial Arts, Rana Graphics and Publications, Hyderabad, 1997
6. Dhananjay Shaw, Biomechanics and Kinesiology of Human Motion, Khel Sahitya Kendra, Delhi. 1998
7. Shatrunjay K., Dayanand K., Giri A. V., Biomechanics, and Exercise Physiology, Chhaya Publications, Aurangabad 2006.

PAPER-V
OFFICIATING AND COACHING
OFFICIATING – A

Total Marks: 100

UNIT-I

Officials on Field – Meaning, Definition, Importance, Qualities and Qualifications of a Good Official, Principles of Officiating

UNIT – II

Officials Back Stage – Medical Officials, Observers, Jury of Appeal, Competition Director, Athletics Marshall, Their Duties and Specifications

UNIT – III

Team Game Officiating - Kabaddi, Kho-Kho, Football, Basketball, Volleyball, Handball, Cricket, Badminton, Softball, Hockey; Individual Sports Officiating – Wrestling, Judo, Boxing, Fencing, Athletics, Gymnastics, Swimming etc.

UNIT – IV

Ground and Equipment Maintenance, Ground Preparation of Marking, Gathering Information Related to Officiating etc.

COACHING – B

Total Marks: 100

Theory – B: 50

UNIT-I

Concept of Coaching, Training and Conditioning their Differences, Aims, Qualities of Good Coach, Responsibilities of Coach, Roles of Coach.

UNIT – II

Warm-Up, Cooling-down, Conditioning and Fitness Programmes, Meaning, Benefits and Significance, Load and Recovery. Basic Concepts of Motor Qualities.

UNIT – III

Talent Identification and Development, Professionalism in Coaching, Safety Measures in Outdoor and Indoor Activities

UNIT – IV

Planning – Meaning, Definition, Types, Importance of Planning in Coaching

REFERENCES:

1. Doherty, J. Kenneth, Modern track & field, Prentice Hall Inc. Englewood Cliffs, 1963.
2. Mortensen, Jand, Track & Field for coach & athlete, Cooper J. M. Prentice Hall Inc., Englewood Cliffs, 1963.
3. A.A.F.I., Officiating in Athletic, 1988.
4. Bunn, J.W., Art of Officiating Sports, Prentice Hall, Englewood 1968.
5. Buck, H. W., Rules of Games & Sports. Y.M.C.A. Pub. House, Delhi (Latest Edition)
6. M.C.C , Cricket Coaching Book, Naddret Press, London-1955.
7. Football, Modern Soccer, Educational Production Ltd., London Association.
8. Bunn. J. W., Basketball techniques and team play, Prentice Hall, Englewood Cliffs.
9. Gian Singh, How to play Hockey, New Delhi-1966.
10. Brundle. Fred, Teach Yourself Badminton. The English University Press Ltd., London.
11. Emery, Curtis Ray, Modern Volleyball, The MacMilan Co., New York.
12. Shatrunjay M., Scientific Coaching Manual For Martial Arts, Rana Graphics and Publications, Hyderabad, 1997
13. Shatrunjay K. and Makarand J., Scientific Principles of Sports Training, Chhaya Publications, Aurangabad 2003
14. Singh, H. Science of sports training. New, Delhi. D, V.S. Publications, 1991.
15. Brar. T. S. Officiating techniques in Track and Field, Gwalior. Bhargava Press. 20002.
16. De Souza A. J. Track Geography and Field Sites. Chennai. DBAC Sports Envisions. 1999.5.

PAPER-VI**METHODS IN PHYSICAL EDUCATION
GENERAL METHOD OF TEACHING – A****Total Marks: 100****Theory – A: 50****UNIT-I**

Teaching Methods – Introduction. Importance, Types of Teaching etc

UNIT – II

Commands and Techniques, Class formation, Lesson Plan, Classification- Theory and Classroom Lessons

UNIT – III

Presentation Techniques and Teaching Principles; Teaching Aids- Values and Types, Planning, Personal and Technical Preparation,

UNIT – IV

Test, Measurement and Evaluation of Physical Education Lessons on Ground and Classrooms – Factors, Tools and Techniques of Evaluation

REFERENCES:

1. Sharirik Shikshan Adhyapan Padthi, S. K. Shinde, Kreedatantra Prakashan
2. Samanya Adhyapan Padthi, Laxman Ranchandra Gahe, Modern book depot Prakashan
3. Sharirik Shikshan Adhyapan Padthi, P. R. Dhongde, Shri Vidya Prakashan, Pune
4. Yashasvi Adhyapan, N. K. Upasani, K. V. Kulkarni, Sri Vidy Prakashan, Pune
5. Shikshan thata Sharirik Shikshan Adhyapan Padthi, education and Physical Education Methodology, Mukund Asnare, Asnare Prakashan, Amaravati
6. Makarand Joshi, Shririk Shikshan Adhyapan Va Adhyapan, Nityanutan Prakashan, Pune, 2010

