

- 1 -

309

**ORDINANCE**

**DIPLOMA IN PHYSICAL EDUCATION (D.P.Ed.)- FOUR SEMESTER COURSE**

(w.e.f. Session 2019-2020)

**Applicability of Regulations for the Time Being in Force**

Notwithstanding the integrated nature of a course spread over more than two academic years, the regulations in force at the time a student joins a course shall hold good only for the examinations held during or at the end of each semester. Nothing in these regulations shall be deemed to debar the University from amending the regulations subsequently and the amendment regulations, if any, shall apply to the entire student whether old or new.

1. Duration of Programme:

The duration of the course shall be two academic years, divided into four semesters.

2. Reservation:

The reservation policy of the Government of Haryana, as amended from time to time, for admission to government/government-aided educational institution shall be followed.

3. Intake:

There shall be a basic unit of fifty students per unit for each year.

4. Eligibility:

**(i) Educational Qualification**

Senior Secondary School (+2) or its equivalent examination passed with atleast 50% marks (47.5% marks for SC/ST). However 5% relaxation be given to those who have participated in International/National/SGFI National sports competitions.

**(ii) No Sports/Game certificate will be considered for admission without its Gradation issued from the Director, Sports and Youth Welfare of the State concerned. In the Sports/Games where no Gradation Certificate is being issued by the concerned State/U.T. in such cases the certificate must be verified by the concerned Director, Sports of the State/U.T., the certificate issued by the Federation alone will not be considered. Further for inter college/inter university certificates of such games/ sports a gradation/verification certificate issued by the Director, Sports of the University concerned will be considered.**

**Note:- Certificates of sports and games organized by the Nehru Yuvak Kendra, Women Sports Festivals, Rural Games and Sports Festivals, Panchayats, and Invitation Tournaments will not be considered.**

*[Handwritten signatures and initials in blue ink]*

(iii) **Physical Efficiency Test:** All the eligible candidates will be required to qualify the Physical Efficiency Test (PET). However, the criteria and the specifications of the individual events of the Canadian Test will be decided by the Department of Physical Education, CRSU Jind.

**Note:**

(i) Married female selected candidates will have to submit a certificate from SMO/MO of the Civil Hospital that she is not in family way, along with an undertaking that if during the course of study, it is found that she is in family way, her admission would be liable to be **cancelled IPSO-FACTO and all dues paid by her shall be forfeited.**

(ii) Every student (Male and Female) will submit medical fitness certificate at the time of admission. No excuse for physical activity during the course will be entertained.

5. The examination for the degree of Diploma in Physical Education (D.P.Ed.) shall be held in four semesters to be called Semester-I, II, III and IV. The examination for the I and III semester shall be held in the month of November/ December and for the II and IV semesters in the month of April/May or on such other dates as may be fixed by University.
6. The last dates by which admission forms and fees for Semester-I, II, III and IV Examination should reach to the Controller Examination, C.R.S.U., Jind on dates as notified from time to time. No examination form will be accepted after the notified date.
7. The candidate will be required to pay examination fees as prescribed by the University from time to time.
8. The medium of examination will be English/Hindi.
9. The examination will consist of papers according to syllabus as prescribed by the concerned Board of Studies.
10. The marks required to pass the examination shall be 40% marks in internal assessment in each paper separately in theory and practical and 40% in aggregate of internal, external, theory and practical.
11. There shall be internal and external examination (assessment). The relative weightage of internal and external assessments of each theory paper shall be 20% and 80% respectively.
12. The break-up for internal assessment shall be as follows:

**Criteria of awarding internal assessment (20 marks)**

Sr. No.	Criteria	Marks
1.	One assignment in each paper	5 Marks
2.	One test in each paper	5 Marks
3.	One seminar/presentation in each paper	5 Marks
4.	Attendance	5 Marks
	Below 75%	0 Marks
	Up to 80%	2 Marks
	Up to 85%	3 Marks
	Up to 90%	4 Marks
	Above 90%	5 Marks

13. The question papers shall be set both in English and Hindi Languages.

14. There will be no condition of passing papers for promotion from odd semester to even semester in an academic session. To qualify for admission to Semester-III of the course, the candidate must

have Passed 50% of total papers of two Semesters in the first year. However, students have to attend classes in each semester as per the criteria given below:

The Chairperson of the Department/Principal of the college/Director of the course may condone shortage upto 15% lectures in a subject/paper and upto 5% in practicals/tutorials in each subject/paper. These shall also include loss of attendance due to participation in cultural and sports assignments etc. Provided that a student who represents CRSU, jind in the Inter-university Sports Tournaments/Inter University Youth and Cultural Affairs Department, as the case may be, subject to the condition that such a student shall not be allowed to appear in the examination if his attendance, after condonation on all counts, falls below 50%.

15. If a student fails to attend classes continuously for seven teaching days his/her name shall be struck off from the rolls. He/she may get readmission with the permission of the chairperson/principal within the seven working days of striking of the names with a readmission fees of Rs. 1000/-. The student may be readmitted twice in an academic year. However, if the name of student struck off third time in an academic year his/her admission shall be cancelled de-novo.

16. A Candidate placed under reappear in any paper, will be given two chances to clear the reappear, which shall be available within consecutive two years/chances i.e. to pass in a paper the candidate will have a total of three chances. One as regular student and two as reappear candidate. In case of reappear in external examination, the internal assessment marks shall be carried forward.

Provided that he/she shall have to qualify in all the papers prescribed in D.P.Ed. course within a period of three years from the date he/she joined the course. In case he/she fails to do so within the prescribed period of three years as aforesaid he/she shall be declared fail and his admission shall be cancelled.

17. The examination of reappear papers of Odd Semester will be held with regular examination of the Odd Semester and reappear examination of the Even Semester will be held with regular examination of Even Semester. In case a candidate is placed under re-appear in third (odd) semester, he/she will be given chance to re-appear in the fourth semester. But if a candidate is placed under reappear in the last semester of the course, he will be provided chance to pass the reappear with the examination of the Next Semester. It is understood that a reappear or failed candidate shall be allowed to take the examination in papers not cleared by him according to the date sheets of the semester examinations in which such papers may be adjusted.

