



SYLLABUS

**SCHEME OF EXAMINATIONS AND
COURSES OF STUDY**

FACULTY OF PHYSICAL EDUCATION

D.P.Ed. SCHEME OF EXAMINATION AND COURSES OF STUDY

D.P.Ed. EXAMINATION



OPJS UNIVERSITY, CHURU (RAJASTHAN)



OPJS University, Churu (Rajasthan)331303
Scheme of Examination for Diploma in Physical Education (D.P.Ed.)

Semester – I

Total Marks = 800

Paper Code	Subjects	Examination Scheme			Total
		Internal Assessment	Theory	Practical	
D.P.ED.-101	PRINCIPLE AND HISTORY OF PHYSICAL EDUCATION IN INDIA	20	80	-	100
D.P.ED.-102	PSYCHOLOGY IN PHYSICAL EDUCATION	20	80	-	100
D.P.ED.-103	METHODS IN PHYSICAL EDUCATION	20	80	-	100
D.P.ED.-104	ANATOMY	20	80	-	100
D.P.ED.-105 (P)	ATHLETICS (TRACK EVENTS)	-	-	100	100
D.P.ED.-106 (P)	GYMNASTICS	-	-	100	100
D.P.ED.-107 (P)	GAMES-(FOOTBALL, VOLLEYBALL)	-	-	100	100
D.P.ED.-108 (P)	MASS DISPLAY ACTIVITY (FREE HAND)	-	-	100	100
Total		80	320	400	800



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Semester – II

Total Marks = 800

Paper Code	Subjects	Examination Scheme			Total
		Internal Assessment	Theory	Practical	
D.P.ED.-201	RECREATION	20	80	-	100
D.P.ED.-202	HEALTH EDUCATION	20	80	-	100
D.P.ED.-203	EDUCATIONAL TECHNOLOGY	20	80	-	100
D.P.ED.-204	OFFICIATING AND COACHING	20	80	-	100
D.P.ED.-205 (P)	ATHLETICS (JUMPING EVENTS)	-	-	100	100
D.P.ED.-206 (P)	YOGA	-	-	100	100
D.P.ED.-207 (P)	GAMES(BASKETBALL,KHO-KHO)	-	-	100	100
D.P.ED.-208 (P)	MASS DISPLAY ACTIVITY (LEZIUM,DUMBBELL & TIPRI)	-	-	100	100
Total		80	320	400	800



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Semester – III

Total Marks = 800

Paper Code	Subjects	Examination Scheme			Total
		Internal Assessment	Theory	Practical	
D.P.ED.-301	YOGA	20	80	-	100
D.P.ED.-302	OLYMPIC MOVEMENT	20	80	-	100
D.P.ED.-303	KINESIOLOGY & BIOMECHANICS	20	80	-	100
D.P.ED.-304	SPORTS TRAINING	20	80	-	100
D.P.ED.-305 (P)	ATHLETICS (THROWING EVENTS)	-	-	100	100
D.P.ED.-306 (P)	GAMES (JUDO & BOXING)	-	-	100	100
D.P.ED.-307 (P)	GAMES (KABADDI & HANDBALL)	-	-	100	100
D.P.ED.-308 (P)	AEROBICS (RHYTHMIC AEROBICS)	-	-	100	100
Total		80	320	400	800



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Semester – IV

Total Marks = 800

Paper Code	Subjects	Examination Scheme			Total
		Internal Assessment	Theory	Practical	
D.P.ED.-401	SPORTS PSYCHOLOGY & SOCIOLOGY	20	80	-	100
D.P.ED.-402	SPORTS MEDICINE	20	80	-	100
D.P.ED.-403	COMPUTER APPLICATIONS	20	80	-	100
D.P.ED.-404	ORGNIZATION & ADMINISTRATION	20	80	-	100
D.P.ED.-405 (P)	ATHLETICS MEET (OPENING, MARCH PAST, VICTORY CEREMONY & CLOSEING)	-	-	100	100
D.P.ED.-406 (P)	GAMES - (HOCKEY & CRICKET)	-	-	100	100
D.P.ED.-407 (P)	GAMES- (BADMINTION & WRESTLING)	-	-	100	100
D.P.ED.-408 (P)	SWIMMING	-	-	100	100
Total		80	320	400	800



D.P.Ed. – Syllabus

SEMESTER-I THEORY COURSE

DPED-101: PRINCIPLES AND HISTORY OF PHYSICAL EDUCATION

Time : Three Hours Total Marks : 100(Theory Marks : 80 + Internal Assessment: + 20)

UNIT –I

- i. Definition, aims and objectives of physical education.
- ii. Importance of physical education in the modern age.
- iii. Relationship of physical education with Health Education and Recreation.
- iv. Meaning of terms Physical Culture, Physical Training, Drills, Games and Sports Gymnastics.
- v. Brief History of Physical Education in Ancient Greece.
- vi. Modern Olympic Games-A comparison with Ancient Olympics.
- vii. Asian Games.
- viii. Awards and Incentives: Arjuna Award, Daronacharya , Maharaja Ranjit Singh Award.
- ix. Sports Schemes in India.
 - Sports Authority in India.
 - Punjab Sports Department.
 - Punjab State Sports Council.

UNIT-II

- i. Growth and Development
- ii. Effect of Heredity and Environment on Growth development.
- iii. Principal of use, disuse and overuse.
- iv. Effects of exercise (Muscular ,Respiration and Cardiovascular)
- v. Chronological age, physiological age and anatomical age.
- vi. Physical education and sports as a need of society.
- vii. Traditional and their influence on behavior pattern (Social inheritance).
- viii. Youth Welfare Programme-N.C.C. Scouting and Guiding and Youth Festival.
- ix. Y.M.C.A. and its Contribution.