SPECIAL (मराठी)**Total Marks: 100****Theory – B: 50****युनीट १**

मातृभाषेच्या अध्यापनांची उद्दिष्टे: माध्यमिक शालांतून मातृभाषेच्या अध्यापनाची सामान्य ध्येये व उद्दिष्टे व स्पष्टीकरण, शिक्षणाच्या राष्ट्रीय उद्दिष्टांची व माध्यमिक स्तरांवराल उद्दिष्टांशी त्यांचा संबंध. मराठीचे मातृभाषा म्हणून महत्त्व व स्थान : मातृभाषा व व्यक्तिविकास-मातृभाषा व सामाजिक विकास, मातृभाषा व इतर भाषा यांचा संबंध, इतर शालेय विषयांशी संबंध, मातृभाषेचे वैयक्तिक सामाजिक, राष्ट्रीय व सांस्कृतिक जीवनातील स्थान, शिक्षणाचे माध्यम म्हणून मराठीचे महत्त्व. मातृभाषेच्या अभ्यासाची मूलतत्वे व विविध अंगे: भाषा व्यवहाराची विविध अंगे--श्रवण, कथन, वाचन, लेखन व पाठांतर त्यांचे महत्त्व अन्योन्य संबंध, भाषाद्वारे आकलन व अविष्काराचे विविधमार्ग, मूलतत्वे, ज्ञानगृहण, आत्मविष्कार, सार-समकलन.

युनीट २

अध्यापन पध्दती व तंत्रे : गद्य, पद्य व लेखन व्याकरण यांचे उद्दिष्टांघिष्ठित अध्यापन, अध्ययन, अनुभव प्रसंगाची निर्मिती त्यातील कृती व त्यांचे टप्पे, व्याख्यान, कथन, चर्चा, प्रश्नोत्तरे, समवाय, स्वाध्याय प्रकल्प, नियोजित अभ्यास या विशेष अध्यापन तंत्राचा मातृभाषेसाठी उपयोग व्यक्तिगत व सामुहिक तंत्राचा समन्वय.

युनीट ३

अध्यापन साहित्य-निर्मिती, संग्रह व उपयोग: अध्यापन साहित्याचे प्रकार, त्यांचा मातृभाषेच्या अध्यापनात उपयोग ग्रामोफोन, रेडीओ, टेपरेकॉर्डर, तक्ते आराखडे फलक इत्यादीचा उपयोग, मातृभाषेची क्रमिक पुस्तके-प्रचलित क्रमिक पुस्तकांचे परिक्षण पुरवणी वाचन पुस्तके. वर्ग

ग्रंथालये व शालेय ग्रंथालय, शालेय वाचनालये, हस्तलिखिते व शालेय नियतकालिके, संग्रह पुस्तिका, आवांतर वाचन, साहित्य, विद्यार्थी वाङ्मय.

युनीट ४

अभ्यासांतरगत उपक्रम: अभ्यासांतरगत उपक्रम व सर्वांगिण भाषा विकास माध्यमिक शालात उपयुक्त असणारे भाषिक व वाङ्मयीन उपक्रम, विविध मंडले व त्यांचे वाङ्मयीन उपक्रम व प्रकल्प. व्यक्तिगत व सामुहिक अभ्यास सवयीसाठी उपक्रमाचे आयोजन. मातृभाषेच्या शिक्षकांचे व्यक्तिमत्व. प्रगतीचे मूल्यमापन:- मूल्यमापन तंत्रानुसार चाचण्या तयार करणे.

REFERENCES:

1. Kundele M. D. Marathidhi Adhyapan, Shri Vidya Prakashan, Pune
2. Phatak M. V. Marathi Kavitenche Adhyapan, Modern Book Depot Prakashan, Pune
3. Dange C., Matrubhasheche Adhyapan. Chandraprabha Prakashan, Pune
4. Akolker, Marathieche Adhyapan

SPECIAL (हिंदी)

Total Marks: 100

Theory – B: 50

युनीट १

हिन्दी शिक्षा के उद्देश: व्यापक उद्देश- सांस्कृतिक, साहित्यिक और व्यवहारिक उद्देश । विशिष्ट उद्देश । अपेक्षित स्तर- भाषण योग्यता, अभिव्यक्ति क्षमता, अनुवाद क्षमता और आकलन क्षमता-अभिरूचि का संवर्धन । भारतीय जीवनमें हिन्दी का स्थान: भारतीय संघराज्य की विविध भाषाएँ संविधानमें हिन्दी को दिया हुआ स्थान, हिन्दी बनाम अंग्रेजी-हिन्दी का सांस्कृतिक महत्व भाषा और संस्कृति ।

युनीट २

शिक्षा-प्रणालियाँ और उपागम: संभाषणात्मक प्रणाली, व्याकरण अनुवाद प्रणाली, संवाद प्रणाली, गठन प्रणाली, प्रणालियों का समन्वय । पाठ्य पुस्तकों का संपादन । भाषा शिक्षा का मनोविज्ञान: बालक भाषा कैसे सीकते है ? श्रवण का महत्व अनुकरण और उच्चारण अभ्यास वातावरण का स्थान । शैक्षणिक साहित्य का उपयोग और प्रकार। नाट्य और पत्रलेखन । पाठ्यक्रम और पाठ्यपुस्तके - पाठ्यक्रम का स्वरूप और शिक्षाके उद्देश पूर्ति, अच्छे पाठ्य पुस्तकों के लक्षण ।

