

**ORDINANCE**  
**B.P.E (Three Year Course) Part –I**  
**SEMESTER SYSTEM**

1 An examination for the degree of B.P.E three year Course shall be held in eight semesters to be known as First, Second, Third, fourth ,fifth, and sixth in dates as may be fixed by the Academic Council.

**FIRST YEAR EXAMINATION**

2 (A) The first examination will consist of two semester(semester-I&II )and shall be open to any candidate who:-

- (i) Has been enrolled in a college admitted to the privileges of the University in the Faculty of Education for the B.P.E. course during the academic year preceding the examination.
- (ii) Has passed +2 Examination of the Punjab School Education Board or any other examination recognized as equivalent thereto.
- (iii) Has his name submitted to the Registrar by the Principal of the college, he has most recently attended; and produces the following certificates signed by the Principal of the college namely:
  - i. Of good character.
  - ii. Having attended not less than 75% (To be counted up to one month before the commencement of the examination) of the total number of the lectures(A student who is unable to appear in the examination owing to shortage in the prescribed course of lecture in a subject or subjects may be allowed to appear at the following examination, if he makes up the deficiency in the subject concerned by attending lectures at a college admitted to the privilege of the Punjabi University) delivered in each paper/subject/ Practical and 75% of the periods held during the academic year

Provided that deficiency in attendances may be condoned for special reasons, as per the relevant ordinances or rules laid down by the University.

(A) The College/Department shall be required to deliver at least 75% of the total number of lectures prescribed for each paper /subject.

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

3 (A) Every candidate shall submit through the principal of the college, has most recently attested ,his application on the prescribed and a statement showing the subject (s) in which he desires to be examined.

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

‘Of having obtained, at the house examination held in December-January, at least 40% marks in the aggregate of all subjects and 40% marks in each of the subjects prescribed.

In case a candidate could not appear in the house examination owing to unavoidable circumstances or fails to secure the marks indicated above and desired to appear in the University examination as a regular student, the Principal may at his discretion hold a special test for the candidate (s). Such a candidate would be required to

obtain at least 40% marks in the aggregate of all subjects and 40% marks in each of the subjects prescribed.

The last date by which the Admission Form and fee must reach the Registrar as on the dates notified by the Registrar.

5 The medium of examination in all the subjects shall be English, Hindi or Punjabi.

Provided that the use of English technical terms shall be permissible in setting the question papers as well as in answering the questions.

6 The examination shall consist of two parts as under:

Part-A : Theory

Part-B : Skill and Prowess

Part-C : formal activity

The scheme of examination and syllabus for the course shall be as prescribed by the Academic Council from time to time. Provided that the following categories of candidates shall be allowed/ disallowed to clear the paper of Punjabi in lieu of Punjabi as per rules mentioned herein.

(i) Candidates who have passed their matriculation examination from a School located outside the State of Punjab may be allowed to take up the subject of Punjabi mudla gyan in lieu of Punjabi Compulsory.

(ii) Candidates who have passed their Matriculation examination from a school located in the State of Punjab will not be allowed to take up the subject of Punjabi mudla gyan in lieu of Punjabi compulsory at the graduate level. This clause will not apply to students covered by clause No.(iii) give below.

(iii) Children of Defence personnel /Para military personnel (serving as well as retired) will be allowed to take up the subject of Punjabi mudla gyan, provided the father or the mother /guardian (in case father is deceased) of the candidate gives an affidavit that the Candidate has not studied Punjabi at the School level.

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

- a. 40% in each paper of Part-A
- b. 40% in Part-B (Skill and Prowess)
- c. 40% in Part-C (Formal activity)

The grace marks shall be allowed according to the general ordinances relating to "Award of Grace marks".

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

A candidate failing in Skills shall, however, be allowed to join the next higher class. The result of the next higher class examination shall be declared after the declaration of the result in Skills of the lower class. In case he fails in Skills, his result for the higher class examination shall be cancelled.

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

10. Results : Subject to fulfilment of requirement of House examinations, the attendance requirements and these ordinances there will be no condition of passing papers for promotion from odd semester to even semester in an Academic Session.

A candidate placed under reappear in any paper, will be allowed two chances to clear the reappear, which should be availed 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.

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. 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, provided his reappear of lower semester does not go beyond next semester.

## **SECOND YEAR EXAMINATION**

- 10 (A) The Second Examination will consist of two semesters (semester III&IV) shall be open to candidate who:
- (i) Has passed the First examination for B.P.E. of this University.
  - (ii) Has been enrolled in a college admitted to the privileges of the University in the faculty of Education for the B.P.Ed. course during academic year, preceding the examination.
  - (iii) Has his name submitted to the Registrar by the Principal of the college has most recently attended.
  - (iv) Produces the following certificate signed by the Principal of the college, namely:
    - a) Of good character
    - b) Of having attended not less than 75% lectures
- (A) student who is unable to appear in the examination owing to shortage in the prescribed course of lecture in a subject or subjects may be allowed to appear at the following examination, if he makes up the deficiency in the subject concerned by attending lectures at a college admitted to the privilege of the Punjabi University) of the total number of lecturers delivered in each paper/ subject and 75% of the periods held in practical, may work, in each paper/ subject during the academic year.

The college/department shall be required to deliver at least 75% of the total number of lectures prescribed for each paper/subject.

Provided that a deficiency in the number of lectures may be condoned under the rules framed in this behalf. Of having satisfactorily performed the work of the class.

- A candidate who, having attended the prescribed number of lectures, does not appear in the examination after completion of lectures, or having appeared in the examination has failed may be allowed to appear at any subsequent examination within a period of two years without attending a fresh course of lectures.
- A candidate who is unable to clear the examination within four consecutive chances shall not be allowed to continue for the B.P.E. course, provided that a candidate who is unable to appear in one or more chances owing to illness will be given the next succeeding one or more chances missed by him on application accompanied by a

medical certificate duly recommend by the Principal of the college, as per ordinances on the subject.