REFERENCES:

Khan-Eraj Ahmed,History of Physical Education.

D.C.Wakherkar ,Manual of Physical Education

Kamlesh,M.L. & SnagraI Principals and History of Physical Education.

Ministry of Education A National Plan of Physical Education.

Sanyal SardindoIndia and Olympic Games.

Rajgopalan K.A.Brief History of Physical Education in India,Delhi Army Publisher Pvt. Ltd.



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SEMESTER-I THEORY COURSE

DPED-102: PSYCHOLOGY IN PHYSICAL EDUCATION

Time : Three Hours Total Marks : 100(Theory Marks : 80 + Internal Assessment: + 20)

UNIT –I

- i. **Sports Psychology:** Its meaning, scope and importance. Concept and History of Development of Sports Psychology.
- ii. **Growth and Development:** Role of Heredity and Environment in growth and Development Psychological changes at various age levels, individual difference and their implications in sports.
- iii. **Emotions:** Define Emotions, its implications in Sports; Hazards of Emotions. Frustration, Aggression, Anger, Fear, Anxiety, Stress and Tension.
- iv. **Motivation:** Its nature and scope in physical activities, Role in Psychological, Preparation of Sportsmen.

UNIT-II

- i. **Learning:** Nature of learning, Learning curve, applications of learning, Principles in Physical Education and Sports.
- ii. **Motor Learning:** Reflex action and automatizing of motor skills: feedback. Through knowledge of results; factor affecting motor learning.
- iii. **Attention and Concentration:** Definition and role of Attention. Role of Attention in Sports, Strategies to improve attention and concentration.
- iv. **Relaxation Training:** Definition, Meaning and Type of Relaxation Training.

REFERENCES:

Bhatia H.R. Elementary Education Psychology 1965.
Gill S.K. Education Psychology ,1971-72
Sharma T.R.Manovigyan Sandhu I.K and Amrit Kaur Education Psychology,Punjabi University Paitiala.
Tanuja V.R.Introduction to Guidance.



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SEMESTER-I THEORY COURSE

DPED-103: METHODS IN PHYSICAL EDUCATION

Time : Three Hours Total Marks : 100(Theory Marks : 80 + Internal Assessment: + 20)

UNIT –I

i) **Methods of Teaching**

- Meaning, importance and scope of teaching methods in Physical Education.
- Types of teaching methods.
- Factors which influence methods of teaching in physical education.
- Preliminary planning, personal preparation, technical preparation, presenting activities, orientation, verbal explanation, supervision and evaluation.

ii) **Tournaments**

- Meaning of types of competition.
- Knock-out Tournaments: Methods of fixing byes, methods of drawing fixtures, merits and demerits of knock out tournaments.
- League of Round Robin Tournaments: Meaning & Methods of drawing fixtures methods of deciding winner merits and demerits of league tournaments.
- Combination Tournaments: Meaning, Types merits and demerits of combination tournaments.

UNIT –II

i) **Lesson Planning & Classification**

- Meaning and type of lesson plan, preparation of lesson plan, Advantages of lesson plan,
- characteristics of lesson plan.
- Classification of Pupils: Meaning importance and criteria for pupil classification.
- Commands: Types and techniques of commands methods of arranging the class for formal exercise.
- Class formation: Types and techniques.

ii) **Test, Measurement and Evaluation.**

- Meaning and importance of test measurement and evaluation in physical education and criteria of test selection.
- Description of physiological variables, anthropometric variables motor fitness and psychological variables. Personality tests.
- Different types of tools used in test and their uses- Skin fold caliper, Anthropometric rod, Goniometer, Spirometer, Stethoscope, Sphygmomanometer and Weighing Machine.

REFERENCE:

Kozmee B.:Methods in Physical Education Cassidy Rosalind and Jackson,C.O.:London, W.B. Saunders Co.1960.

Tirunarayanan,C.Methods in Physical Education.Hriharan S.Karakudi,South India Press

J.P.Thomas:Organisation and Administration of Physical Education. P.M.Joseph:Organisation of Physical Education .

Voltmeer & Eolinger : Organisation and Administration of Physical Education Programme.

William J & Others:The Administration of Health and Physical Education

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SEMESTER-I THEORY COURSE

DPED-104: ANATOMY

Time : Three Hours Total Marks : 100(Theory Marks : 80 + Internal Assessment: + 20)

UNIT –I

i) **Anatomy and Physiology:**

- Meaning and its Importance.
- Human Cell: Structure and its function.
- Tissue: Structure and its types.

ii) **Skeletal System:**

- Bones: General structure of the bone, various kinds of bones, function of bones.
- Structure of Bones: Scapula, Upper limbs, Lower limbs, Sternum and Ribs.
- Joints: Its types, structure and movement.

iii) **Muscular System:**

- Muscles: Meaning and Structure of various kinds of Muscles and their functions.
- Classification of muscles: Classification of muscles according to their structure.

iv) **Circulatory System:**

- Organs
- Structure of Heart, Artery and Vein and their functions.
- Blood, its constituents and functions.