युनीट ३

पाठ प्रकार और पाठनियोजन: प्राथमिक पाठ-बातचीतके पाठ साहित्यके (गद्य, पद्य) पाठ रचना पाठ और व्याकरण-रचना या आदिशकारोंके भिन्नप्रकार तथा उनसे संबंधित पाठ । सहाय्यक उपक्रम, संभाषण सभा, वक्तव्य सभा, हस्तलिखित पत्रिका, वाचनालय, नाटक, खेलना, पुस्तक प्रदर्शनी प्रवर्तन।

यूनीट ४

हिन्दी शिक्षा में दृकशाब्द साधनोंका स्थान और उपयोग । मुख्यमापन- मुख्यमापन तंत्र के अनुसार कसोटिया तयार करना । हिन्दी अध्यापक का व्यक्तित्व ।

REFERENCES:

1. Agarwal S. S., Hindi Rachana aur Prayog, Sneh Prakashan, Mumbai
2. Sathe G. N., Rashtra Bhashaka Adhyan, Maharashtra Rashtra Bhavan, Pune
3. Bobe B. S., Hindi Adhyapan Padathi, Nutan Prakashan, Pune
4. Pandit B. B., Hindi Adhyapan, Nutan Prakashan, Pune
5. Keni S. R., Hindi ki Adhyapan Padhati, Venus Prakashan, Pune

SPECIAL (ENGLISH) – B

Total Marks: 100

Theory – B: 50

UNIT-I:

Aims and objectives of Compulsory language, Importance and place of English in school curriculum, different aspects of teaching English (types of reading: oral, silent), Poetry, Composition, Grammar, Dictation and Translation

UNIT – II

Methods of teaching English (Direct, Indirect, Comprehensive, Structural approach, Discussion, demonstration)

UNIT – III

Lesson Planning, Teaching Aids and devices (picture, charts, model, film, strip, gramophone, radio, cinema, tape recorder, lingua phones, flash cards, use of dictionary, dramatics, debates storytelling, pen friendship, language games, blackboard works, dialogues, and celebrations of festivals)

UNIT – IV

Co-curricular activities: excursions, class magazines, phonetics, English speech, sounds, pronunciation, qualities and qualification of English teacher

REFERENCES:

1. Teachers of English as a second language, their training preparation – G. E. Person
Published By – the syndics of the Cambridge university press
2. Better English Pronunciation -- J. D. O'Conner Published by – the syndics of the
Cambridge University Press
3. The Best English -- G. H. Vallins, Published by – Andre Deutsch Ltd.
4. The Teaching of Structural Words and Sentence Patterns – A. S. Horn by, published by
Oxford University Press, Ely House London W. J.
5. Techniques of Teaching English – A. L. Kohli Published by – Dhanpat Rai and Sons,
1962, Delhi – 6

6. Allen and Campbell, Teaching English as a Second Language THM Edition, Tata McGraw-Hill Publishing Co. New Delhi, 1972
7. Pal H. R. and Pal R., Curriculum yesterday today and tomorrow, Shipra, New Delhi, 2006

SPECIAL (SCIENCE) – B

Total Marks: 100

Theory – B: 50

UNIT-I:

Aims objectives and specifications of teaching science, Importance of science in school curriculum, criteria of good syllabus and text books in science

UNIT – II

Methods of teaching science (lecture, historical, demonstration, laboratory, heuristic, discussion, and problem solving methods), contribution of the Dalton plan and project method

UNIT – III

Lesson planning in science, correlation of various branches of science with other school subjects, utilization in day-to-day life, Teaching Aids for science (charts, models, specimens, film projector, epidiascope, radio and tape recorder, overhead projector, LCD projector)

UNIT – IV

Co-curricular activities: visit to workshops, factories and other places of scientific interest, school museum, science club and science fairs, science projects, laboratory and its equipments, qualities and qualifications of science teacher

REFERENCES:

1. Bhat B. D. and Sharma R. S., Methods of Science Teaching, Kanishka Publishing House, New Delhi, 1993
2. Joyce B. and Will M., Models of Teaching, Prentice Hall inc. New Jersey, 1979
3. Gupta S. K., Teaching of Science Education, Vikas Publishers, New Delhi, 1993
4. Vidya N., Science Teaching for the 21st Century, Deep and Deep and Publication, New Delhi, 1996
5. Rawat D. S., Teaching of Science, Vinod Pustak Mandir, Agra, 1981

SPECIAL (MATHEMATICS) – B

Total Marks: 100

Theory – B: 50

UNIT-I:

Aims, objectives and specifications of instructions in mathematics, Importance and place of Mathematics in school curriculum, different aspects of teaching Mathematics, criteria of good syllabus and text books in mathematics