18. After completing two years of studies (i.e. Four Semester Course); he shall not be admitted to any semester of the same course and will not have any privilege of a regular student.

19. The examination shall be open to any person who satisfies the following requirements:

(a) Has passed on the rolls of the university/College throughout the academic year preceding the Part-I i.e. Semester-I & II examination.

(b) has his name submitted to the Registrar by the head of the Department/Principal of the College having attended not less than 75% of the total number of lectures delivered in each paper and 75% of the lectures held in Practical Work/Activities in each paper during the academic year.

(c) In case a candidate could not appear in the Sessional Examination owing to unavoidable circumstances or fails to secure the marks indicated and desires to appear in the University Examination as a regular student, the Head of Department / Principal may at his discretion hold a special test for the candidate(s).

20. The grace marks shall be allowed according to the General Ordinance relating to "Award of Grace Marks" of the university.

*[Handwritten signatures in blue ink]*

21. Students undergoing a Two Year Diploma Course shall be awarded the Diploma in Physical Education (D.P.Ed.) Degree on the basis of their combined score of Semester -I , II, III and IV examination.

University Gradation norms on percentage performance bases are as under:

(i)	First Division with Distinction	75% & above
(ii)	First Division	60% & above
(iii)	Second Division	50% to 59.9%
(iv)	Third Division	Below 50%
(v)	Fail	Below 40%

22. A candidate who has passed Diploma in Physical Education (D.P.Ed.) Examination from this university may be allowed to re-appear as a private candidate for improving his/her division/score of marks as under

(i) The candidate who has passed the semester I, II, III and IV of the D.P.Ed. diploma examination of this university and who desire to improve their marks will be permitted to appear only for theory (external) examination within a period of three years from the date of their appearance at D.P.Ed. examination.

(ii) Only one chance will be given to the candidate for each semester for improvement of performance. Such a candidate shall be have to submit separate admission form and fee for each part. Such a candidate shall be allowed to appear in semester examination.

(iii) The result of such a candidate shall be declared only if the candidate improves his division/score, otherwise his result will be declared P.R.S. (Previous Result Stands).

23. Teaching (Skill and Prowess) activities for each game or athletics events will be of 21 days each in each semester.

24. Married female selected candidates shall have to submit a certificate from SMO/MO of the Civil Hospital that she is not in family way, along with an undertaking that if during the course of study, it is found that she is in family way, her admission would be liable to be cancelled IPSO-FACTO and all dues paid by her shall be forfeited.

**25. Interpretation and Amendments:**

The ordinances may be amended by the academic council and the amended ordinance, if any, shall be applicable to all the students whether old and new. Where this ordinance remains silent, the decision of the Vice-Chancellor shall be final.



-5-

21

**Scheme of Examination for D.P.Ed. w.e.f. Session 2019-2020**

PART – A	Theory Papers/Practicals	1600 Marks
PART – B	Teaching (Skill and Prowess)	800 Marks

**Total – 2400 Marks**

**D.P. Ed.- (Semester-I)**

Theory Marks (Including Practical): 400

Teaching (Skill and Prowess): 200

Total Marks : 600

**Part-A**

Paper code	Paper	Internal	External	Total
DPET-101	Foundation of Physical Education	20	80	100
DPET- 102	Sports Psychology	20	80	100
DPET-103	Recreation	20	80	100
DPET-104	Health Education	20	80	100
			Total	400

**Part-B Teaching (Skill and Prowess)**

Practical code	Practical	Contents of Games and Sports	Internal Assessment	External Assessment
DPEP-201 (Game)	Basketball/Volleyball/ Kabaddi / Kho Kho/ Badminton	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	20	80
DPEP-202 (Athletics)	Sprints/Triple Jump/Shot Put	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	20	80

**Note:**

1. Students have to select two games and athletics events in one semester.
2. Candidates are required to take 10 practice lessons for each part separately. Evaluation of lesson plan will be done by one external and internal examiner in each case. Practice of lessons will be done during the teaching practice organized by the Department/college and their lessons will be supervised by the internal faculty member.
3. *Principal/H.O.D. will certify that all the requirements pertaining to practice of teaching and Officiating has been fulfilled by the candidate.*

*Prakash Kumar*

*Principal*

*Signature*

- 6 -

D.P.Ed. (Semester-II)

Theory Marks (Including Practical): 400  
Teaching (Skill and Prowess): 200  
Total Marks : 600

Part-A


Practical Code	Paper	Internal	External	Total
DPET-105	Sports Sociology	20	80	100
DPET- 106	Organization and Administration	20	80	100
DPET-107	Yoga	20	80	100
DPET-108	Elementary Anatomy	20	80	100
			Total	400

Part-B Teaching (Skill and Prowess)

Practical code	Practical	Contents of Games and Sports	Internal Assessment	External Assessment
DPEP-203 (Game)	Gymnastic/Football /Cricket/Softball/ Gym Training	Teaching of Fundamentals, Rules and Regulations and Measurements of Field	20	80
DPEP-204 (Athletics)	Discus Throw/Long Jump/ Hammer Throw	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	20	80
	Picnic	Institute should organize picnic for students		

Note:

1. Students have to select two games and athletics events in one semester.
2. Candidates are required to take 10 practice lessons for each part separately. Evaluation of lesson plan will be done by one external and internal examiner in each case. Practice of lessons will be done during the teaching practice organized by the Department/college and their lessons will be supervised by the internal faculty member.
3. *Principal/H.O.D. will certify that all the requirements pertaining to practice of teaching and Officiating has been fulfilled by the candidate.*