UNIT-II

i) **Respiratory System:**

- Organs of Respiration and their structure.
- Mechanism of respiration.
- Exchange of gases.
- Oxygen debt.

ii) **Digestive System:**

- Organs, Structure and Functions of Digestion.
- Structure of stomach, small intestine and large intestine and their function.
- Absorption and assimilation of food.
- Metabolism.

iii) **Excretory System:**

- Organs of Excretion.
- Structure of function of skin, kidney and lungs.

iv) **Nervous System:**

- Central Nervous System.
- Structure of Brain and Spinal Column
- Neuromuscular Co-Ordination.

REFERENCES

Ross and Wilson : Anatomy and Physiology in Health and illness, Ninth Edition; Elsevier Churchill Livingstone.

B.D. Chaurasia : Handbook of General Anatomy , Third Edition ; CBS Publishers and Distributes, New Delhi (2005)

Kohli and Rehal : Anatomy and Physiology : Lotus Publishers Jalandhar(2004) .

Evelyn Pearce: (16th Edition) Anatomy and Physiology for Nurses, Jaypee Brothers, New Delhi, 2001

Singh Ajmer: Essentials of Physical Education Kalyani Publishers, Ludhiana ,2004.

Guyton A.C.: Functions of the Human Body , London W.B. Saunders (Latest Ed.)



Part –B
Semester – I
Practical Courses

DPEd – 105: Athletics (Track Events)

Marks - 100

Track Events

- i. Teaching ability of Starting techniques
- ii. Teaching ability of Finishing Techniques
- iii. Teaching ability of Baton Exchange
- iv. Interpretation of various rules of Track Events
- v. Marking of Track 400m and 200m.

Note: Candidate have to take at least 5 teaching lessons of various techniques.

DPEd – 106: Gymnastics

Marks - 100

- i. Dimensions of various gymnastics apparatus
- ii. Teaching Ability of various basic skills of **Gymnastics**
- iii. Interpretation of Various rules of **Gymnastics**

Note: Candidate have to take at least 5 teaching lessons of each game.

DPEd – 107: (Football and Volley ball)

Marks - 100 i)

Football

- i. Marking of Football Ground
- ii. Teaching ability of various basic skills of Football
- iii. Interpretation of Various rules of Football

ii) Volleyball

- i. Marking of Volleyball Court
- ii. Teaching ability of various basic skills of Volleyball
- iii. Interpretation of Various rules of Volleyball

Note: Candidate have to take at least 5 teaching lessons of each game.

DPEd – 108: Mass Display Activity (Free Hand)

Marks – 100

- i. **P.T. Exercises:** Seating, Standing, Jumping Exercise, Moving & Combination of above all.(Sixteen Count Exercises - 8 Tables).
- ii. **Marching:** Ek Line Bun, Teen Line Bun; Dahine Saj; Sawdhan, Vishram; Dahine mud, Baye mud, Pichhe mud; Kadamtal; Khuli Line Chal and Nikat Line Chal; Tham. *March Fast:* Dahine, Baye & Pichhe mud; Khuli Line & Nikat Line Chal; Kadam Tal; Aage badh; Samne Salute; Dahine Dekha; Samne Dekha; Tham. *Slow March:* Dhire chal; Tham.

Note: Candidate have to take at least 5 teaching lessons of each game.

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SEMESTER-II THEORY COURSE

DPED-201: RECREATION

Time : Three Hours Total Marks : 100(Theory Marks : 80 + Internal Assessment: + 20)

UNIT-I

- i) **Recreation:** Definition, its importance, characteristics and Misconceptions.
Importance of Recreation.
- ii) **Leadership of recreation:** Meaning and Objectives of Recreation Leadership
 - Types and Functions of Recreation Leaders.
 - Qualifications, Qualities and Professional Training.
- iii) **Agencies Providing Recreation:**
 - Municipal Agencies.
 - Public Agencies.
 - Private Agencies.
 - Youth Serving Agencies.
 - Employee Recreation.
 - Commercial Recreation.
 - Recreation for Handicapped.

UNIT-II

- i) **Facilities for Recreation :**
 - Planning Criteria and objectives of recreation facilities.
 - Different type of Indoor and Outdoor recreation facilities for urban and rural population.
 - Selection, use and care of equipment.
- ii) **Programs in Recreation:**
 - Criteria and Principles for community Recreation programmes.
 - Classification of Recreational Activities.
 - Arts and Crafts
 - Dancing
 - Dramatics
 - Literary Activities
 - Music.
 - Nature and Outing.
 - Social Events.
 - Indoor and Outdoor sports and Games.
 - Photography.
 - Gardening.
- iii) **Hobbies:** Meaning and Types of Hobbies.
- iv) **Camping:**
 - Importance of Camping
 - Aim and Objectives of Camping.
 - Organization of different types of Camps.
 - Selection and layout of camp site.
 - Camping Leadership.
 - Camp facilities and program.

REFERENCES:

Butler G.D. *Introduction to Community Recreation* ,New York McGraw Hill Book Co. Incl. 1959.
Meyer .H.D. and C.K. *Bright Kill; Community Recreation –A Guide to its Organzaion* ,New Jersey ;Prentice Hall Incl,1961.
Mayer,H.D. and C.K. *Bright Hill ;Recreation Administration* Prentice Hall,1961.
Jenny,John ;*Introduction to Recreation Education* London ,W. B.Sgunders Company ,1956.