UNIT – II

Methods of teaching Mathematics (Inductive, deductive, analytical, synthetic, heuristic, and laboratory), specific problems and methods of teaching arithmetic, algebra, Geometry, Trigonometry

UNIT – III

Lesson Planning, Teaching Aids and devices (charts, models, specimens, film projector, epidiascope, radio and tape recorder, overhead projector, LCD projector)

UNIT – IV

Oral work, class work, home work, drill work, correction of work, correlation of different branches of mathematics with other school subjects, qualities and qualifications of mathematics teacher

REFERENCES:

1. Ganit Shikshan, M. S. Rawat, M. B. Lal, Agarwal Vinod Pustak Mandir, Agra
2. Ganit Adhyapan Padathi, H. N. Jagtap, Nutan Prakashan, Pune
3. Gani Swaroop, Adhayan, Adhyapan, A. V. Oak, Satyawati Rahul, Nutan Prakashan, Pune
4. Method: Teaching of Mathematics, B. C. Rai Prakashan Kendra Lucknow
5. Teaching of Mathematics (made easy), S. D. Khanna, V. K. Saxena, T. P. Lamba, V. Murthy

SPECIAL (GEOGRAPHY) – B

Total Marks: 100

Theory – B: 50

UNIT-I:

Aims, objectives and specifications of Geography, Importance and place of Geography in school curriculum, criteria of good syllabus and text books in Geography

UNIT – II

Different methods of teaching Geography (Observation, storytelling, journey, excursion, laboratory, regional, project method)

UNIT – III

Lesson Planning, Teaching Aids and devices (Maps, Diagrams, Globe, charts, models, specimens, film projector, epidiascope, radio and tape recorder, overhead projector, LCD projector)

UNIT – IV

Correlation of Geography with other school subjects, qualities and qualifications of Geography teacher, Map reading and map marking, co-curricular activities (excursion, preparing albums, stamp collection, coin collections and Geography clubs)

REFERENCES:

1. Bhugolche Adhyapan, N. V. Patankar, Modren Book Depot Prakashan

2. Geography Teaching, O. P. Verma Sterling Publishers (P), Ltd.
3. Bhugol Adhyayan ani Adhyapan, Bhalchand Gopal Bapat, Venus Prakashan, Pune
4. Bhugol Shikshan, P. N. Singh, Vinod Pustak Mandir, Agra
5. The teaching of Geography, Zoe A. Thralls, Eurasia Publishing House (Pvt) Ltd, New Delhi

SPECIAL (HISTORY) – B

Total Marks: 100

Theory – B: 50

UNIT-I:

Meaning, scope, Aims, objectives and specifications of History, Importance and place of History in school curriculum, criteria of good syllabus and text books in History

UNIT – II

Different methods of teaching History (Storytelling, discussions, Lecture, Project, Dalton Plan, Source Method, Problem Solving method and biographical method)

UNIT – III

Lesson Planning, Teaching Aids and devices (charts, models, specimens, film projector, epidiascope, radio and tape recorder, overhead projector, LCD projector, novels, discussion questions, historical documents and inscription, poems and time line)

UNIT – IV

Correlation of History with other school subjects, qualities and qualifications of History teacher, co-curricular activities (visit of historical places, note making, dramatization, note taking, coin collections, etc.)

REFERENCES:

1. Ithihasache Adhyapan, G. B. Nirantar, Modern Book Depot publication
2. Ithihas Adhyapan Padhati, C. M. Tiwari, Nutan Prakashan, Pune
3. Ithihasache Adhyapan Padthti va Tantra, M. Patki, Milind Prakashan, Aurangabad
4. Teaching of History, S. K. Kochhar, Sterling Publishers Private Limited, New Delhi
5. Teaching of History with Lesson Plans Made Easy, S. D. Khanna, T. P. Lambe, V. K. Saxena, V. Murphy Doaba House, Booksellers Publishers, Delhi

PRACTICAL PATTERN OF EXAMS:

(Note: Minimum passing marks for practical is 50%)

Practical: (A)					
S. No.	CLASSIFICATION	NUMBER	CHOICE	SPORT	MARKS
1	Team Games	6	Compulsory	Hockey, Kabaddi, Kho-Kho, Football, Volleyball,	60

				Basketball	
2	Team Games	2	Elective	Cricket, Badminton, Handball, Softball Ball Badminton, Table Tennis	20
3	Combative	1	Compulsory	Wrestling	10
4	Combative	1	Elective	Judo, Boxing, Fencing	10
5	Athletics	4	Compulsory	100 Meters, 800 Meters, Shot-put, Long-Jump	40
6	Athletics	1	Elective	Javelin Throw, Discus Throw, High Jump, Triple Jump, Hurdles, Walking Event	10
7	Gymnastics	3	Compulsory	Floor Exercises, High Bar, Parallel Bars (Men) / Uneven Bars, Balancing Beam (Women)	30
8	Gymnastics	1	Elective	Pyramid / Aerobics	10
9	Individual Sport	2	Compulsory	Yoga, Multi-gym	20
10	Individual Sport	1	Elective	Shooting, Archery, Mallkhamb	10
11	General Activity	2	Compulsory (5 Marks each)	(A) Drill March, (B) Calisthenics (C) Flag Hoisting and Lowering (D) Lazium	20
12	First Aid and Physiotherapy		Compulsory		25+25=50
13	Any Official Assignment in the current year Compulsory	1	Compulsory		10
External Marks Total					300