- 7 -

22

D.P.Ed. Semester –III

Theory Marks (Including Practical): 400

Teaching (Skill and Prowess): 200

Total Marks : 600

Part-A

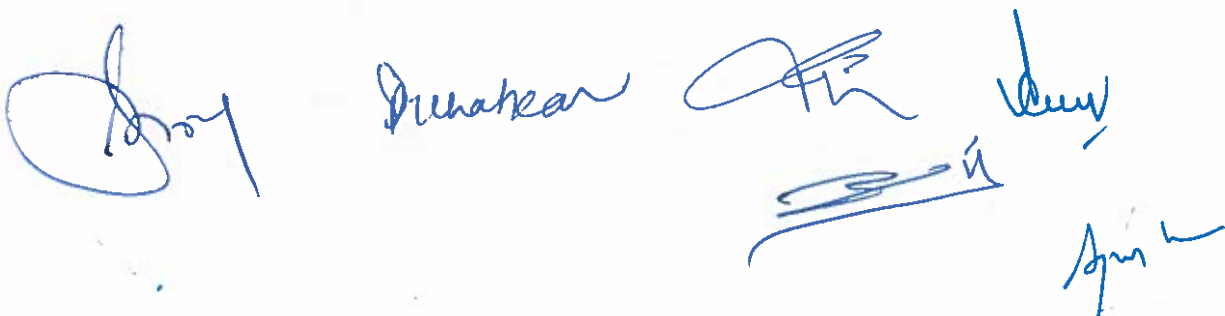
Paper Code	Paper	Internal	External	Practical	Total
DPET-109	Sports Training	20	80	-	100
DPET- 110	Kinesiology	20	80	-	100
DPET-111	Officiating and Coaching	20	80	-	100
DPET-112	Supervision in Physical Education	20	80	-	100
				Total	400

Part-B Teaching (Skill and Prowess)

Practical Code	Practical	Contents of Games and Sports	Internal Assessment	External Assessment
DPEP-205 (Game)	Handball/Swimming/Wrestling/Tennis/Table Tennis	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	20	80
DPEP-206 (Athletics)	High Jump/Javelin Throw/Hurdles	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	20	80

Note:

1. Students have to select two games and athletics events in one semester.
2. Candidates are required to take 10 practice lessons for each part separately. Evaluation of lesson plan will be done by one external and internal examiner in each case. Practice of lessons will be done during the teaching practice organized by the Department/college and their lessons will be supervised by the internal faculty member.
3. *Principal/H.O.D. will certify that all the requirements pertaining to practice of teaching and Officiating has been fulfilled by the candidate.*



D.P.Ed. - (Semester-IV)

Theory Marks (Including Practical): 400  
Teaching (Skill and Prowess): 200  
Total Marks : 600

Part-A

Paper Code	Subjects	Internal	External	Practical	Total
DPET-113	Sports Injuries and Rehabilitation	20	80	-	100
DPET- 114	Management in Physical Education and Sports	20	80	-	100
DPET-115	Track and Field	20	80	-	100
DPET-116	Exercise Physiology	20	80	-	100
				Total	400

Part-B : Teaching (Skill and Prowess)

Practical Code	Practical	Contents of Games and Sports	Internal Assessment	External Assessment
DPEP-207 (Athletics)	Marking of Athletic Track	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	20	80
DPEP-208	Theory lesson	Class Room Teaching	20	80

Note:

1. Students have to select two games and athletics events in one semester.
2. Candidates are required to take 10 practice lessons for each part separately. Evaluation of lesson plan will be done by one external and internal examiner in each case. Practice of lessons will be done during the teaching practice organized by the Department/college and their lessons will be supervised by the internal faculty member.
3. *Principal/H.O.D. will certify that all the requirements pertaining to practice of teaching and Officiating has been fulfilled by the candidate.*

*[Handwritten signatures in blue ink]*



**D.P.Ed- Semester- I  
DPET-101 - Foundation of Physical Education**

Time allowed: 3 Hours

Max Marks: 100  
(External: 80, Internal: 20)

Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

**UNIT-I**

- (i) Definition, Meaning and Scope of Physical Education
- (ii) Aim & objectives, need of Physical Education
- (iii) Meaning of the terms: Physical Culture, Physical Training, , Gymnastics, Athletics, Aquatics

**UNIT-II**

- (i) Foundation of Physical Education
  - a) Biological activity, its need, Principles of use and disuse
  - b) Growth and Development
  - c) Age and Sex differences
  - d) Classification of Physique
- (ii)
  - a) Principles of motor learning skills
  - b) Development of Social qualities through Physical Education

**UNIT-III**

- (i) History of Physical Education in India, Greece, Germany, Sweedon.
- (ii) The Historical development of Ancient Olympic games
- (iii) The origin and development of Modern Olympic games
- (iv) Modern Trends of Physical Education in India: I.O.A, National Associations/Federations  
Awards: Arjun-award, Daronacharya-award, Rajiv Gandhi Khel Ratan award.

**UNIT-IV**

- (i) The development of Asian Games, National Games
- (ii) Common-wealth games
- (iii) Awards: Arjuna-award, Daronacharya-award, Rajiv Gandhi Khel Ratan award, and Policies for developing Physical Education and Sports
- (iv) S.A.I., and its schemes

**REFERENCES**

- (i) Bhatia K.K. and Narang Principles of Education (Methods and Techniques) Ludhiana Parkash Brothers Educational Publishers.
- (ii) Gupta Rakesh, Akhlesh, Santosh Sharma, Professional preparation and curriculum Design in Physical Education.
- (iii) M.L. Kamlesh & M.S. Sangral: Principles & History of Physical Education
- (iv) Harold M.Barrow: Man and His Movements Principles of Physical Education.

*[Handwritten signatures and scribbles at the bottom of the page]*

**D.P.Ed (Semester-I)**  
**DPET – 102 - Sports Psychology**

Time allowed: 3 Hours

Max Marks: 100  
(External: 80, Internal: 20)

Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

**UNIT-I**

- (i) Meaning and importance of psychology in physical education
- (ii) Need of psychology in Physical Education and sports.
- (iii) Body and mind relationship and its importance

**UNIT-II**

- (i) Meaning, its types and explain the role of motivation in physical education and sports
- (ii) Factors influencing motivation in physical education and Sports
- (iii) Meaning and types of individual difference
- (iv) Causes of individual difference in physical education and sports

**UNIT-III**

- (i) Meaning and definition of Learning
- (ii) Laws of learning & learning curve
- (iii) Theories of learning
- (iv) Meaning of Emotions and explain the characteristics of emotions.