11. (i) Every candidate shall submit, through the Principal of the college his most recently attested application on the prescribed form accompanied by examination fee as prescribed and a statement showing the subject in which he desires to be examined.  
(ii) Every candidate would be required to produce the following certificate signed by the Principal of the college recently joined before his/her name is submitted to the Registrar to sit in the University Examination:  
Of having obtained, at a house examination held in December-January, at least 40% marks in the aggregate of all subjects and 20% marks in each of the subjects prescribed.  
In case a candidate could not appear in the house examination owing to unavoidable circumstances or fails to secure the marks indicate above and desires to appear in the University examination as a regular student, the Principal may at his discretion hold a special test for the candidate (s). Such a candidate would be required to obtain at least 40% marks in the aggregate of all subjects and 25% marks in each of the subjects prescribed.
12. The last date by which the Admission Form and fee must reach the Registrar as on the dates notified by the Registrar.
13. The medium of examination shall be English or Punjabi. The question papers shall be set both in English and Punjabi Language .Provided that the use of English technical terms shall be permissible in setting the question as well as in answering the question.
14. The scheme of examination and syllabus for the course shall be as prescribed by the Academic Council from time to time.
15. The examination shall consist of three parts as under:

Part	-	A	Theory
Part	-	B	Skill and Prowess
Part	-	C	Formal activity
Part	-	D	Teaching Practice.

Provided that the following categories of candidates shall be allowed/disallowed to opt for the paper of Punjabi mudla gyan in lieu of Punjabi (compulsory) as per rules mentioned herein.

  - (i) Candidate who have passed their Matriculation examination from a school located outside the State of Punjab may be allowed to take up the subject of Punjabi mudla gyan of Punjabi Compulsory.
  - (ii) Candidates who have passed their Matriculation examination from a school located in the State of Punjab will not be allowed to take up the subject of Punjabi mudla gyan in lieu of Punjabi compulsory at the graduate level. This clause will not apply to students covered by clause No.(iii) give below.
  - (iii) Children of Defence personnel/Para military personnel (serving as well as retired) will be allowed to take up the subject to Punjabi mudla gyan , provided the father or the mother/guardian in case father is deceased) of the candidate gives an affidavit that the Candidate has not studied Punjabi at the School level.

- 16 The minimum number of marks required to pass the examination shall be as under:
- (a) 40% in each paper Part-A(Theory)
  - (b) 40% in Part-B (Skill and Prowess)
  - (c) 40% in Part-C (formal activity)
  - (d) 40% in Part-D(Teaching Practice)

The grace marks shall be allowed according to the general ordinances relating to “Award of Grace Marks”.

- 17 A candidate who fails in one part of the examination at one and the same attempt shall be permitted to appear at any subsequent examination in the part in which he failed, on payment of prescribed fee one each occasion without being required to attend fresh classes. If he fails in not more than one theory paper subject and a secure at least 40% marks in the aggregate of the remaining theory papers/subjects, he shall be allowed exemption in such paper(s). In case a candidate fails in more than one theory paper; his result shall be declared as ‘Fail’ in Theory part of the examination.
18. After the termination of the examination or as soon as may be the Registrar shall publish a list of candidate who has passed. Each successful candidate shall be granted a certificate of having passed the examination.
20. Results : Subject to fulfilment of requirement of House examinations, the attendance requirements and these ordinances there will be no condition of passing papers for promotion from odd semester to even semester in an Academic Session.
- A candidate placed under reappear in any paper, will be allowed two chances to clear the reappear, which should be availed 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.
- 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. 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, provided his reappear of lower semester does not go beyond next semester.

### **THIRD YEAR EXAMINATION**

- 19 The Third examination will be consist of tow semester (semester V & VI) shall be open to any candidate who:
- (i) Has passed previously the Third examination for B.P.Ed. of this University.
  - (ii) Has been enrolled in a college admitted to the privileges of the University in the faculty of the Education for B.P.Ed. course, during the academic year preceding the examination.
  - (iii) Has his name submitted to the Registrar by the Principal of the college, he has most recently attended.
  - (iv) Produces the following certificates signed by the Principal of the college namely:
    - a) Of good character;
    - b) Of having attended not less than 75%\* of the total number of lectures delivered in each paper/subject and 75% of the periods held in practical, map work on each paper/subject during the academic year.

The college/department shall be required to deliver at least 75% of total number of lectures prescribed for each paper/subject. Provided that a deficiency in the number of lectures may be condoned under the rules framed in this behalf.

- c) Of having satisfactory performed the work of the class. A candidate who, having attended the prescribed number of lectures, does not appear in the examination after the completion of his lectures, or having appeared in the examination has failed, may be allowed to appear at any subsequent examination within a period of two years without attending a fresh course of lectures.

- 20 (i) Every candidate shall submit, through the Principal of the college he has most recently attended, his application on the prescribed form accompanied by prescribed examination fee and a statement showing the subjects in which he desires to be examined.

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

\* A student who is unable to appear in the examination owing to shortage in the prescribed course of lecture in a subject or subjects may be allowed to appear at the following examination, if he makes up the deficiency in the subject concerned by attending lectures at a college admitted to the privilege of the Punjabi University.

In case a candidate could not appear in the house examination owing to unavoidable circumstances or fails to secure the marks indicated above and desires to appear in the University examination as a regular student, the Principal may at his discretion hold a special test for the candidate(s). Such a candidate would be required to obtain at least 33% marks in each of the subject prescribed.

21. The last date by which the Admission Form and fee must reach the Registrar as on the dates notified by the Registrar.
- 22 The medium of examination shall be English or Punjabi. Question papers shall be set both in English and Punjabi languages. Provided that use of English technical terms shall be permissible in setting the question papers as well as in answering the questions.
- 23 The examination shall consist of four parts as under
- |      |    |   |                    |
|------|----|---|--------------------|
| Part | -A | : | Theory             |
| Part | -B | : | Formal activity.   |
| Part | -C | : | Skill and Prowess. |
| Part | -D | : | Teaching practice  |
| Part | -E | : | Project            |
- 24 The minimum number of marks required to pass the examination as under:
- 40% in each paper of Part-A (Theory)
  - 40% in Part-B (Skill & prowess)
  - 40% in Part-C (Formal activity)
  - 40% in Part-D (Teaching Practice)

(e) 40% in Part-E ( Projects)

The grace marks shall be allowed according to the general ordinances relating to “Award of Grace Marks”.

25 The scheme of Examination and syllabus for the course shall be as prescribed by the Academic council from time to time.

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

A candidate placed under reappear shall be allowed a maximum of two subsequent consecutive additional chances to clear the reappear theory paper failing which his result for the examination will be shown as ‘Fail’ and such a candidate will be required to repeat the examination *de-novo*.

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

28. Results : Subject to fulfilment of requirement of House examinations, the attendance requirements and these ordinances there will be no condition of passing papers for promotion from odd semester to even semester in an Academic Session.

A candidate placed under reappear in any paper, will be allowed two chances to clear the reappear, which should be availed 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.

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. 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, provided his reappear of lower semester does not go beyond next semester.