(I) Team Games: (Compulsory):		
(1)	Hockey:	Offensive Skills: Ball rolling and tapping; Pushing- Forehand pushes, Slap Push; Forehand Dribbling, Standing Dribble with walk and Zigzag Dribbling Reverse side dribble; Hitting- Forehand hitting; Scoop, Reverse Scoop, Reverse Stick Hit Defensive Skills: Tackling, Stopping, Ball Control, Dragging
(2)	Kabaddi:	Offensive Skills: (A): (1) Leading Leg Raid; (2) Shuffling Raid; (3) Mix Raid (B) Hand Touch Skills: (1) Front Hand Touch (2) Back Hand Touch (3) Side Hand Touch + Training Drills (C) Leg Touch Skills: (1) Toe Touch; (2) Back Kick (3) Side Kick (4) Front

		Kick (5) Round Kick (D) Crossing Bonus Line
		Defensive Skills: (A) Leg Hold: (1) Ankle (2) Thigh (3) Knee (B) Trunk Hold (C) Chain: (1) Running Front Chain (2) Running Back Chain (3) On Spot Chain (D) Block: (1) Running Block (2) Spot Block (3) Back Shoot
(3)	Kho-Kho:	Defensive Skills: Stand Near Pole, Pulling the Pole; Pushing the Pole, Single Chain, Within Four Circle Running, 3-6-9 Chain Running, 2-5-6-9 Chain Running, Dodging- Front and Back Offensive Skills: Short Kho, Long Kho, Action Kho, Single Kho, Pole Dive- First Box Pole Dive, Two Step Pole Dive, Three Step Pole Dive
(4)	Football:	(A) Kicking- Push Pass, Out step of the Foot Kick, Full in Step Kick and Low Drive, High Drive, Direct Free Kick, Indirect Free Kick, Goal Kick and Corner Kick (B) Heading- Front, Side and Back (C) Ball Control- Inside of the Foot Control, Outside of the Foot Control, Sole Control, Chest Trapping, Thigh Trapping, Dribbling- Variations in Dribbling, Screening, Tackling, Throwing the Ball (D) Goal Keeping- Rolling the Ball, Catching the Ball at Waist Height, Throwing the Ball, Volleying- Half and Full, Deflecting the Ball
(5)	Volleyball:	(A) Serve- Underarm, Tennis- Float and Spin, (B) Pass- Dig Pass (Underhand Pass), Volley Pass, (C) Attack- Spiking, High Ball Smashing, Short Ball Smashing (D) Block- Single Block, Double Block
(6)	Basketball:	(A) Fundamentals of Basketball: (i) Stopping (ii) Sliding (iii) Pivoting (i) Stopping: Stride Stop; Scoot Stop; Reverse Stop (ii) Sliding: Left and Right Sliding (ii) Pivoting: Left and Right foot pivoting (B) Shooting: (i) Set Shot (ii) Jump Shot (iii) Layup Shot (C) Dribbling: Low and High (a) One Vs One Dribbling (b) Two Vs One Dribbling (D) Passing: (i) Chest Pass (ii) Tap Pass / Bounce Pass (iii) Overhead Pass (iv) Long Pass/ Hook Pass (v) Group Passing Skill- (a) Two Man Passing (b) Three Man Passing (c) Figure 8 Passing (E) Rebounding (F) Offensive: Figure 8; Brazilian Pattern; Give and Go; One bounce shot; Cris-Cross; Screen and Roll (G) Defensive: Man to Man and Zonal
(II) Team Games: (Elective)		
(1)	Cricket:	(A) Batting Skills- Front Foot Defense, Back Foot Defense, Drives- Cover, Straight, Square-cut, Glance, Hook Shot, Pull Shot, Late Cut (B) Balling Skills- i) Fast bowling- Out swing, In swing, York, Bouncer. ii) Medium pace- In-cutter, Out-cutter,