**UNIT-IV**

- (i) Meaning, definition and types of personality
- (ii) Dimensions of personality
- (i) Factors influence a personality.
- (ii) Meaning of adjustment, its types and causes of mal adjustment
- (iii) Role of physical education in preventing mal adjustment and promoting adjustment

**References:**

- i. Crow & crow- Educational psychology-cattle field Adams & co. 1979
- ii. M.L. Kamlesh- sports psychology of physical education
- iii. Forst R.S.- psychological concepts applied to physical education
- iv. Mrs. K. Sandhu & Mrs. Amrit Kaur- educational psychology Punjabi university, Patiala

- 11 - 24  
**D.P.Ed Semester -I**  
**DPET-103 - Recreation**

Time allowed: 3 Hours

Max Marks: 100  
(External: 80, Internal: 20)

**Note:** The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks

**UNIT-I**

- i. Meaning of Recreation
- ii. Objectives of Recreation.
- iii. Need and importance of Recreation.
- iv. Types of activities in recreation.

**UNIT-II**

- i. Development of Recreation activities in India Since-1947.
- ii. Agencies providing recreation in India.
- iii. Social aspects of Recreation.
- iv. Psychological aspects of recreation.
- v. Measure folk dances of North India.
- vi. Cultural and recreational activities Ram Lila, Fairs, Play, Films, Akhade, motion song, Sang

**UNIT-III**

- i. What is camp and objectives of camp.
- ii. Types of camp.
- iii. selection and planning of camp site.
- iv. Organization and Administration of the Camp.
- v. Qualities of a camp leader.

**UNIT-IV**

- i. Recreation in school and college.
- ii. Sports competition, quize, motion song.
- iii. Singing competition, Painting Competition, Tours and Picnic, Dance Programme
- iv. Tracking and Cycling Competition.
- v. Youth festival, Annual festival.

**Reference Books:**

- Butler, George D. : Introduction to Community Recreation, McGraw Hill Book Company, Inc., New York.
- Domick, Hedlay S. : Administration of the Modern Camp, Association Press, New York.
- Janny, Joh H. : Introduction to Recreation Education, W.D.S. Saunders Company, Philadelphia, London.
- Fitzerlan, Garld B. : Leadership to Recreation, A.S. Barnas and Co., New York.
- Richard : Practical Gardening, Odhams Press, London.

**D.P.Ed. Semester-I**  
**DPET-104 -Health Education**

Time allowed: 3 Hours

Max Marks: 100  
(External: 80, Internal: 20)

**Note:** The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

**UNIT-I**

- i) Meaning of Health Education, need and importance.
- ii) Dimension of physical education, school health education programme.
- ii) Role of physical education teacher in promoting health and fitness of the student.
- iv) Explain about W.H.O. and Red Cross Society.

**UNIT-II**

- i) Health instruction : meaning, need of health instruction and methods of health guidance.
- ii) School Hygiene & Health education:
  - a) water, sources of water, purification of water, water supply, urinal & latrine, canteen
  - b) School building, school playground, seating arrangement, air & ventilation, lightening.
- iii) Supervision of facilities such as : class room, toilet, canteen, gymnasium, playground. Medical examination.

**UNIT-III**

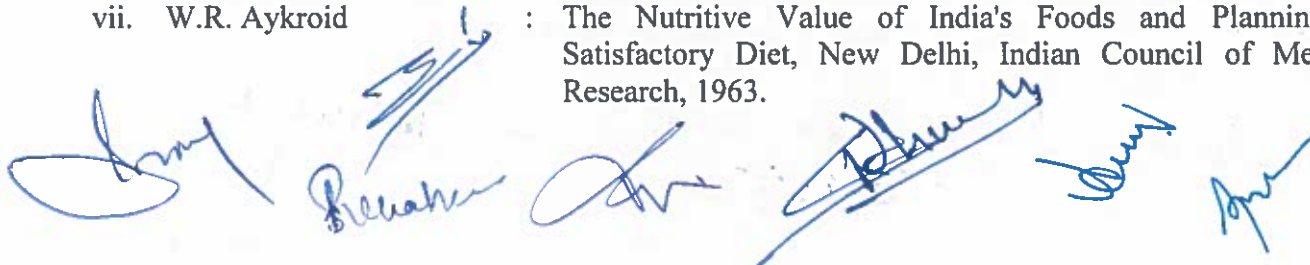
- i) Nutrients & Care of Body : Nutrients ( Carbohydrates, Protein, Fat, vitamins) Balance diet for a normal person & sports person.
- ii) Care of organs of Body: Ear, Nose, Eyes, Throat, Nails, Teeth, Skin, Foot.
- iii) Posture: definition, types of posture, and effect of furniture, light and ventilation on posture

**UNIT-IV**

- i) First Aid : Meaning, importance, Role & qualities of first aider, tools of first aid box.
- ii) Injuries : Fracture, Dislocation, Sprain, Strain, Wound.
- iii) Control & prevention of following disease:
  - (a) Cholera (b) Small pox (c) Typhoid (d) Malaria (e) Influenza (f) Dysentery

**Reference Books:**

- i. Turner and Mouison : Personnel and Community Health
- ii. Dehl : Healthful Living, McGraw Hill.
- iii. Dalrymple : Foundation of Health.
- iv. Obertauffer : School Health Education.
- v. Jobs Suttan : Health for Effective Living, N.Y., McGraw Hill Books Co., Inc., 1958.
- vi. Kilander, O.F. : School Health Education, N.Y., MacMillan Co., 1962.
- vii. W.R. Aykroid : The Nutritive Value of India's Foods and Planning of Satisfactory Diet, New Delhi, Indian Council of Medical Research, 1963.