29. The candidate after successfully completing the two year diploma in physical education (D.P.Ed) is eligible for the lateral entry to the B.P.Ed IV year course provided the college should get the permission from NCTE. The admission in lateral entry will be given in third year of the above mentioned class. Further the candidate has to qualify the deficit subjects only after he/she will be declared successful in completing the Bachelor degree in physical education (four year). For the lateral entry only 20% seats will be reserved provided the college has vacant seats in the above said class for lateral entry. The number of seats should not exceed as per the norms of NCTE. The college should send the copy of lateral entry candidates to the controller examination Punjabi university and chairman. Board of studies in physical education, dept of physical education for verification and approval.

**Scheme for B.P.E ( 3year course) Semester System Session 2014- 2015 and 2015-2016**

PART – A	Theory Papers	2700 Marks
PART – B	Skill & Prowess	330 Marks
PART – C	Formal Activity	90 Marks
PART-D	Practice of Teaching	360 Marks
PART - E	Project	100 Marks
Total		3580 Marks

**B.P. E. Part- I ( Semester – I)**

<b>Part-A (Theory)</b>	-	<b>450 (Marks)</b>
<b>Part-B (Activity – Skills and Prowess)</b>	-	<b>60 (Marks)</b>
<b>Part-C ( Formal Activity)</b>	-	<b>30 (Marks)</b>
<b>Total</b>		<b>540(Marks)</b>

**Part-A (Theory)** **450 (Marks)**

Paper	Title of the Subjects with Code	External	Internal	Teaching Hrs
Paper-I	English and Communication Skills	40	10	05 hrs
Paper-II	History of Physical Education	76	24	05 hrs
Paper-III	Foundations of Physical Education	76	24	05 hrs
Paper-IV	General Science	76	24	05 hrs
Paper-V	Health Education	76	24	05 hrs

**Part-B (Skills and Prowess)** **60(Internal)**

**Game**

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Basketball	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
Kabaddi	-do-	10	05 Hrs
Football	-do-	10	05 Hrs

**Athletics**

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Sprints	Teaching of Fundamentals, Rules and	10	05 Hrs



	Regulations and Measurements of Fields		
Long jump	-do-	10	05 Hrs
Discuss throw	-do-	10	05 Hrs

Contents to be covered for games & athletics.

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
  - i) Play area dimensions/track and field.
  - ii) Equipment specifications
  - iii) Rules of the game/track and Field and their interpretation.
  - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

Note : 10 Marks for each game (4 for skill and 6 for proficiency in game situation . )  
Each activity will be continued for 21 working days.

**Part-C (FORMAL ACTIVITY )**

**30 (Marks)**

<b>Practical</b>	<b>Contents of Games and Sports</b>	<b>Internal Assessment</b>	<b>Teaching Hrs</b>
Drill Marching, bands & Fundamental Positions	Teaching of Fundamentals	30	02

**Note: The internal evaluation will be done by a panel of three members appointed by the head of the department.**

**B.P. E. Part- I ( Semester – II)**

<b>Part-A (Theory)</b>	-	<b>450 (Marks)</b>
<b>Part-B (Activity – Skills and Prowess)</b>	-	<b>60 (Marks)</b>
<b>Part-C ( Formal Activity)</b>	-	<b>30 (Marks)</b>
<b>Total</b>		<b>540(Marks)</b>

**Part-A (Theory) 450 (Marks)**

<b>Paper</b>	<b>Title of the Subjects</b>	<b>External</b>	<b>Internal</b>	<b>Teaching Hrs</b>
Paper-VI	English and Communication Skills	40	10	05 Hrs
Paper-VII	Educational Psychology	76	24	05 Hrs
Paper-VIII	Recreation	76	24	05 Hrs
Paper-IX	Punjabi	76	24	05 Hrs
Paper- X	Sports Training	76	24	05 Hrs

**Part-B (Skills and Prowess) 60(Internal)**

**Game**

<b>Practical</b>	<b>Contents of Games and Sports</b>	<b>Internal Assessment</b>	<b>Teaching Hrs</b>
Handball	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
Gymnastics	-do-	10	05 Hrs

Wrestling/table tennis	-do-	10	05 Hrs
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#### Athletics

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Hurdles	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
Triple jump	-do-	10	05 Hrs
Shot put	-do-	10	05 Hrs

Contents to be covered for games & athletics.

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
  - i) Play area dimensions/track and field.
  - ii) Equipment specifications
  - iii) Rules of the game/track and Field and their interpretation.
  - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

Note : 10 Marks for each game (4 for skill and 6 for proficiency in game situation . )  
Each activity will be continued for 21 working days.

#### Part-C (FORMAL ACTIVITY )

**30 (Marks)**

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Calisthenics(Exercise table, Mass P.T, )	Teaching of Fundamentals	30	5 hrs

**Note: The internal evaluation will be done by a panel of three members appointed by the head of the department.**

**B.P. E. Part-II — Semester – III**

<b>Part-A (Theory)</b>	-	<b>450 (Marks)</b>
<b>Part-B (Activity – Skills and Prowess)</b>	-	<b>60 (Marks)</b>
<b>Part-C ( Formal Activity)</b>	-	<b>30 (Marks)</b>
<b>Total</b>		<b>540(Marks)</b>

**Part-A (Theory)** **450 (Marks)**

<b>Paper</b>	<b>Title of the Subjects</b>	<b>External</b>	<b>Internal</b>	<b>Teaching Hrs</b>
Paper-XI	English and Communication Skills	40	10	05 Hrs
Paper-XII	Anatomy and Physiology	76	24	05 Hrs
Paper-XIII	Educational Technology	76	24	05 Hrs
Paper-XIV	Professional Preparation	76	24	05 Hrs
Paper- XV	Officiating and Coaching	76	24	05 Hrs

**Part-B (Skills and Prowess)** **60(Internal)**

**Game**

<b>Practical</b>	<b>Contents of Games and Sports</b>	<b>Internal Assessment</b>	<b>Teaching Hrs</b>
Weight Training	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
Hockey	-do-	10	05 Hrs
Badminton	-do-	10	05 Hrs

#### **Athletics**

<b>Practical</b>	<b>Contents of Games and Sports</b>	<b>Internal Assessment</b>	<b>Teaching Hrs</b>
Middle distance	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
Javelin throw	-do-	10	05 Hrs
High jump	-do-	10	05 Hrs

Contents to be covered for games & athletics.

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
  - i) Play area dimensions/track and field.
  - ii) Equipment specifications
  - iii) Rules of the game/track and Field and their interpretation.

- iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

Note : 10 Marks for each game (4 for skill and 6 for proficiency in game situation . )  
Each activity will be continued for 21 working days.