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SEMESTER-II THEORY COURSE

DPED-202: HEALTH EDUCATION

Time : Three Hours Total Marks : 100(Theory Marks : 80 + Internal Assessment: + 20)

UNIT –I

i) Health Education:

- Meaning, Definition and Concept of Health.
- Meaning, Definition and Scope of Health Education.
- Aim, Objectives and Importance of Health Education.
- Principles of Health Education.

ii) School Health:

- School Health Programmes
- Health Services.
- Health Supervisor.
- Health Instructions.

iii) Posture:

- Meaning of Posture.
- Ideal posture for sitting, Standing, Reading, Writing and Walking.
- Causes for poor Posture.
- Postural Deformities and their remedies.(Knock Knee, flat foot, Bow legs)

iv) Nutrition:

Balanced Diet: Carbohydrates, Fats, Proteins, Minerals, Vitamins and Water.

UNIT-II

i) Personal Hygiene:

- Meaning of Personal Hygiene.
- Importance of Personal Hygiene.
- Care of Eyes, Ears Nose, Skin, Hands, Teeth and Hair.
- Role of exercise, Rest, Sleep & Relaxation maintaining health.

ii) Environmental hazards:

- Air Pollution.
- Noise Pollution.
- Water Pollution.

iii) Communicable Disease: Mode of Transfer, Prevention and Control of

- HIV/AIDS
- Malaras.
- Tetanus
- Typhoid
- (i) Hepatitis(A and B)

iv) Chemical Substances and their effects:

- Drugs and Narcotics
- Alcohol
- Smoking Tobacco.

v) Doping: Meaning and Methods of Doping

REFERENCES:

Irwin L.:*The Curriculum in Health and Physical Education* , Iowa :UMC Brown Co.Publisher
Rob Johnson : *Sports Medicine in Primary Care*,London : W.B. Saunders Company.
Abhey : *Sports Medicine* ,Nagpur:Amrit Brother PublicationShrevestava
R.Jain :*Sports Medicine* ,New Delhi:Khel Sahity Kendra
K. Part:*Preventive and Social Medicine* ,Jabalpur :M.S.Bararsi Dass Bhanot Publishers.



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SEMESTER-II THEORY COURSE

DPED-203: EDUCATIONAL TECHNOLOGY

Time : Three Hours Total Marks : 100(Theory Marks : 80 + Internal Assessment: + 20)

UNIT-I

- i. **Educational Technology:** Meaning, Definitions, need and importance of Educational Technology for a teacher.
- ii. **Latest Technologies for the teachers:** EDUSAT (Satellite Teaching), Multimedia and Overhead Projector.
- iii. **Examination Process:** Types of Examination. Unit Test, Terminal Tests, Achievement Test, Diagnostic Tests and Aptitude Test.
- iv. **Evaluation Procedure:** Old Concept and New Approach. Tools of Evaluation: Rating Scales, Interview and check list.
- v. **Types of lessons:** knowledge lesson and appreciation lesson.

UNIT-II

- i. **Teaching Aids:** Meaning and importance of teaching aids, Audio-Visual aids, charts, models, films, boards (Simple, graphic and magnetic boards).
- ii. **Steps of Effective Teaching:** Personal Preparation, Technical Preparation, Organizing Subject Matter and Presentation of subject matter.
- iii. **Phases of Teaching:** Pre-active phase, interactive phase and post active phase and their operation or function.
- iv. **Levels of Teaching:** Memory level, understanding level and reflective level: relationship between learning and teaching with regard to class climate, types of learning, levels of learning.
- v. **Micro teaching:** its concepts, phases, application, merits and demerits.

REFERNCES:

- Singh Ajmer and et al, "Essential of Physical Education" (2007) 3rd edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.
- Vaidhya, Rajesh and Ramakrishnan, K.S. "Lesson Planning in Education and Physical Education" (2007) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Anil and Daljinder , "Methods in Physical Education" (2005) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
- Dutta, A.K. and Magumder, Indu "Students Teaching in Physical Education" (2004) Janvani Prakashan Pvt. Ltd. 30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032
- Sandhu, Kiran "Professional Preparation and career development in Physical Education and Sports"(2004) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
- Gupta, A.K. "Research Methodology in Physical Education" (2003) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi



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SEMESTER-II THEORY COURSE

DPED-204: OFFICIATING AND COACHING

Time : Three Hours Total Marks : 100(Theory Marks : 80 + Internal Assessment: + 20)

UNIT-I

- i. **Officiating:** Meaning, Need and Scope, Importance and Principles of officiating.
- ii. **Coaching:** Meaning, Principles responsibilities.
- iii. **Relation of Officials with Players and Coaches:**
 - Effect of spectator on officials.
 - Qualities and duties of officials.
- iv. **Duties of Officials:** Before, during and after duties of officials in different games and Athletics.

UNIT-II

- i. **Measures for Improvement:** Detailed measures of improving the standard and moral of officials.
- ii. **Rules and Regulations of Games and Athletic events:**
 - Hockey , Kabaddi ,Volleyball ,Basketball ,Kho-Kho
 - 100 M., 200 M., long jump, shot put, high jump and discuss throw.
 - Score sheets and officials of different games and athletics.
- iii. **Specifications of different Play Field :** Hockey, Kabaddi, Volleyball, Basketball ,Badminton , Kho-Kho, Handball and Football.
- iv. **Marking and Lay Out:** Complete Marking and lay-out of Athletic Track.

REFERENCE:

Doherty J.Meeneeth –Modern ,Track and Field ,Englewodd. Cliffs N.J. Prentice Hall,Inc.
Dr. Feeune Mezo – The modern Olympic Games ,Guda Pest ,Pennonia Press.
Singh Hardyal –Sports Training,New Delhi.
J.W. Bunn- Scientific Principles of Coaching.
Kamlesh M.L. Field Manual of Sports and Games Negeen Prakashan, Meerut, India.