**D.P.Ed-Semester-II**  
**DPET-105 -Sports Sociology**

Time allowed: 3 Hours

Max Marks: 100  
(External: 80, Internal: 20)

Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

**Unit-I**

- i. Meaning and Importance of sports sociology
- ii. concept of sports sociology
- iii. Sociology of sports as a separate discipline
- iv. Sports a social phenomenon
- v. Trends in sports sociology

**Unit-II**

- i. Definition and concept of society
- ii. Sports as an element of culture
- iii. Leadership of sports with other element of culture
- iv. Responsibilities of a sports leader in competition
- v. Qualification and Qualities of a sports leader

**Unit-III**

- i. Place of sports and games in different societies
- ii. Relationship of sports with others social institutions, politics, religion and economy
- iii. Sports as a part of social, structural and functional system
- iv. Sports and socialization institutions -Family and kinship, school and education system.

**Unit-IV**

- i. Mass-communication and its implication in sports
- ii. Socio-psychological factors in selecting teams; sports and social adjustment. Influence of social factors on sports performance.
- iii. National sports policy- challenges and constraints
- iv. Socio-metric evaluation process

**Reference Books:**

- i. Crely, B.J. : Social dimension of Physical activities, Prentice Hall, Inc.
- ii. Puni, A.T. : Sports Psychology, An abridged translation by S.G. Sandhu, NIS, Patiala
- iii. Sui, R.M. : Psychology in Sports, Methods and Application, Surjeet Pub., New Delhi

*[Handwritten signatures and marks at the bottom of the page]*

**D.P.Ed Semester-II**  
**DPET-106 -Organization and Administration**

Time allowed: 3 Hours

Max Marks: 100  
(External: 80, Internal: 20)

Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

**UNIT- I**

- i. Meaning, Definition, Scope and Importance of methods in Physical Education.
- ii. Types of methods – By part, whole part, command, imitations, Discussion, Demonstration methods
- iii. Factors influences methods of teaching in Physical Education.

**UNIT-II**

- ii. Classification of pupils, Physical activities, methods of classification, lesson planning.
- iii. Leadership and supervision.
- iv. Organization and conduct of competition – Athletic meet, Basket ball and Volley Ball games.
- v. Tournament and their types.

**UNIT-III**

- i. Methods of Teaching, physical activity, calisthenics, games and sports, indigenous activities
- ii. Presentation of technique, personal preparation, technical preparation, steps of preparation, command & their techniques and types of class formation

**UNIT-IV**

- i. Principles of class management- lesson plan and its types of lesson
- ii. Objectives of different lesson plan
- iii. Skill activities & group work
- iv. Class activities recreational part, reassembly, revision, summarizations, dismissal
- v. Construction and laying out of the track and field and play grounds

**Reference books:**

- |      |                          |   |
|------|--------------------------|---|
| i.   | Sujan Singh              | : Methods in physical education                     |
| ii.  | Thiru Narayan & Hariharn | : Methods in physical education                     |
| iii. | J.P.Tomas                | : Principles and organisation of physical education |
| iv.  | R.L.Anand                | : Manual of play grounds                            |

**D.P.Ed. Semester-II**

**DPET-107 -Yoga**

Time allowed: 3 Hours

Max Marks: 100  
(External: 80, Internal: 20)

Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

**UNIT- I**

- i. Meaning and objectives of yoga, concept and brief historical back ground,
- ii. Meaning and objective of Astang yoga
- iii. Yama
- iv. Niyama
- v. Asana
- vi. Pranayam
- vii. Pratyhar
- viii. Dharna
- ix. Dhyan
- x. Smadhi

**UNIT -II**

- i. Cleansing process and its role and purpose of shat karma
- ii. Jal Neti, Sutra Neti, Dugdhd Neti, Dhirit Neti
- iii. Vastra Dhoti, and Dand Dhoti
- iv. Nayoli Kirya
- v. Tratk
- vi. Shank Prshlan
- vii. Gajkarni
- viii. Effect of asanas on health.

**UNIT -III**

- i. Meaning, objective and types of Pranayam
- ii. Suryanamaskar and their values in daily life
- iii. Type and importance of yoga in the field of physical education and sports
- iv. Effect and uses of bandhas uadyan bandhas and jalandher

**UNIT- IV**

- i. Meaning types and principles of asanas, Effect technique and benefit following asanas:-
- ii. Meditative :- Padmasana, Sidhasana, Vajrasana
- iii. Relaxative :- shevasana, makerasana
- iv. Cultural and corrective :- Bhujangasana, Dhanurasana, Halasana, Chakrasana, Bakasana, Garudasana, Tadasana, Trikounasana, Sarvangasana, Mayurasana, Uttan Padhastasana, Shalabhasana

**Reference Books:**

- i. Asanas and Pranayama by Swami Kuvalyanand.
- ii. Yoga for Health, Happiness and Peace by Yoga Acharya Prakash Dev.
- iii. Yoga Method of Reintegration by Alain Danial.
- iv. Yoga Personal Hygiene by Shri Yogendra.
- v. Yoga for Every Man by Desmonds Dubee.
- vi. Massage and Medical Gymnastics by Mary V. Lacc.
- vii. Water Cure by Kellage.

**D.P.Ed- Semester- II**  
**DPET- 108 -Elementary Anatomy**

Time allowed: 3 Hours

Max Marks: 100  
(External: 80, Internal: 20)

Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

**UNIT -I**

- i) Meaning of Anatomy, Definition and Importance in the field of Physical Education.
- ii) Roll of Anatomy in Physical Education
- iii) Cell structure & properties of living matter
- iv) Tissue, Organs & system

**UNIT -II**

- i) General description of skeleton.
- ii) Anatomy of Bone, types of Bone
- iii) Types of Joints
- iv) Description of Diarthroses Joint (synarial joint)

**UNIT – III- CIRCULATORY SYSTEM**

- i) Anatomy of Heart conduction of heart
- ii) Systematic Pulmonary and coronary circulation
- iii) Heart Rate, stroke volume, cardiac output
- iv) Anatomy of Digestive system, digestion as food