	<p>slow delivery. Reverse swing. iii) Spin bowling- Off spin, leg spin. Chinaman</p> <p>(ii) Fielding Skills- Positions- Wicketkeeper, slip, gully, silly point, cover, extra cover, mid off, long off, long on, mid on, mid wicket, deep mid wicket, square leg, backward short leg, leg slip, fine leg, third leg. Fielding skills- Catching, throwing, diving, and gliding.</p>
Badminton:	<p>Badminton grip; footwork, serve, clears, drop shots smash, drive, net play</p>
Handball:	<p>(A) Shooting- Standing shoot, Jump shoot, Penalty shoot, Dive shoot</p> <p>(B) Dribbling and passing- Simple pass, Side pass, Fast break, Wave rotation, Wall throw, push pass, bounce pass, Straight throw.</p> <p>(C) Defense- 6-0, 5-1, 4-2, 3-3, 3-2-1, man to man methods, Blocking.</p>
Softball:	<p>Basic skills in softball: Throwing, Hitting, Catching, sliding, playing your position</p>
Ball Badminton:	<p>Correct gripping on your racket, footwork, serve, clears, drop shots smash, drive, net play</p>
Table Tennis:	<p>(A) Service- Spin service, Cut service, Simple service, Mix service, Counter service</p> <p>(B) Fore hand- Chop, Shot, Counter, push, Block</p> <p>(C) Back hand- Chop, shot, Counter, Push, Block</p>
(III) Combative: (Compulsory)	
Wrestling	<p>(A) Skills- Single thigh hold, Double thigh hold Double arm roll (bangadi), Nasrang, Kalajang, Moli, Advance Skill- Dhobi pachhad, Dhak, Ukhed (back row), Nikal</p>
(IV) Combative: (Elective)	
Judo:	<p>(A) Skills- Hip Swipe, Kumikata (Catch), Hip Throw (Tewaza), Shoulder Throw (Seoenage), Major Inner Hip Throw (O uchi gari), Leg Pull Throw (Morotegari)</p> <p>(B) Hold Techniques On Floor: Scarf Hold (Kesadatame), Upper Fore Quarter Lead Hold (Kame Shio Gatame), Side Hold (Yoko Shito Gatame), Straight Fore Corner Hold (Tate Shio Gatame), Shoulder Hold (Kata Gatame)</p>
Boxing:	<p>Good Boxing Stance (moving forward and backward, Lateral, Pivoting), footwork, punching (Jab, hook, Uppercut, Cross), Straight Right, Straight left, Sparring</p>
Fencing:	<p>Equipment: Wire mesh mask for facial protection; The jacket; The plastron; The breeches which are worn to protect the legs. The glove which is padded and long enough to protect the hand, wrist and half the forearm; The foil, saber or epee; practice weapons with a blunt point.</p> <p>Types of Weapons: The epee is derived from the dueling sword and is heavier than the foil. The blade is more triangular and the guard is larger than the foil in order to protect the hand from a hit. The sabre is similar to the foil in weight and length; however, the blade is more triangular and the guard covers the side of the hand.</p>

		<p>Basic Positions: there are three basic fundamentals in fencing. These include blade work, footwork, and tactics.</p> <p>Basic Positions: there are six basic stances in fencing. These include the grip, the salute, on guard, guards, stepping and the lunge.</p>
(V) Athletics: (Compulsory): (Evaluated according to the Norms)		
(1)	100 Meters:	
(2)	800 Meters:	
(3)	Shot-put:	
(4)	Long-Jump:	
(VI) Athletics: (Elective): (Evaluated according to the Norms)		
	Javelin Throw:	
	Discus Throw:	
	High Jump:	
	Triple Jump:	
	Hurdles: (110 Mts.)	
	Walking Event:	
(VII) Gymnastics: (Compulsory-Men & Women)		
	(1) Floor Exercises (Men & Women):	<p>(A) Rolling and Overhead Turning Movements: Front Roll, Back Roll, Front Roll to Split, Back Roll to Split, Back Roll with Straight Legs, Cartwheel, Handstand to Roll, Round-Off, Handspring, Dive Roll, Front Walkover, Back Walkover</p> <p>(B) Balances: Front Scale, 'Y' Scale, 'Z' Balance, 'L' Lever, Frog Balance, Stork Balance</p> <p>(C) Jumps: Simple Vertical Jump, Tuck Jump, Pike Jump, Straddle Jump, Hop Jump, Stag Jump, 360° Turn Jump, Star Jump, Straddle Vault over Partner</p> <p>(D) Stretching Exercises: with Partner, Ballistic (Shoulder joint, Trunk Joint, Hip Joint, Wrist Joint, Ankle Joint, etc.</p>
	(2) High Bar (Horizontal Bar - Men):	<p>(A) Types of Grips: Under, Over, Mixed, Cross, Narrow, Wide, Eagle</p> <p>(B) Hang: Front, Bend Arm, Bend Inverted, Dorsal (Skin the Cat), Inverted Stride, Inverted</p> <p>(C) Types of Chin-Ups: Closed Arm, Wide Arm, Mixed Grip, Over/ Under, One Arm, Cross Grip</p> <p>(D) Skills: Full Turn Over from Take-Off, Simple Swing, Swing Change (180°), Single Knee Hang, Knee Hang, 'V' Circle, Back Hip Circle</p> <p>(E) Dismounts: Front Support Single Leg Flank, Squat Vault, Back Swing Dismount, Straddle Dismount</p>
	(3) Parallel Bars: (Men)	<p>(A) Supports: Upper Arm Support, Upper Arm High 'V' Support, Front Support, 'L' Support, Shoulder Stand Support</p>