Part – B
Practical Courses
Semester – II

DPEd – 205: Athletics (Throwing Events)

Marks - 100

Field Events

- i. Marking of Shot Put, Discus, Hammer and Javelin throw Sector
- ii. Teaching ability of Shot Put Techniques
- iii. Teaching ability of Discus Throw Technique
- iv. Teaching ability of Javelin Throw Technique
- v. Teaching ability of Hammer Throw Technique
- vi. Interpretation of various rules of Throwing Events
(Shot Put, Discus, Hammer and Javelin throw)

Note: Candidate have to take at least 5 teaching lessons of Throwing Events.

BPEd – 206: Yoga

Marks - 100

Asana

- 1) Shirsh Asana
- 2) Vipratararani
- 3) Hal Asana
- 4) Bhujang Asana
- 5) Ardh-Shalbh Asana
- 6) Vakra Asana
- 7) Ardha Matasyaendrasana
- 8) Paschimottan Asana
- 9) Vajra Asana
- 10) Supta Vajra Asana
- 11) Yoga Mudra
- 12) Nauka Asana
- 13) Bak Asana
- 14) Mayur Asana
- 15) Ustra Asana
- 16) Vriksh Asana
- 17) Padma Asana
- 18) Trikon Asana
- 19) Sarvang Asana
- 20) Surya Namaskar

Paranayam

- Ujjai
Bhastrika
Shitali
Sitkari
Bhramri

Note: Candidate have to take at least 5 teaching lessons of each Game.

BPEd – 207: (Basketball and Kho-kho)

Marks - 100

i) Basketball

1. Marking of Basketball Court
2. Teaching ability of various basic skills of Basketball
3. Interpretation of Various rules of Basket ball

ii) Kho - Kho

1. Marking of kho - Kho Ground
2. Teaching Ability of various basic skills of kho - Kho
3. Interpretation of Various rules of kho - Kho

Note: Candidate have to take at least 5 teaching lessons of each Game

**DPEd – 208: Mass Display Activity
(Lazium, Dumbbell & Tipri)**

Marks – 100

i) Lazium: Ghati Lazium (Aath Aawaz, Baithak aawaz, Aage Paon, Aage kadam, Do pher aawaz, Chau pher aawaz, Kadamtal, Pavitra, Uchhak pavitra, Kadam pavitra). Hindustani Lazium (Char Aawaz, Ek Jagah, Aanti Lagaav, Pavitra, Do Rukha, ChauRukha, Chau rukha baithak, Momiya)

ii) Dumbbells / Tipri: Fundamentals skills

- Apparatus/ Light apparatus Grip
- Attention with apparatus/ Light apparatus
- Stand-at-ease with apparatus/ light apparatus
- Exercise with verbal command, drum, whistle and music – Two count, Four count, Eight count and Sixteen count.
- Standing Exercise
- Jumping Exercise
- Moving Exercise
- Combination of above all

Note: Candidate have to take at least 5 teaching lessons of each game.



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SEMESTER-III THEORY COURSE

DPED-301: YOGA

Time : Three Hours

Total Marks : 100(Theory Marks : 80 + Internal Assessment: + 20)

UNIT – I

i) Introduction to Yoga and its concepts.

- Meaning, Aim & Objectives of Yoga And Historical Background of Yoga.
- Yoga in early Upanisadas.
- Concept, Need and Importance of Yoga in Physical Education.
- Yoga Education Centers in India and abroad.
- The Yoga Sutra:
- *Astanga Yoga*: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana & Samadhi
- *Yoga in the Bhagvadgita*: 1) Dhyana Yoga 2) Karma Yoga 3) Bhakti Yoga 4) Raj Yoga

UNIT – II

i) Principles, Application of Yoga:

- Aim, Objectives and Principles of Asana, Shatkriyas, Bandhas and Mudras.
- Pranayama: Mechanism and its effects on various system of the body and on mind.
- Yogic therapies and modern concept of Yoga.
- Competitions in Yogasanas at various levels.

ii) Meditation:

- Meaning, types and principles of Meditation.
- Yoga for prevention, cure and Rehabilitation.
- Yoga for Stress Management.

REFERENCES:

- Gharote, M. L. *Hathapradipika.*, Lonavala: Yoga Institute.
- Jayadeo, singh , *Shiva Sutra*, Delhi: Motilal Banarasidas publication.
- Karabelkar, P. V., *Kaivalyadhama-Patanjala Yoga Sutra.*, Lonavala:19
- Karbelkar, N. V., *Patanjal-Yoga Sutra Bhashya.*, Amravati: Hanuman Vyayam Prasarak Mandal Publication.
- Ronghe, Prafulla N., *Physiology of Yoga.*
- Swami, Digambarji & M. L., *Gharote, Gherand Samhita.*, Lonavala:
- Swami, Kunalayanand, *Kaivalyadhama-Asana.*, Lonavala:
- Swami, Kunalayanand, *Kaivalyadhama-Pranayama.*, Lonavala:
- Tiwari, R. H. *Prachin Bharat main Sharirik shikshan Darshan.*, Amravati: HVPM Publication.