**UNIT – IV**

- i) Excretory system.
- ii) Structure of kidney Function of Kidney
- iii) Skin & lungs As a Excretory organ

**Respiratory System**

- i) Structure of Respiratory organ.
- ii) Mechanism of Respiration
- iii) Tissue & Pulmonary Respiration

**Reference Books:**

1. Pearee Evelyn, C. : Anatomy and Physiology for Nurses, London, Faber, Ltd., 1962.
2. Pavat, J. : Anatomy for Students and Teachers of Physical Education, London, Edward Arnold and Co., 1859.
3. Willion, J.F. : Anatomy and Physiology, London, W.B. Saunders.
4. Season Wright: Applied Physiology.
5. Best and Taylor : The Living Body, New Delhi, Asia Club House, 1960.
6. Smount, C.F.V. and : Physiotherapy, Occupational Therapy and

*[Handwritten signatures and scribbles in blue ink are present at the bottom of the page, including a large signature on the left and several smaller ones on the right.]*



McDonald, R.J.S. : Gymnastics Edward Arnold Pvt. Ltd. 1969.  
D.P.Ed Semester-III  
DPET-109 -Sports Training

Time allowed: 3 Hours

Max Marks: 100  
(External: 80, Internal: 20)

Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

**UNIT-I**

- (i) Teaching, Training and Coaching : Meaning, aims & Characteristics.
- (ii) Principles of Training
- (iii) Training Load: Meaning & characteristics of training load
- (iv) Principles of Load
- (v) Over Load, Causes & its Symptoms

**UNIT-II**

- (i) Strength : Meaning, Importance & types of Strength
- (ii) Endurance : Meaning, Importance & types of Endurance
- (iii) Speed : Meaning, Importance & types of Speed
- (iv) Flexibility: Meaning, Importance & types of flexibility
- (v) Co-ordinative Ability: Meaning, Importance & types of Co-ordinative ability

**UNIT-III**

- (i) Training Methods
  - a. Circuit training
  - b. Continuous training
  - c. Interval training
  - d. Fartlak training
- (ii) Technical Training : Meaning, Importance of Technical Training
- (iii) Tactical Training : Meaning, Importance of Tactical Training

**UNIT-IV**

- (i) Planning of training : Meaning of Planning & Types of Planning
- (ii) Periodization : Meaning, its types and Importance of Periodization
- (iii) Factor influencing the Performance in Sports

**Reference Books:**

- i. Dick, F.W. : Sports Training Principles, Lepus, London, 1980
- ii. Jenson, C.R. and Fischer : Scientific basis of Athletic conditioning, Lea and Feliger, A.G. Philadelphia, 1979
- iii. Brook, J.D. and Whiting : Human Movement a Field of Study, H.T.A.

*[Handwritten signatures and initials in blue ink]*

**D.P.Ed. Semester-III**

**DPET-110 – Kinesiology**

Time allowed: 3 Hours

Max Marks: 100  
(External: 80, Internal: 20)

**Note:-** The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

**UNIT-I**

Meaning, scope, and importance of Kinesiology. Terminology of various types of movements around joints, body planes, body axis, range of motion, factors affecting range of motion, methods of assessing a joint's range of motion : techniques of increasing range of motion.

**UNIT-II**

Classification of muscles on the basis of Structure; Functional classification of muscles; Terminology of muscular attachment; Red and white muscles and their functions  
Newton's laws of motion and their applications ;

**UNIT-III**

Characteristics, function, movements, and muscles of:

- (i) Shoulder and elbow joints; pectoralis major; deltoid, pectoralis minor, latissimus dorsi, trapezius, biceps brachii ; triceps brachii
- (ii) Hip and knee joints gluteus maximus; gluteus medius; gluteus minimus, gastrocnemius, Quadriceps femoris group; Hamstring group Sartorius
- (iii) Other muscles: sternocleido mastoid; rectus abdominis

**UNIT-IV**

Concept of balanced posture, Common postural deformities and their corrective exercises; Flatfoot, knock-knee, bowleg, kyphosis and lordosis  
Equilibrium and centre of gravity: characteristics of skillful performance

**Reference Books:**

1. Wells and Luttgens: Kinesiology.
2. Scott, M.G : Analysis of Human Motion, 2<sup>nd</sup> edition.
3. Ucells, K.: Eurasia Publishing House Ltd., Delhi, 1970, Kinesiology 4<sup>th</sup> edition, Philadelphia, W.B. Saunders, 1966.
4. Rosche, P.J. Burk : Kinesiology and applicant Anatomy, Lea and Febiger, 1967.
5. Broor, Marian, M : Efficiency of Human Movements, Philadelphia W.B. Saunders, 1960.
6. Dyson, J.: The Mechanics of Athletics, University of London Press Ltd., Warevick Square, London.

*[Handwritten signatures in blue ink]*

**D.P.ED Semester- III  
DPET-111 -Officiating & Coaching**

Time allowed: 3 Hours

Max Marks: 100  
(External: 80, Internal: 20)

**Note:-** The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

**UNIT - I**

- i) Meaning, importance and principle of officiating
- ii) Qualities of a good official
- iii) Duties of official pre-game, during game and post game
- iv) Relationship of official with management, Player, Coaches and Spectators.

**UNIT -II**

- i) Meaning and Principle of Coaching.
- ii) Qualities and Qualification of a coach
- iii) Responsibility of a good coach.

**UNIT - III**

- i) Methods of conditioning – Circuit, Fartlak, Interval, Repetition and weight training.
- ii) Warming up, cool down and their affect on body
- iii) Dopping and its effect on performance
- iv) Factor affect sports performance

**UNIT - IV**

- i) Dimensions/Lay out of the following games & Athletics Events.
- ii) Games:- Badminton, Basketball, Cricket, Football, Handball, Kabaddi, Kho-Kho, Hockey, Volley Ball, Table Tennis, Lawn Tennis.  
Track:- Sprint, Middle and Long Races and Relay Races,  
Throw:- Javelin, Shot put, Discus  
Jump:- Long jump, High Jump, Triple Jump
- iii) Competition Rule & its interpretation of above games & Athletic
- iv) Eligibility rule for Inter College/School Tournaments.