**Part-C (FORMAL ACTIVITY )**

**30 (Marks)**

Practical	Contents of Games and Sports	Internal Assessment	Teaching Hrs
Dumbell & Lazium	Teaching of Fundamentals	30	02

**Note: The internal evaluation will be done by a panel of three members appointed by the head of the department.**

**B.P. E. Part- II ( Semester – IV)**

<b>Part-A (Theory)</b>	-	<b>450 (Marks)</b>
<b>Part-B (Activity – Skills and Prowess)</b>	-	<b>50 (Marks)</b>
<b>Part-D (Teaching Practice)</b>	-	<b>180 (Marks)</b>
<b>Total</b>		<b>680 (Marks)</b>

**Part-A (Theory)**

**450 (Marks)**

Paper	Title of the Subjects	External	Internal	Teaching Hrs
Paper-XVI	English and Communication Skills	40	10	05 Hrs
Paper-XVII	Punjabi	76	24	05 Hrs
Paper-XVIII	Sports Psychology	76	24	05 Hrs
Paper-XIX	Teaching Methodology in Physical Education	76	24	05 Hrs

Paper- XX	Yoga and Meditation	76	24	05 Hrs
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**Part-B (Skills and Prowess)**

**50(Internal)**

**Game**

<b>Practical</b>	<b>Contents of Games and Sports</b>	<b>Internal Assessment</b>	<b>Teaching Hrs</b>
Volleyball	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
Cricket	-do-	10	05 Hrs
Table tennis	-do-	10	05 Hrs

**Athletics**

<b>Practical</b>	<b>Contents of Games and Sports</b>	<b>Internal Assessment</b>	<b>Teaching Hrs</b>
Relays	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
Hammer throw	-do-	10	05 Hrs

Contents to be covered for games & athletics.

- Historical development of the concerned game/track and field event.
- Main tournaments organized at National and International level.
- Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- Awardees in the game/athletics.
- Books and magazines of the game /track and field.

- f) Officiating.
  - i) Play area dimensions/track and field.
  - ii) Equipment specifications
  - iii) Rules of the game/track and Field and their interpretation.
  - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

Note : 10 Marks for each game (4 for skill and 6 for proficiency in game situation . )  
Each activity will be continued for 21 working days.

**Note: The internal evaluation will be done by a panel of three members appointed by the head of the department.**

**Part-D (Teaching Practice)**

**180 (Marks)**

Paper	Title of the subject	Internal Evaluation	External Evaluation
Teaching Practice	Formal Lesson – 5 lessons	20	40
Teaching Practice	Movement Lesson – 5 lessons	20	40
Teaching Practice	Theory Lesson – 5 lessons	20	40

**Note: The internal evaluation will be done by a panel of three members appointed by the head of the department and external evaluation will be done by external examiner**

**B.P. Ed. Part- III (Semester – V)**

<b>Part-A (Theory)</b>	-	<b>450 (Marks)</b>
<b>Part-B (Activity – Skills and Prowess)</b>	-	<b>50 (Marks)</b>
<b>Part- E (Project)</b>	-	<b>100 (Marks)</b>
<b>Total</b>	-	<b>600(Marks)</b>

**Part-A (Theory)**

**450 (Marks)**

Paper	Title of the Subjects	External	Internal	Teaching Hrs
Paper-XXI	English and Communication Skills	40	10	05 Hrs
Paper-XXII	Kinesiology	76	24	05 Hrs



Paper-XXIII	Sports Management	76	24	05 Hrs
Paper-XXIV	Tests, Measurement and Evaluation	76	24	05 Hrs
Paper-XXV	Punjabi	76	24	05 Hrs

**Part-B (Skills and Prowess)**

**50(Internal)**

**Game**

<b>Practical</b>	<b>Contents of Games and Sports</b>	<b>Internal Assessment</b>	<b>Teaching Hrs</b>
Softball	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
Yoga	-do-	10	05 Hrs
Kho-kho	-do-	10	05 Hrs

**Athletics**

<b>Practical</b>	<b>Contents of Games and Sports</b>	<b>Internal Assessment</b>	<b>Teaching Hrs</b>
Long distance	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
Pole vault	-do-	10	05 Hrs

Contents to be covered for games & athletics.

- Historical development of the concerned game/track and field event.
- Main tournaments organized at National and International level.
- Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- Awardees in the game/athletics.
- Books and magazines of the game /track and field.

- f) Officiating.
  - i) Play area dimensions/track and field.
  - ii) Equipment specifications
  - iii) Rules of the game/track and Field and their interpretation.
  - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

Note : 10 Marks for each game (4 for skill and 6 for proficiency in game situation . )  
Each activity will be continued for 21 working days.

**Note: The internal evaluation will be done by a panel of three members appointed by the head of the department.**

**Part- E (Projects) 100 (Marks)**

<b>Projects</b>	<b>Internal Assessment</b>
Conduct of Athletic meet	20
Conduct of Tournaments (intramural/ extramural)	20
Adventures activities (Picnic/ Trekking /camping/river rafting)	20
Track Marking	20
Heptathlon /decathlon	20

**B.P. Ed. Part- III (Semester – VI)**

<b>Part-A (Theory)</b>	-	<b>450 (Marks)</b>
<b>Part-B (Activity – Skills and Prowess)</b>	-	<b>50 (Marks)</b>
<b>Part- D (Teaching Practice &amp; officiating)</b>	-	<b>180 (Marks)</b>
<b>Total</b>	-	<b>680 (Marks)</b>

<b>Paper</b>	<b>Title of the Subjects</b>	<b>External</b>	<b>Internal</b>	<b>Teaching Hrs</b>
Paper-XXVI	English and Communication Skills	40	10	05 Hrs
Paper-XXVII	Fundamentals of Computer Education	76	24	05 Hrs
Paper-XXVIII	Biomechanics	76	24	05 Hrs
Paper-XXIX	Exercise Physiology	76	24	05 Hrs
Paper-XXX	Sports Journalism	76	24	05 Hrs

**Part-B (Skills and Prowess)**

**50(Internal)**

**Game**

<b>Practical</b>	<b>Contents of Games and Sports</b>	<b>Internal Assessment</b>	<b>Teaching Hrs</b>
Tennis	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
Judo	-do-	10	05 Hrs
Boxing	-do-	10	05 Hrs

**Athletics**

<b>Practical</b>	<b>Contents of Games and Sports</b>	<b>Internal Assessment</b>	<b>Teaching Hrs</b>
Competitive walk	Teaching of Fundamentals, Rules and Regulations and Measurements of Fields	10	05 Hrs
Steeple chase	-Do-	10	

Contents to be covered for games & athletics.