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SEMESTER-III THEORY COURSE

DPED-302: OLYMPIC MOVEMENT

Time : Three Hours

Total Marks : 100(Theory Marks : 80 + Internal Assessment: + 20)

UNIT – I

i. Origin of Olympic Movement:

- Philosophy of Olympic Movement.
- Early history of Olympic Movement.
- Significant stages in the development of the modern Olympic Movement.
- Educational and cultural values of Olympic Movement.

ii. Modern Olympic Games

- Significance of Olympic Ideals, Olympic Rings, Olympic Flag.
- Olympic Protocol for member countries.
- Olympic Code of Ethics.
- Olympism in action.
- Sports for All.

UNIT – II

i. Different Olympic Games

- Para Olympic Games.
- Summer Olympics.
- Winter Olympics.
- Youth Olympic Games.

ii. Committees of Olympic Games

- International Olympic Committee - Structure and Functions.
- National Olympic committees and their role in Olympic Movement.
- Olympic Commissions and their functions.
- Olympic medal winners of India.

REFERENCES:

Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001), *Olympic dreams: the impact of megaevents on local politics: Lynne Rienner*
Osborne, M. P. (2004), *Magictree house fact tracker: ancient Greece and the Olympics: a nonfiction companion to magic tree house: hour of the Olympics. New York: Random House Books for Young Readers.*

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SEMESTER-III THEORY COURSE

DPED-303: KINESIOLOGY AND BIOMECHANICS

Time : Three Hours

Total Marks : 100(Theory Marks : 80 + Internal Assessment: + 20)

UNIT – I

1. Introduction to Kinesiology and Sports Biomechanics

- Meaning and Definition of Kinesiology and Sports Biomechanics
- Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches.
- Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity

2. Fundamental Concept of Anatomy and Physiology

- Classification of Joints and Muscles
- Types of Muscle Contractions
- Posture–Meaning, Types and Importance of good posture.
- Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal Innovation

UNIT – II

i) Mechanical Concepts

- Force - Meaning, definition, types and its application to sports activities
- Lever - Meaning, definition, types and its application to human body.
- Newton's Laws of Motion–Meaning, definition and its application to sports activities.
- Projectile–Factors influencing projectile trajectory.

ii) Kinematics and Kinetics of Human Movement

- Linear Kinematics–Distance and Displacement, speed and velocity, Acceleration
- Angular kinematics – Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration.
- Linear Kinetics–Inertia, Mass, Momentum, Friction.
- Angular Kinetics–Moment of inertia ,Couple, Stability.

REFERENCES:

- Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood Cliffs, N.J.: Prentice Hall Inc.
- Hay, J. G. & Reid, J. G.(1982). *The anatomical and mechanical basis of human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.
- Hay, J. G. & Reid, J. G.(1988). *Anatomy, mechanics and human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.
- Hay, J. G. (1970). *The biomechanics of sports techniques*. Englewood Cliffs, N.J.: Prentice Hall, Inc.
- Madiwale, M.S. (2014) *Kinesiology*. Nagpur: Amit Brothers Publications
- Choudhary, S., Awasare, V., Datarkar, V., Bhadra, T.(2015) *Kinesiology/Biomechanics made Easy*. Sholapur (M.S.) WizcraftPublications and Distribution Pvt. Ltd.
- Simonian, C.(1911). *Fundamentals of sport biomechanics*. Englewood Cliffs, N.J.: Prentice Hall Inc



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SEMESTER-III THEORY COURSE

DPED-304: SPORTS TRAINING

Time : Three Hours

Total Marks : 100(Theory Marks : 80 + Internal Assessment: + 20)

UNIT – I

Introduction to Sports Training

- Meaning and Definition of Sports Training
- Aim and Objective of Sports Training
- Principles of Sports Training

Training Components

- Strength–Mean and Methods of Strength Development
- Speed–Mean and Methods of Speed Development
- Endurance - Mean and Methods of Endurance Development
- Coordination–Mean and Methods of coordination Development
- Flexibility–Mean and Methods of Flexibility Development

UNIT – II

Training Process

- Training Load- Definition and Types of Training Load
- Principles of Intensity and Volume of stimulus
- Technical Training–Meaning and Methods of Technique Training
- Tactical Training–Meaning and Methods of Tactical Training

Training programming and planning

- Periodization–Meaning and types of Periodization
- Aim and Content of Periods–Preparatory, Competition, Transitional etc.
- Planning–Training session
- Talent Identification and Development

REFERENCES:

- Dick, W. F. (1980). *Sports training principles*. London: Lepus Books. Harre, D.(1982). *Principles of sports training*. Berlin: Sporulated.
- Jensen, R. C.& Fisher, A.G. (1979). *Scientific basis of athletic conditioning*. Philadelphia: Lea and Fibiger, 2ndEdn.
- Kanwar, R.C. (1999) *Scientific Methods of Training and Coaching*. Nagpur: Amit Brothers Publications
- Matvyew, L.P. (1981). *Fundamental of sports training*. Moscow: Progress Publishers. Singh, H. (1984). *Sports training, general theory and methods*. Patials: NSNIS. Uppal, A.K., (1999). *Sports Training*. New Delhi: Friends Publication.



Part – B
Practical Courses
Semester– III

DPEd – 305: Athletics (Jumping Events)

Marks - 100

Field Events

- Marking of High Jump, Long Jump and Triple Jump, Pole vault
- Teaching ability of High Jump Techniques
- Teaching ability of Long Jump Technique
- Teaching ability of Triple Jump Technique
- Teaching ability of Pole Vault Technique
- Interpretation of various rules of Jumping Events
- (High Jump, Long Jump , Triple Jump, Pole vault)

Note: Candidate have to take at least 5 teaching lessons of Throwing Events.