**REFERENCES**

- i) Dick, F.W., Sports Training Principles
- ii) Singh Hardyal- Sports Training, NSNIS, Patiala
- iii) Bunn J.W- Scientific Principles of coaching, Englewood cliffs prentice Hall

*[Handwritten signatures and marks in blue ink at the bottom of the page, including a large signature on the left and several smaller ones across the bottom.]*

**D.P.Ed Semester III**  
**DPET-112 - Supervision In Physical Education**

Time allowed: 3 Hours

Max Marks: 100  
(External: 80, Internal: 20)

**Note:** The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks

**UNIT-I**

- i) Supervision : Meaning & its importance.
- ii) Scope of supervision
- iii) Guiding principle of supervision
- iv) Factors influencing the supervision

**UNIT-II**

- i) Qualities & Qualification of a good supervision.
- ii) Functions of supervisor to administration & supervision.
- iii) Meaning & factors influencing the physical education curriculum.
- iv) Principle of curriculum development.

**UNIT-III**

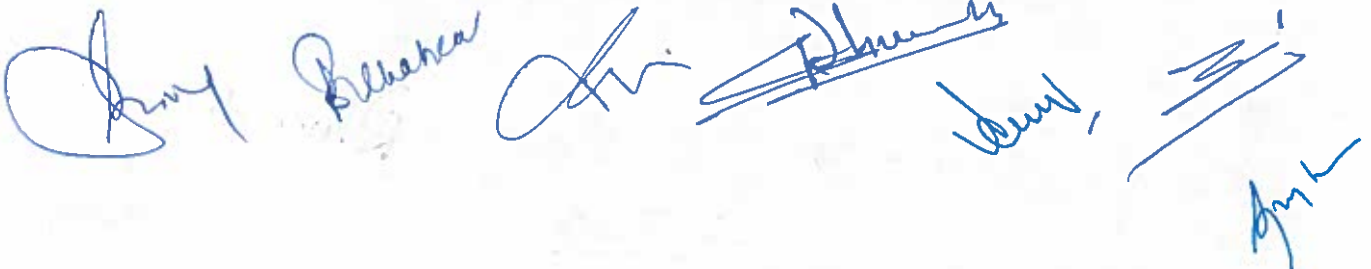
- i) Visitation : Meaning, & its Importance/purpose
- ii) Types of Visitation
- iii) Demonstration : Meaning & Purpose/ importance of demonstration
- iv) Advantages & disadvantages, and types of demonstration.

**UNIT-IV**

- i) The need for planning the supervisory programme.
- ii) Objectives of planning the supervisory programme.
- iii) Meaning and functions of leadership.
- iv) Guidelines for effective leadership.

**Reference Books :**

Bhatnagar and Kamlesh : Educational Supervision, Loyal Book Dept. Meerut.



**D.P.ED Semester -IV**  
**DPET-113 – Sports Injuries and Rehabilitation**

Time allowed: 3 Hours

Max Marks: 100  
(External: 80, Internal: 20)

**Note:** The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks

**UNIT-I**

Sports medicine: history, Scope, application, preventive-curative aspect and importance of sports medicine in games, general principles of injury management –Management of soft-tissue injuries, body injuries, nerve injuries.

**UNIT-II**

Sports injuries : Types, causes and treatment. Pre-participation examination of the athletes, Regional Athletic injuries and management –head injuries – shoulder injuries – arm and elbow joint injuries – wrist and hand injuries – thigh and knee injuries – lower leg, ankle and foot injuries.

Evaluation and management of specific disorders- traumatic lesions of the spinal cord aftercare of fracture- treatment of back disorders and deformities.

Massage: principles, techniques, advantages athletic massage, general massage

**UNIT-III**

Rehabilitation: Scope, need and objective, goal of rehabilitation, rehabilitation programme  
Types of exercises – isometric –isotonic – isokinetic – manual resistance – proprioceptive  
Neuromuscular facilitation programme for neck, shoulder, shoulder joint, arm and elbow joint-  
wrist and hand, lower – back, hip joint – thigh, knee, lower leg, ankle and foot.

**UNIT-IV**

Physiotherapy and Therapeutics Exercises: importance, rules, classification and their effects on human body.

First Aids: Bleeding, burn, shock, heat stock, epilepsy, asthma and drowning.

**TEXT BOOK:**

1. Govindarajulus, N(2006) Sports Medicine, Friends Publications ,New Delhi,

**OTHER READINGS:**

1. Pande, P.K.(2005), Sports Medicine, Sahitya Kendra New Delhi.
2. Sinha, Akhoury Gourang: Principles and Practices of Therapeutic Massage, Jaypee Brothers Medical Publisher New Delhi

*[Handwritten signatures and initials in blue ink]*

**D.P.Ed- Semester- IV**

**DPET-114 -Management in Physical Education and Sports**

Time allowed: 3 Hours

Max Marks: 100  
(External: 80, Internal: 20)

Note: The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

**UNIT -I**

- (i) Introduction, definition of terms, importance, objectives and guiding principles
- (ii) Scheme of organization, N.S.S, school sports
- (iii) Meaning of supervision, needs, importance, principles of supervision and qualities of supervisor

**UNIT-II**

- (i) Facilities, construction and care of gymnasium, swimming pools, play fields.
- (ii) Equipments: needs, purchase, maintenance, issue and disposals
- (iii) Camping- meaning, importance, selection of site, programme, safety and food, types of camps