- a) Historical development of the concerned game/track and field event.
- b) Main tournaments organized at National and International level.
- c) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- d) Awardees in the game/athletics.
- e) Books and magazines of the game /track and field.
- f) Officiating.
  - i) Play area dimensions/track and field.
  - ii) Equipment specifications
  - iii) Rules of the game/track and Field and their interpretation.
  - iv) Duties of the concerned officials.
- g) Fundamental skills /Techniques.

Note : 10 Marks for each game (4 for skill and 6 for proficiency in game situation . )  
Each activity will be continued for 21 working days.

**Note: The internal evaluation will be done by a panel of three members appointed by the head of the department.**

**Part-D (Teaching Practice & Officiating)**

**180 (Marks)**

<b>Paper</b>	<b>Title of the subject</b>	<b>Internal Evaluation</b>	<b>External Evaluation</b>
Teaching & Officiating	Game Lesson – 5 lessons	20	70
Teaching & officiating	Athletic Lesson – 5 lessons	20	70

**Note: The internal evaluation will be done by a panel of three members appointed by the head of the department and external evaluation will be done by external examiner.**

**Part-A (Theory)****450 (Marks)**

Paper	Title of the Subjects with Code	External	Internal	Teaching Hrs
Paper-I	English and Communication Skills	40	10	05 hrs
Paper-II	History of Physical Education	76	24	05 hrs
Paper-III	Foundations of Physical Education	76	24	05 hrs
Paper-IV	General Science	76	24	05 hrs
Paper-V	Health Education	76	24	05 hrs

**PAPER- I : ENGLISH AND COMMUNICATION SKILLS**

Duration of the Paper: 03 hours

Maximum marks: 50 Marks

Theory:40Marks

Int.Asst. 10 Marks

**INTSTRUCTION FOR THE CANDIDATES**

Candidates are required to attempt all questions.

Text Book 'Aspect of English Prose' edited by Sh. O.P. Mohan (only first ten Topics. Chapter No. 2 The Faithful Friends, Chapter No. 7 Wemmick's Walworth Sentiments and Chapter No.9 The Open Window are deleted and will not be the part of Syllabus).The candidate will be required to attempt any two questions out of the given four.

Q 1& 2.The questions should be regarding the narration of incidents. Summary of the topic, character sketch of the main characters in the given topic. No critical question should be asked.

2x10 = 20 Marks

Q 3 Essay: five or six topics to be given, out of which three topics should be related to Sports/physical education.

10 Marks

Q 4. Comprehension of passage (from the prescribed text)

10 Marks

**PAPER-II : HISTORY OF PHYSICAL EDUCATION**

Time allowed: 3 Hours

Max Marks: 100

(External: 76, Internal: 24)

## INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

### UNIT-1

- Teacher Education Programmes in Physical Education offered in Indian Institutions:** YMCA Madras, LNIPE Gwalior, Christian College of Physical Education, Lucknow, HVPM Amaravati, **Panjab University, Chandigarh and its Affiliated Colleges**, Government College of Physical Education, Patiala.
- Sports Authority of India its Scope and Functions.**
- Contribution of Indian leaders in the field of Physical Education and Sports :** Sh. H.C. Buck, Prof. D.G. Wakharkar, Dr. P.M. Joseph, Dr. J.P. Thomas, Prof. S.R. Mahindroo, Prof. Karan Singh and Prof. Ajmer Singh.
- Physical Education and Sports in Ancient India;** Vedic Period, Epic Period, Buddhist Period, Rajput Period, Mughal Period and British Period.

### UNIT-II

- Physical Education and Sports in India after Independence:** Contribution of Akhadas and Vyayamshalas, Association of Indian Universities (AIU)-its role in the development and promotion of games and sports in the affiliated Universities and Colleges of the country, Raj Kumari Amrit Kaur Coaching Scheme (1953), Central Advisory Board of Physical Education and Recreation (1954), All India Council of Sports – 1954, National Plan of Physical Education and Recreation- 1956, Adhoc Enquiry Committee – 1958, Kaul Kapoor Committee, National Fitness Corps – 1959, Netaji Subhas National Institute of Sports (NSNIS)-1961, National Sports Organisation / Association, Recommendation of Education Commission (Kothari Commission) 1964-66, Panchyat Yuva Krida aur Khel Abhiyan- National Rural Sports Programme-2009, National Playing Fields Association of India(NPFAI)-2009 and Accountability of National Sports Federations(NSFs)-2010.
- Olympic games :** Ancient Olympic Games and Modern Olympic Games; and India.
- Asian Games and Commonwealth Games; and India
- Afro Asian Games and S.A.F. Games; and India
- National School Games and SGFI and National Games.
- National Sports Awards :**(Rajiv Khel Ratna Award, Arjuna Award, Darohnacharya Award, Dhyani Chand Award Maharaja Ranjit award and Maulana Abul Kalam Azad Trophy).

### REFERENCE BOOKS:

- Don Marrow, “Sports History” (2006) Human Kinetic Publisher inc.
- Lal, D.C. “History of Physical Education and Sports” (2006) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Mishra, Sharad “Reading in Physical Education and Sports”(2006) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Singh Ajmer and et al, “Essential of Physical Education” (2010) Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.

- Tirunaryanan & S. Harisharasarma, (1998) “An Analytical History of Physical Education”.  
Eraz Ahmed Khan, “History of Physical Education” (1964)

### PAPER-III: FOUNDATIONS OF PHYSICAL EDUCATION

Time allowed: 3 Hours

Max Marks: 100

(External: 76, Internal: 24)

#### INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

#### UNIT-1

- Definition of Terms:** Physical Education, Physical Training, Physical Culture, Teaching and Coaching. Meaning, aim, objectives and scope of Physical Education and Contribution of Physical Education to Education.
- Objectives of physical education at different levels of Education:** (i)Elementary Education. (ii)Primary Education. (iii)Secondary Education and (iv)Higher Education
- Philosophies:** Meaning and nature of Educational Philosophies (Naturalism, Idealism, Pragmatism, Realism, Existentialism) and their application to physical education.
- Evolution of games and sports:** Games and Sports as man’s cultural heritage.
- Role of Physical Education in context to social problems:** unemployment, youth unrest, drugs, and health related problems.

#### UNIT-II

- Evolution of man:** biped position, its advantages and disadvantages, Activities as the physical basis of life.
- Body Types:** meaning, types and their implication in Physical Education and Sports.
- Sex differences:** sex differences on account of chronological age, anatomical age, physiological age and mental age and their implication in Physical activities and sports.
- Theories of learning:** traditional and modern and their complications to the field of Physical Education
- Play:** meaning, definition, theories of Play and their implications in the promotion of sports.
- Economy, politics and sports:** Role of economy and national and international politics in the promotion of Physical Education and Sports.