DPEd – 306: (Judo & Boxing)

Marks – 100

i) Judo

- Marking of **Judo** Mat
- Teaching ability of various basic skills of **Judo**
- Interpretation of Various rules of **Judo**

ii) Boxing

- Marking of **Boxing** Ring
- Teaching ability of various basic skills of **Boxing**
- Interpretation of Various rules of **Boxing**

Note: Candidate have to take at least 5 teaching lessons of each game.

BPEd – 307: (Kabaddi and Handball)

Marks - 100

i) Kabaddi

- Marking of kabaddi Ground
- Teaching Ability of various basic skills of kabaddi
- Interpretation of Various rules of kabaddi

ii) Handball

- Marking of **Handball** Ground
- Teaching ability of various basic skills of **Handball**
- Interpretation of Various rules of **Handball**

Note: Candidate have to take at least 5 teaching lessons of each game.

BPEd – 308: AEROBICS

Marks - 100

(Rhythmic Aerobics)

- Rhythmical exercise with two, four, eight, sixteen and thirty two counts.
- Basic Turns, Jumps, Leaps on special music.
- Choreography with Music.

Note: Candidate have to take at least 5 teaching lessons of each game.



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SEMESTER-IV THEORY COURSE

DPED-401: SPORTS PSYCHOLOGY AND SOCIOLOGY

Time : Three Hours

Total Marks : 100(Theory Marks : 80 + Internal Assessment: + 20)

UNIT – I

i) **introduction**

- Meaning, Importance and scope of Educational and Sports Psychology
- General characteristics of Various Stages of growth and development
- Types and nature of individual differences; Factors responsible -Heredity And environment
- Psycho-sociological aspects of Human behavior in relation to physical education and sports

ii) **Sports Psychology**

- Nature of learning, theories of learning, Laws of learning,
- Plateau in Learning; & transfer of training
- Meaning and definition of personality, characteristics of personality,
- Dimension of personality, Personality and Sports performance
- Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance.
- Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imaginary.
- Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety
- Meaning and nature of stress; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance

UNIT-II

i) **Relation between Social Science and Physical Education**

- Orthodoxy, customs, Tradition and Physical Education.
- Festivals and Physical Education.
- Socialization through Physical Education.
- Social Group life, Social conglomeration and Social group, Primary group and Remote group.

ii) **Culture**

- Features of culture,
- Importance of culture.
- Effects of culture on people life style.
- Different methods of studying Observation/ Inspection method, Questionnaire method, Interview method

REFERENCES:

- Ball, D. W. & Loy, J. W. (1975). *Sport and social order; Contribution to the sociology of sport.* London: Addison Wesley Publishing Co., Inc.
- Blair, J.& Simpson, R.(1962). *Educational psychology*, New York:McMillan Co. Cratty, B. J.(1968). *Psychology and physical activity*. Eaglewood Cliffs. Prentice Hall. 51
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). *Sport and social system*. London: Addison Wesley Publishing Company Inc.
- Kanwar, R.C. (2014) *Sports Psychology*. Nagpur: Amit Brothers Publications
- Budhe, A. ,Agrawal, K (2013) *Educational and Sports Psychology*.Delhi; Sports Publications



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SEMESTER-IV THEORY COURSE

DPED-402: SPORTS MEDICINE

Time : Three Hours

Total Marks : 100(Theory Marks : 80 + Internal Assessment: + 20)

UNIT-I

Sports Medicine

- Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance.
- Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.
- Need and Importance of the study of sports injuries in the field of Physical Education
- Prevention of injuries in sports–Common sports injuries–Diagnosis– First Aid - Treatment - Laceration – Blisters – Contusion - Strain – Sprain – Fracture – Dislocation and Cramps
- Bandages – Types of Bandages – trapping and supports.

Physiotherapy

- Definition – Guiding principles of physiotherapy, Importance of physiotherapy
- Introduction and demonstration of treatments - Electrotherapy – infrared rays – Ultraviolet rays –short wave diathermy – ultrasonic rays.

UNIT-II

Hydrotherapy

- Introduction and demonstration of treatments of Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation
- Massage: History of Massage – Classification of Manipulation (Swedish System) physiological Effect of Massage.

Therapeutic Exercise

- Definition and Scope – Principles of Therapeutic Exercise – Classification, Effects and uses of Therapeutic exercise – passive Movements (Relaxed, Forced and passive - stretching) – active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints -Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises.

References:

- Christine, M. D., (1999). *Physiology of sports and exercise. USA: Human Kinetics.*
- Conley, M. (2000). *Bioenergetics of exercise training. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.*
- David, R. M. (2005). *Drugs in sports*, (4th Ed). Routledge Taylor and Francis Group.
- Hunter, M. D. (1979). *A dictionary for physical educators. In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education (pp. 573-74). Philadelphia: Lea &Febiger. 53*
- Jeyaprakash, C. S., *Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.*
- Khanna, G.L., (1990). *Exercise physiology & sports medicine. Delhi:Lucky Enterprises.*
- Mathew, D.K. & Fox, E.L, (1971). *Physiological basis of physical education and athletics. Philadelphia:W.B. Saunders Co.*
- Pandey, P.K., (1987). *Outline of sports medicine, New Delhi: J.P. Brothers Pub.*
- Williams, J. G. P. (1962). *Sports medicine. London: Edward Arnold Ltd.*



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SEMESTER-IV THEORY COURSE

DPED-403: COMPUTER APPLICATIONS

Time : Three Hours

Total Marks : 100(Theory Marks : 80 + Internal Assessment: + 20)

Unit – I

i) Introduction to Computer

- Meaning, need and importance of information and communication technology (ICT).
- Application of Computers in Physical Education
- Components of computer, input and output device
- Application software used in Physical Education and sports

ii) MS Word

- Introduction to MS Word
- Creating, saving and opening a document
- Formatting Editing features Drawing table ,
- Page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes

Unit – II

i) MS Excel

- Introduction to MS Excel
- Creating, saving and opening spreadsheet
- Creating formulas
- Format and editing features adjusting columns width and row height understanding charts.

ii) MS Power Point

- Introduction to MS Power Point
- Creating, saving and opening a ppt. file
- Format and editing features slide show , design , inserting slide number
- Picture ,graph ,table Preparation of Power point presentations

Referances:

Irtegov, D. (2004). *Operating system fundamentals*. Firewall Media.