		<p>(B) Swings: Upper Arm Support Swing, Support Swing, Glide Swing, Bend Inverted Hang Swing, Dip Swing</p> <p>(C) Dips: Simple, Dips with Swing, Upper Arm Support and Dips</p> <p>(D) Skills: Back Up Rise, Front Up Rise, Upper Arm Kip, Swing Shoulder Stand, Swing to Handstand</p> <p>(E) Dismounts: Rear Vault Dismount, Stutz Dismount, Front Dismount from Support, Squat Dismount, Straddle Dismount</p>
	(2) Uneven Bars: (Women):	<p>(A) Types of Grips: Under, Over, Mixed, Cross, Narrow, Wide, Eagle, Monkey Grip</p> <p>(B) Hang: Front, Bend Arm, Bend Inverted, Dorsal (Skin the Cat), Inverted Stride, Inverted, Double front hang, Single knee hang</p> <p>(C) Types of Chin-Ups: Closed Arm, Wide Arm, Flexed arm hang (Hold), Monkey walk, Moderate chip ups.</p> <p>(D) Mounts: Single leg flank mount, (Use table/Box), Double leg flank mount (Use table/Box or Mini trampoline), Squat on low bar, Hip pull over, Single knee swing mount,</p> <p>(E) Supports: Front, Rear, Stride, Inverted front, Double rear support.</p>
	(3) Balancing Beam: (Women):	<p>(A) Types of walking: Forward walk on foot, Forward walk on toes, Sideways walk on foot, Sideways walk on toes, Backward walk on Foot, Backward Walk on Toes</p> <p>(B) Mount: Mount to Stride Support, Single Leg Mount, Straddle Leg Mount, Scissors Mount, Squat Mount</p> <p>(C) Jumps: Standing Simple Jump, Tuck Jump, Scissors Jump, Leap Jump and Stag Jump</p> <p>(D) Turns: Squat Turn, Vertical Turn, Turn on One Leg, 180⁰ & 360⁰ Turn</p> <p>(E) Balances: 'V' Balance, Knee Balance, 'T' Balance (Front Scale), 'Y' Balance</p> <p>(F) Dismounts: Forward Jump Dismount, Backwards Jump Dismount, Sideward Jump Dismount, Dismount With Turn, Tuck Jump Dismount, Dismount from Knee Balance</p>
(VIII) Gymnastics: (Elective)		
	(1) Pyramid:	Single, Double, Three, Four, and Multiple students
	(2) Aerobics:	<p>(A) Seven Basic Steps: March and variations, jog (high and low impact), skip (high and low impact), lunge (forward and diagonal), Knee Lift (variations), Kicks (front and sagittal), Jumping Jacks</p> <p>(B) Stretching Exercises</p> <p>(C) Floor Movements</p>
(IX) Individual Sport: (Compulsory)		
	(1) Yoga:	<p>(A) Yama, Niyama</p> <p>(B) Asanas: (Standing, Sitting, Prone Lying and Supine Lying): For General Disorders (Postural defects, headache, migraine, backache, diabetes, obesity); Disorders of the Gastro-intestinal tract (Constipation, acidity, ulcers, chronic dysentery, piles) ; Disorders of the vascular system (Hypertension, varicose</p>

		<p>scins); Disorders of the Respiratory Tract (Common Cold, sinusitis, Chronic bronchitis, Asthma); Disorders of the Nervous system (nervousness, instability of mind, sciatica, insomnia); Disorders of Joints (Spondylitis, arthritis); Disorders of the urinal-genital tract (irregularities of menstruation, displacement of the uterus); Maladjustment of personality (Anxiety, irritability, smoking, alcoholism, criminality); Suryanamaskar</p> <p>(C) Pranayama: (Purak, Antar Kumbhak, Rechaka, Bhayaa Kumbhaka) Pranakarshan, Bhastrika, Kapalbhata, Bhaya Kumbhak, Anulom-Vilom, Agnisar, Ujjai, Antar Kumbhak, Sheetal, Sheetakari, Vayusha, Bhramari, Udgeet</p> <p>(D) Dhayna</p>
	(2) Multi-gym:	Dum Bells, Bar Bells, Different types of machines, trade-mills, ergo-metric cycles, free weights, power stations, resistance training bands, Swiss Ball, steppers, bull workers, different pullies etc.
(X) Individual Sports: (Elective)		
	(1) Shooting:	<p>(A) Shooting Positions: Positions For Rifle, Shotgun And Handgun</p> <p>Footers: Standing, Kneeling, Sitting, and Prone.</p> <p>(B) How to Hold Your Rifle, Aiming The Rifle, Eye Relief, Sight Alignment, Sight Picture, Breathing, Trigger Control, Follow Through, Calling The Shot, Caliber</p>
	(2) Archery:	<p>(A) Equipment: Types of bows, Types of arrows and fletching, Bow strings, protective equipment, Release aids, Stabilizers,</p> <p>(B) Shooting techniques and forms (Modern form): Aiming methods, Sight alignment, Sight Picture, Breathing, String Control, Follow Through, Calling the Shot, Posture</p>
	(3) Mallakhamb:	<p>(Men- Pole Mallakhamb): Simple Hold in Thigh- Left and Right (Sadhi Udi), Climbing on pole and Sit (Mallakhambavar chadhne ani Bondavar Basne), Ampit Balance (Bagli farara), Simple Hold in Thigh- Left 5 times and Right 5 Times (Dusrang), Turnover Shoulder Support with Thigh Catch (Khanda Udi), Single Knee Hold at Top (Bajarang Pakad), Double Knee Hold at Top (Gura Pakad), Tortoise Hold (Kasav Pakad), Dismounts- Both Hands support Jump (Don Hati Udi), Single Hand Support Jump (Ek Hati Udi), Without Hand Support Jump (Bin Hati Udi), Monkey Hold Jump (Bandar Pakad Udi)</p>
(XI) General Activities: (Compulsory)		
<p>(A) Drill March</p> <p>(B) Calisthenics: Standing, Sitting and Russian</p> <p>(C) Flag Hoisting and Lowering</p> <p>(D) Lazium</p>		
(XII) First Aid: (Compulsory):		
<p>(A) Introduction to Sport First Aid: Your Role on the Athletic Health Care Team; Sport First Aid Game Plan</p> <p>(B) Basic Sport First Aid Skills: Anatomy and Sport Injury Terminology; Emergency Action Steps and Providing Life Support; Physical Assessment and First Aid Techniques; Moving Injured or Sick Athletes</p> <p>(C) Sport First Aid For Specific Injuries: Respiratory Emergencies and Illnesses; Closed Head and</p>		