#### REFERENCE BOOKS:

- Singh Ajmer and et al, “Essential of physical Education” (2007) 3<sup>rd</sup> edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.

- Gupta, A.K. and Narang, Priyanka “Facts and Foundation in Physical Education” (2006-07) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Vaidhya, Rajesh “Principles of Physical Education” (2006) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Sharma, Sita Ram “Sociological Foundation in Physical Education and Sports”(2004) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
- Bucher A Charles and Wuest Deborah A , “Foundation of Physical Education and Sports” (1998) 10<sup>th</sup> edition St. Louis Times Mirror, Mosby College Publishing.

#### PAPER-IV: GENERAL SCIENCE

Time allowed: 3 Hours

Max Marks: 100

(External: 76, Internal: 24)

#### INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

#### UNIT I

- Life:-** Living and non-living things, their differences, Cells-differences between plants and animals, Interdependence of plants and animals, Reproduction in plants and animals. Sexual, asexual Budding and Vegetative propagation, germination, its conditions , irritability, organic evolution and its proofs.
- Air:-** Properties of air, uses of air, atmospheric pressure, composition of air,
- Water:-** Natural water-sources, mineral water, drinking water, physical and chemical properties of water, purification of water, hard and soft water, causes of hardness and their removal, harms of hard water, Archimedes is principles.
- Matter:** Matter, Atom, Molecule, Element, Compound, Mixture, Acid, Base and Salt.
- Metals and Non-Metals:-**Definitions of metal and non metals. Distinction between them and their general physical properties.
- Alloys:-**Definition, alloys of iron, copper and aluminium
- Sulphur:-**Three kinds of sulphur, properties and uses.
- Phosphorus:** Three kinds of phosphorus, properties and uses.

#### UNIT II

- Nutrition's:-**Balance diet, its components, their sources and functions.
- Properties of Gases:** Oxygen, Hydrogen, Carbon-dioxide- occurrence, preparation , properties and uses.
- Heat:-**Sources, Transmission of heat-conduction, convection and radiation, Specific heat, Thermal capacity and latent heat.
- Expansion:-**Linear superficial and Cubical. Processes of melting, boiling and Evaporation.
- Light:-**Luminous, Non-luminous, Transparent and translucent bodies. Refractive index.



6. **Magnetism and Electricity**:-Magnet and their properties, Static electricity, charge current, Electrostatic field, Gold Leaf electroscope. Its functioning and uses, leclenche cell, dry cell, Electric terms-volt, Ampere, Resistance, Ohm ,AC,DC.
7. **Lever**:-Different types of lever and their mechanical advantages.
8. **Equilibrium**:-Types and principles of equilibrium and stability.
9. **Motion**:Type of motion, Newton's law of motion, Linear and angular acceleration speed and velocity

## PAPER-V: HEALTH EDUCATION

Time allowed: 3 Hours

Max Marks: 100

(External: 76, Internal: 24)

### INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. ( $2 \times 14 = 28$  Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. ( $12 \times 4 = 48$  Marks)

### UNIT-I

1. **Health**: Concept and meaning of Health.
2. **Health education**: Concept, meaning, definition, and scope of Health Education, Principles and practice of health education, Planning and evaluation in health education programmes.
3. **Health services**: Organisation and administrative set up of health services in India.
4. **Disease**: Meaning of a disease, diseases cycle, epidemiological trials, modes of disease transmission, immunity.
5. **Health Problem in India**: Problems related to communicable diseases: (HIV- AIDs, Hepatitis, Malaria, Rabies and Tetanus)

### UNIT-II

1. **Hygiene**: The concept of hygiene and personal hygiene care of skin, mouth, nails, clothing and bathing etc. importance of rest, sleep and exercise.
2. **Community Health**: Brief account of housing water supply, sewerage and refuse disposal.
3. **School Health Service**: History, School Health Problems. Health appraisal, healthful school environment, nutritional services, mental health, school health, school health records, safety measures in the playfields – first aid and emergency care.
4. **Nutrition** : Meaning and definition of food, nutrition and balanced diet, constituent of balance diet, its functions and sources, daily energy requirements for different sports and games, eating before, during and after competition and Water loading.

### **REFERENCE BOOKS:**

1. Singh Ajmer and et al, “Essential of physical Education” (2007) 3<sup>rd</sup> edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.
2. Pandey, P.K. and Gongopadhay, S. R. “Health Education for School Children”, Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
3. Park, J.E. and Park , K. “Text Book of Preventive and Social Medicine”, (1985) Bnasidar Bhanot , Publisher, Jabalpur-1985
4. Park, J.E. and Park , K, “Text Book of Community Health for Nurses”, (1982) Asrani Publisher, Jabalpur

### **B.P. E. Part- I ( Semester – II)**

**Part-A (Theory)**

**450 (Marks)**

<b>Paper</b>	<b>Title of the Subjects</b>	<b>External</b>	<b>Internal</b>	<b>Teaching Hrs</b>
Paper-VI	English and Communication Skills	40	10	05 Hrs
Paper-VII	Educational Psychology	76	24	05 Hrs
Paper-VIII	Recreation	76	24	05 Hrs
Paper-IX	Punjabi	76	24	05 Hrs
Paper- X	Sports Training	76	24	05 Hrs

### **PAPER- VI: ENGLISH AND COMMUNICATION SKILLS**

Duration of the Paper: 03 hours

Maximum marks: 50 Marks

Theory:40 Marks

Int.Asst. 10Marks

#### **INTSTRUCTION FOR THE CANDIDATES**

Candidates are required to attempt all questions.

- Q 1. Translation from vernacular to English.  
(Foreign scholars are permitted to write a paragraph in lieu of translation )  
10 Marks
- Q 2. Idioms/Phrases out of the prescribed topic of the text book. (10 to be attempted out of given15 )  
10 Marks
- Q3. Letter Writing for Fee Concession, Request for Hostel Accommodation, Leave Application. (Any Other suitable related to New-Comer's entering College)  
10 Marks
- Q4. Writing of Précis. A Paragraph to be given out of the Prescribed text.  
10 Marks

**NOTE: Difficult words, Expressions should not be asked.**

### **PAPER-VII: EDUCATIONAL PSYCHOLOGY**

Time allowed: 3 Hours

Max Marks: 100

(External: 76, Internal: 24)

## INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- There shall be **nine** questions in all.
- First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. ( $2 \times 14 = 28$  Marks)
- Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. ( $12 \times 4 = 48$  Marks)

### UNIT-1

- Psychology and Educational Psychology.** Historical Development of Educational Psychology. Meaning, Definition, Nature and Scope of Educational Psychology, Importance of Educational Psychology for the teacher.
- Methods of Studying Human Behaviour:** Introspection, Observation, Experimental, Survey, Clinical and Case Study methods.
- Growth and Development** :Meaning of growth and development, Nature of growth and development, Distinction between growth and development, Stages of growth and development., Principles of growth and development and their educational implications. Factors affecting growth and development.
- Adolescence Education-** Meaning, objectives; need for adolescence education and the role of the institution in adolescence education. Skill development in adolescence education – Adolescence Reproductive and Sexual Health (ARSH) skills and skills for the teachers.