Marilyn, M.& Roberta, B.(n.d.).*Computers in your future*. 2nd edition, India: Prentice Hall. Milke, M.(2007).

Absolute beginner's guide to computer basics.Pearson Education Asia.Sinha, P. K. &Sinha, P. (n.d.).*Computer fundamentals*.4th edition, BPB Publication.



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SEMESTER-IV THEORY COURSE

DPED-404: ORGNIZATION & ADMINISTRATION

Time : Three Hours

Total Marks : 100(Theory Marks : 80 + Internal Assessment: + 20)

UNIT – I

i) **Organization and administration**

- Meaning and importance of Organization and Administration in physical education
- Qualification and Responsibilities of Physical Education teacher and pupil leader
- Planning and their basic principles
- Program planning: Meaning, Importance, Principles of program planning in physical education.
- Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.

ii) **Office Management, Record, Register & Budget**

- Office Management: Meaning, definition, functions and kinds of office management
- Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record.
- Budget: Meaning, Importance of Budget making,
- Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget.

Unit-II

i) **Facilities, & Time-Table Management**

- Facilities and equipment management: Types of facilities Infrastructure-indoor, out door.
- Care of school building, Gymnasium, swimming pool, Play fields, Play grounds
- Equipment: Need, importance, purchase, care and maintenance.
- Time Table Management: Meaning, Need, Importance and Factor affecting time table.

ii) **Competition Organization**

- Importance of Tournament,
- Types of Tournament and its organization structure - Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament.
- Organization structure of Athletic Meet
- Sports Event Intramurals & Extramural Tournament planning

References:

- Broyles, F. J. & Rober, H. D. (1979). *Administration of sports, Athletic programme: A Managerial Approach*. New York: Prentice hall Inc.
- Bucher, C. A. (1983). *Administration of Physical Education and Athletic programme*. St.Lolis: The C.V. Hosby Co.
- Kavishwar, D.P. *Fundamentals of Track and Field*. Nagpur; S.M. Publisher
- Kozman, H.C. Cassidy, R. & Jackson, C. (1960). *Methods in Physical Education*. London: W.B. Saunders Co.
- Pandy, L.K. (1977). *Methods in Physical Education*. Delhe: Metropolitan Book Depo.



Part – B
Practical Courses
Semester– IV

DPEd – 405: ATHLETIC MEET

Marks – 100

(Opening, March Past, Victory Ceremony, & Closing)

- i. **Opening and closing ceremonies:** Schedule and formality of opening ceremony – Unfurling of flag, Flame igniting, Oath
- ii. **March- Past:** March- Past of players / teams, Salutation, Declaration of Opening of the Meet. Brief address by the guests, announcement of beginning of competition
- iii. **Victory & Prize distribution Ceremony:** Planning of schedule for victory ceremony.
- iv. **Closing Ceremony:** Assembly of sports – persons, March Past, Salutation, re-assembly, brief address of the guests, Declaration of results and distribution of prizes / Certificates, Vote of thanks, Ceremonial Flag – lowering, Flame extinguishing, Declaration of Closing of the Meet. Practical of the organization of sports / Athletic Meet during Intramural Program should be arranged as a project by the students under the supervision of the faculty. Organization of Sports festival, Play Day, Social party games, etc: should be encouraged.

DPEd – 406: HOCKEY & CRICKET

Marks – 100

i) HOCKEY

- Marking of Hockey Ground
- Teaching Ability of various basic skills of Hockey
- Interpretation of Various rules of Hockey

ii) CRICKET

- Marking of Cricket Ground
- Teaching Ability of various basic skills of Cricket
- Interpretation of Various rules of Cricket

Note: Candidate have to take at least 5 teaching lessons of each game.

DPEd – 407: BADMINTON & WRESTLING

Marks – 100

i) BADMINTON

- Marking of Badminton Court
- Teaching Ability of various basic skills of Badminton
- Interpretation of Various rules of Badminton

ii) WRESTLING

- Marking of Wrestling Mat
- Teaching Ability of various basic skills of Wrestling
- Interpretation of Various rules of Wrestling

Note: Candidate have to take at least 5 teaching lessons of each game.

DPEd – 408: SWIMMING

Marks – 100

Fundamental Skills

- Entry into the pool.
- Developing water balance and confidence
- Water fear removing drills.
- Floating-Mushroom and Jelly fish etc.
- Gliding with and without kickboard.
- Introduction of various strokes
- Body Position, Leg, Kick, Arm pull, Breathing and Co ordination.
- Start and turns of the concerned strokes.
- Introduction of Various Strokes.
- Water Treading and Simple Jumping.
- Starts and turns of concerned strokes.
- Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.

Note: Candidate have to take at least 5 teaching lessons of each game.