Spine Injuries; Internal Organ Injuries; Sudden Illnesses; Weather-Related Problems; Upper Body Musculoskeletal Injuries; Lower Body Musculoskeletal Injuries ; Facial and Scalp Injuries; Skin Problems
Physiotherapy: (Compulsory):
(A) Meaning, Aims and Objectives, Scope
(B) Therapeutic Exercises: Passive, Assisted, Static, Active, Resisted (with and without equipment)
(C) Massage: Stroking, kneading, friction, percussion/ tapotment, shaking (Effleurage, Stroking, Squeezing, Stationary Circular, Ironing, Hacking, Clapping, Beating, Pounding, Vibrations)
(D) Heat and Cold treatments (Hydro, Electric, Whirlpool, Packs, Sauna and Steam Bath etc.)
(E) Treatment on Common Sports Injuries (Skin: Blister, Abrasion, Laceration, Punctured Wound, Contusion, Bruise, Muscle and Tendon: Muscle pull, muscle rupture, strain, sprain; Joints: Dislocation, ligament tear -partial and full; Bone: simple fracture, compound fracture, green stick, complicated)
(XIII) Any Official Assignment in the current year (Compulsory) (10 marks)

Practical Teaching (Internal) (A)					
S. No.	PARTICULARS	NO. OF LESSON/ EXP.	MARKS PER LESSON/ EXP.	TOTAL MARKS	REMARKS
1	Academic Lessons	10	4	40	Internal
2	Physical Lessons	10	4	40	Internal
3	Classroom Teaching, Physical Education	10	4	40	Internal
4	Psychological Experiments	05	4	20	Internal
5	Experience as an official at District/ Inter-collegiate/ State / National Level in the current academic year	Minimum One		10	Internal
Total				150 Marks	Internal

Practical Teaching (External) (B)					
S. No.	PARTICULARS	NO. OF LESSON	MARKS PER LESSON	TOTAL MARKS	REMARKS
1	Academic Lessons	1	50	50	External
2	Physical Lessons	1	50	50	External
3	Classroom Teaching	1	50	50	External

Physical Education				
Subject			Total	150 Marks
				External

EXAMINATION PATTERN FOR B. P. Ed.

Note: Total six questions will be set. Question number **One** and **Four** from Section A and B respectively, will be compulsory of **10 marks** each with ten short types of answers covering the entire syllabus. Two questions are to be attempted from four in question number **Two** and **Five** from section A and B respectively and each question will carry 10 marks; four questions are to be attempted from six in question number **Three** and **Six** from section A and B respectively, and each question will carry 5 marks.

Section – A

- (I) All the questions are compulsory (1 mark each) (10)
- (a)
 - (b)
 - (c)
 - (d)
 - (e)
 - (f)
 - (g)
 - (h)
 - (i)
 - (j)
- (II) Answer any two of the following (10 marks each) (20)
- (a)
 - (b)
 - (c)
 - (d)
- (III) Answer any four of the following (5 marks each) (20)
- (a)
 - (b)
 - (c)
 - (d)
 - (e)
 - (f)

Section – B

- (IV) All the questions are compulsory (1 mark each) (10)
- (a)

- (b)
- (c)
- (c)
- (c)
- (f)
- (g)
- (h)
- (i)
- (i)

(V) Answer any two of the following (10 marks each) (20)

- (a)
- (b)
- (c)
- (a)

(VI) Answer any four of the following (5 marks each) (20)

- (a)
- (b)
- (c)
- (d)
- (e)
- (i)

Ans 13

Srinivas

M. Mohan

M. S. S. Shetty

Prasanna Kumar
28/05/2012

J. S. S.

M. S.

Srinivas

Dr S. S. Shetty
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