### Unit-II

- Learning:** Learning: Meaning, Definition and Nature of Learning, Factors Affecting Learning. Principles of Learning, Laws and Associated Laws of learning given by Thorndike.
- Individual Differences:** Meaning, Definitions and Areas, Determinants and their roles in generating individual differences, Educational implications and provisions for individual differences in the educational institutions.
- Transfer of Training:** Meaning and Definitions, Factors affecting transfer of training. Educational implications of transfer of training.

### REFERENCE BOOKS:

- Gangopadhyaya, S. R. "Sports Psychology", (2007) Sports Publication G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Singh Ajmer and et al, "Essential of physical Education" (2007) 3<sup>rd</sup> edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.
- K. K. Bhatia and et al, "Advance Educational Psychology of Teaching" Learning Process" (2005)
- Mangal S.K. "Advance Educational Psychology" (2004)
- Dweey John, "Psychology"(1998) Khel Sahitya Kendra, New Delhi 1998
- Mathur, S.S. "Educational Psychology" (1994) Vinod Pustak Mandir Agra.

### PAPER-VIII: RECREATION

Time allowed: 3 Hours

Max Marks: 100

(External: 76, Internal: 24)

## INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. (2×14 = 28 Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. (12×4= 48 Marks)

### UNIT-1

1. **Introduction to Recreation:** Meaning, definition, aim, objective, scope and characteristics of recreation, importance /significance of recreation, types of recreation, Philosophy and Principles of Recreation.
2. **Recreational Programmes:** Criteria and Principles of selecting recreational programmes., Recreational Programmes., Indoor and outdoor activities, Water sports activities, Cultural activities,
3. **Literary activities:** Nature and outing, Social events, Adventure activities.

### UNIT-II

1. **Play:** Meaning and definition of play, aim, objective and significance of play, various theories of play, the significance of study of theories of play for the teacher of Physical Education.
2. **Camping:** Meaning, aim and objective of the camp, Need and importance of the camp, Types of camp, Uses of camping/outdoor activities, Organization and administration of camping, Selection and layout of the camp site, Camp programme, Agencies promoting camp, Educational values of camp.
3. **Leadership Training:** Meaning and definition of a leader and leadership, Characteristics of leader, Types of leaders, Qualification and qualities of leader, Need and importance of leadership in physical education.

### REFERENCE BOOKS:

- Singh Ajmer and et al, “Essential of physical Education” (2007) 3<sup>rd</sup> edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.
- Thour, Mandeep “Camping Management in Physical Education”(2006) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
- Jain, Deepak “Physical Education and Recreational Activities”(2002) Khel Sahitya Kendra, New Delhi.
- Dutta, A.K. “Games and Sports for Children” (2004)1<sup>st</sup> edition - Janvani Prakashan Pvt. Ltd. 30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032

**ਬੀ.ਪੀ.ਐੱਡ. (ਚਾਰ ਸਾਲਾ) ਭਾਗ ਪਹਿਲਾ**  
**(ਪੰਜਾਬੀ ਲਾਜ਼ਮੀ)**  
**2015, 2016 ਅਤੇ 2017 ਪਰੀਖਿਆਵਾਂ ਲਈ**

**ਕੁੱਲ ਅੰਕ : 100**

**ਅੰਦਰੂਨੀ ਮੁਲਾਂਕਣ : 24 ਅੰਕ**

**ਬਾਹਰੀ ਪਰੀਖਿਆ : 76 ਅੰਕ**

**ਸਮਾਂ : 3 ਘੰਟੇ**

**(ਅਧਿਆਪਨ: 6 ਪੀਰੀਅਡ ਪ੍ਰਤੀ ਹਫ਼ਤਾ)**

**ਸਿਲੇਬਸ ਤੇ ਪਾਠ ਪੁਸਤਕਾਂ**

ਭਾਗ ਓ (1) **ਹਾਣੀ** (ਨਾਵਲ) ਜਸਵੰਤ ਸਿੰਘ ਕੰਵਲ।

(2) **ਚੋਣਵੇਂ ਪੰਜਾਬੀ ਨਿਬੰਧ**, ਸੰਪਾ. ਡਾ. ਜੋਗਿੰਦਰ ਸਿੰਘ ਪੁਆਰ, ਡਾ. ਪਰਮਜੀਤ ਸਿੰਘ ਸਿੱਧੂ, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ ਪਟਿਆਲਾ

ਭਾਗ-ਅ (1) ਵਪਾਰਕ ਪੱਤਰ।

(2) **ਵਿਆਕਰਣ:**

i) ਪੰਜਾਬੀ ਧੁਨੀ-ਵਿਉਂਤ, ਸਵਰ, ਵਿਅੰਜਨ, ਉਚਾਰਨ ਅੰਗ, ਉਚਾਰਨ ਸਥਾਨ ਤੇ ਉਚਾਰਨ ਵਿਧੀ ਅਨੁਸਾਰ ਧੁਨੀਆਂ ਦਾ ਵਰਗੀਕਰਨ।

ii) ਸ਼ਬਦ-ਸ਼੍ਰੇਣੀਆਂ ਅਤੇ ਰੂਪਾਂਤਰਨ: ਨਾਂਵ, ਪੜਨਾਂਵ, ਵਿਸ਼ੇਸ਼ਣ, ਕਿਰਿਆ, ਕਿਰਿਆ ਵਿਸ਼ੇਸ਼ਣ, ਸਬੰਧਕ, ਯੋਜਕ ਪ੍ਰਸ਼ਨ ਸੂਚਕ ਸ਼ਬਦ।

iii) ਸ਼ਬਦ-ਬਣਤਰ ਅਤੇ ਸ਼ਬਦ ਰਚਨਾ: ਪਰਿਭਾਸ਼ਾ, ਮੁੱਢਲੇ ਸੰਕਲਪ, ਮੂਲ ਰੂਪ, ਅਗੇਤਰ, ਪਛੇਤਰ, ਵਿਉਂਤਪਤ ਰੂਪ ਅਤੇ ਰੂਪਾਂਤਰੀ ਰੂਪ।

iv) ਭਾਸ਼ਾ-ਵੰਨਗੀਆਂ: ਭਾਸ਼ਾ ਦਾ ਟਕਸਾਲੀ ਰੂਪ, ਭਾਸ਼ਾ ਅਤੇ ਉਪ ਭਾਸ਼ਾ ਦਾ ਅੰਤਰ ਅਤੇ ਅੰਤਰ-ਸਬੰਧ, ਪੰਜਾਬੀ ਉਪ-ਭਾਸ਼ਾਵਾਂ ਤੇ ਪਛਾਣ ਚਿੰਨ੍ਹ।