**UNIT-III**

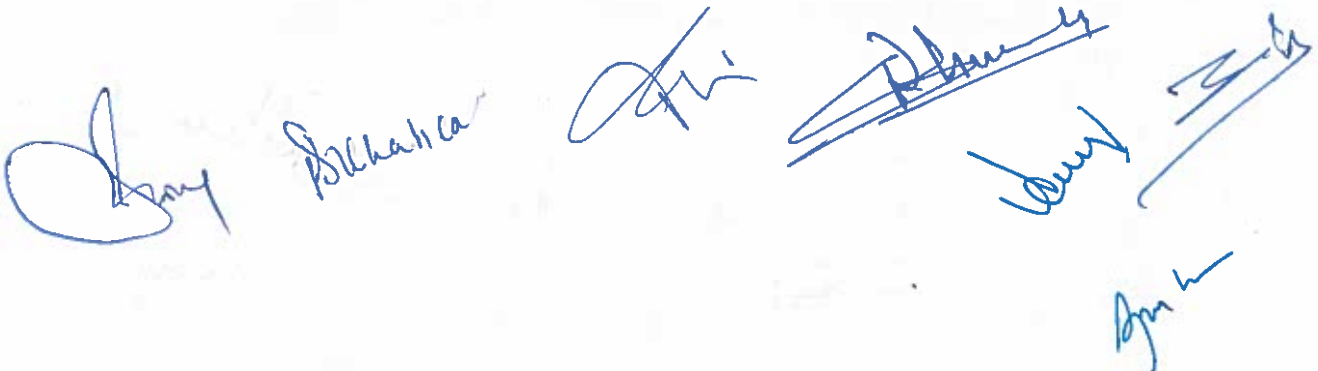
- (i) Professional preparation, qualities of a teacher, training, problems facing the teacher, student's leadership
- (ii) Programme planning: principles and factors affecting the time table, scheduling school sports, problem of school sports, intramural and inter institutional.

**UNIT-IV**

- (i) Records and registers- attendance, tests, health and character, extra-curricular activities
- (ii) Budget and finance-preparation of budget, administration, rules of expenditure sources

**Reference books:**

- (iv) Recreation- Dr. chandras dubey, Mrs. Alka nayak A.P. Publishers, jalandher
- (v) Camping for boys- norman f. ford. The Y.M.C.A. Publishing houde, Calcutta

A collection of approximately seven handwritten signatures in blue ink, scattered across the bottom of the page. The signatures are stylized and vary in length and complexity.

**D.P.Ed Semester IV**

**DPET-115 - Track and Field**

Time allowed: 3 Hours

Max Marks: 100  
(External: 80, Internal: 20)

**Note:** The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks

**UNIT-I**

- i) History of athletics ( Track and Field)
- ii) Organization and administration of Athletics meet.
- iii) Records of the Track and Fields events i.e. –Olympic, Asian and National Games.
- iv) Rule and Regulations of the Track and Fields events.

**UNIT-II - Track Events.**

- i) Short Races , Middle Distance and Long Distance Races.
- ii) Relay Race, Its types and duties of incoming runner and outgoing runner
- iii) Hurdle, Its type and explain the phases.

**UNIT-III Field Events**

Describe the following events :-

- i) Long jump, its types of techniques and explain the phases.
- ii) Triple jump, its types of techniques and explain the phases.
- iii) Javelin throw, its type and explain the phases.
- iv) Shot-put- its types of techniques and explain the phases.

**UNIT-IV**

Describe the following Combined events :-

- (i) Combined events- Decathlon, Heptathlon, Pentathlon
- (ii) Score sheet of track and field events.
- (iii) Measurements and track and field events.

**References :-**

- i. Guthrie, Mark, Coaching track and field successfully, Human Kinetics: Champaign II, 2006
- ii. Bowerman, J.W. Freeman, H.W. High Performance training for track and field, Leisure Press : Champaign Illinois, 1991
- iii. Gambetta, Vern, the Athletics Congress's track and field Coaching Manual, Leisure Press : Champaign Illinois, 1989
- iv. Dunn, G.D. Jr. Mc Gill, Kevin, the throws Manual, Tafnews Press: Mountain View, USA, 1991
- v. Baechle, T.R., Groves, B.R. Weight training steps to Success, Human Kinetics : Champaign Illinois, 1998.
- vi. Bompa, Tudor, O. total training for young champions, Human Kinetics : Champaign Illinois, 2000.

**D.P.Ed. Semester-IV**

**DPET-116 - Exercise Physiology**

Time allowed: 3 Hours

Max Marks: 100  
(External: 80, Internal: 20)

**Note:** The candidates are required to attempt **five** questions in all. **Nine** questions will be set. **Question no. 1** (ten short questions of two marks each) will be **compulsory** and will be set from the entire syllabus. **Eight** questions will be set out of **4 units**, selecting **two** questions from each unit. The candidates are required to attempt **four** questions by selecting **one** question from each unit. Except question **no. 1** all questions carry equal marks.

**UNIT - I- INTRODUCTION**

- i. Definition of Physiology and Exercise Physiology
- ii. Importance and Role of Exercise Physiology in the field of Physical Education and Sports
- iii. Scope of Exercise Physiology

**UNIT -II- MUSCULAR SYSTEM**

- i. Physiology of muscle contraction
- ii. Type of fiber (Red and White muscle)
- iii. Effect of exercise on muscular system
  - a. Short term effect
  - b. Long term effect

**UNIT- III HEART**

- i. Conduction of heart
- ii. Second wind, & Dead space
- iii. Effect of exercise on cardio-vascular system
  - a. Short term effect
  - b. Long term effect

**UNIT- IV**

- i. Physiology of Respiration
- ii. Respiratory capacities
- iii. Effect of exercise on Respiratory system
- iv. Effect of exercise on Digestive system

**Reference Books:**

- Pearee Evelyn, C. : Anatomy and Physiology for Nurses, London, Faber and Faber Ltd., 1962.
- Willion, J.F. : Anatomy and Physiology, London, W.B. Saunders.
- Season Wright : Applied Physiology.
- Best and Taylor : The Living Body, New Delhi, Asia Club House, 1960.
- Smount, C.F.V. and McDonald, R.J.S. : Physiotherapy, Occupational Therapy and Gymnastics, Edward Arnold Pvt. Ltd., 1969.
- Kiober Grey : Anatomy and Physiology.
- Stackpoles : Anatomy and Physiology (6<sup>th</sup> ed.)