ਭਾਗ-ੲ: ਭਾਗ-ੳ ਅਤੇ ਭਾਗ-ਅ ਦੇ ਵਿਆਕਰਣ ਵਾਲੇ ਭਾਗ ਵਿੱਚੋਂ ਸੰਖੇਪ ਉੱਤਰਾਂ ਵਾਲੇ ਪ੍ਰਸ਼ਨ।

**ਅੰਕ ਵੰਡ ਤੇ ਪੇਪਰ ਸੈਟਰ ਲਈ ਹਦਾਇਤਾਂ**

1. ਸਿਲੇਬਸ ਦੇ ਸਾਰੇ ਭਾਗਾਂ ਵਿੱਚੋਂ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।

2. ਪੇਪਰ ਨੂੰ ਤਿੰਨ ਭਾਗਾਂ ਓ, ਅ ਅਤੇ ਏ ਵਿੱਚ ਵੰਡਿਆ ਜਾਵੇਗਾ।

3. ਭਾਗ ਓ ਵਿੱਚੋਂ:

(i) ਨਾਵਲ ਦਾ ਵਿਸ਼ਾ/ਕਥਾਨਕ/ਪਾਤਰ ਚਿਤਰਨ/ਲੇਖਕ ਦਾ ਯੋਗਦਾਨ। (ਤਿੰਨ ਵਿੱਚੋਂ ਇੱਕ 12 ਅੰਕ)

(ii) ਨਿਬੰਧ ਦਾ ਵਿਸ਼ਾ/ਸਾਰ/ਲੇਖਕ ਦਾ ਯੋਗਦਾਨ। (ਤਿੰਨ ਵਿੱਚੋਂ ਇੱਕ 12 ਅੰਕ)

4. ਭਾਗ ਅ- 1 ਕਿਸੇ ਵਿਸ਼ੇ ਤੇ ਪੱਤਰ ਲਿਖਣ ਲਈ ਕਿਹਾ ਜਾਵੇਗਾ। (ਤਿੰਨ ਵਿੱਚੋਂ ਇੱਕ 10 ਅੰਕ)

5. ਭਾਗ ਅ- 2 ਵਿਆਕਰਣ ਸਬੰਧੀ ਵਰਣਾਤਮਕ ਪ੍ਰਸ਼ਨ। (ਤਿੰਨ ਵਿੱਚੋਂ ਇੱਕ 12 ਅੰਕ)

5. ਭਾਗ-ੲ ਪਾਠ ਪੁਸਤਕਾਂ ਹਾਣੀ, ਚੋਣਵੇਂ ਨਿਬੰਧ ਅਤੇ ਵਿਆਕਰਣ ਵਾਲੇ ਭਾਗ ਵਿੱਚੋਂ ਸੰਖੇਪ ਉੱਤਰਾਂ ਵਾਲੇ 5-5 (ਕੁੱਲ 15) ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ। ਵਿਦਿਆਰਥੀ ਨੇ ਸਾਰੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਸੰਖੇਪ ਉੱਤਰ ਦੇਣੇ ਹੋਣਗੇ। ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 2 ਅੰਕ ਹੋਣਗੇ।  $15 \times 2 = 30$  ਅੰਕ

**ਸਹਾਇਕ ਪਾਠ ਸਮੱਗਰੀ**

1. ਹਰਕੀਰਤ ਸਿੰਘ, ਭਾਸ਼ਾ ਵਿਗਿਆਨ ਅਤੇ ਪੰਜਾਬੀ ਭਾਸ਼ਾ, ਬਾਹਰੀ ਪਬਲਿਸ਼ਰਜ਼, ਦਿੱਲੀ, 1973.

2. ਬਲਦੇਵ ਸਿੰਘ ਚੀਮਾ, ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿਗਿਆਨ ਅਤੇ ਵਿਆਕਰਨ (ਤਕਨੀਕੀ ਸ਼ਬਦਾਵਲੀ ਦਾ ਵਿਸ਼ਾ ਕੋਸ਼), ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ, 2000.

### ਸਹਾਇਕ ਪਾਠ ਸਮੱਗਰੀ

1. ਭਾਸ਼ਾ ਵਿਗਿਆਨ: ਸੰਕਲਪ ਤੇ ਦਿਸ਼ਾਵਾਂ, ਸੰਪਾ. ਡਾ. ਜੋਗਿੰਦਰ ਸਿੰਘ ਪੁਆਰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ, ਅਕਾਦਮੀ ਜਲੰਧਰ (ਸਾਲ- )
2. ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿਗਿਆਨ ਭਾਗ I,II,III ਡਾ.ਜੋਗਿੰਦਰ ਸਿੰਘ ਪੁਆਰ ਅਤੇ ਹੋਰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ, ਅਕਾਦਮੀ ਜਲੰਧਰ(ਸਾਲ- )
3. ਸਿਧਾਂਤਕ ਭਾਸ਼ਾ ਦਾ ਵਿਆਕਰਨ, ਡਾ. ਪ੍ਰੇਮ ਪ੍ਰਕਾਸ਼ ਸਿੰਘ ਧਾਲੀਵਾਲ, ਪੰਜਾਬ ਪ੍ਰਕਾਸ਼ਨ, ਚੰਡੀਗੜ੍ਹ,
4. ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿਗਿਆਨ, ਦੁਨੀ ਚੰਦ, ਪੰਜਾਬ ਯੂਨੀਵਰਸਿਟੀ, ਚੰਡੀਗੜ੍ਹ,
5. ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿਗਿਆਨ, ਡਾ. ਸੁਖਵਿੰਦਰ ਸਿੰਘ ਸੰਘਾ, ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਅਕਾਦਮੀ, ਜਲੰਧਰ,
6. ਭਾਸ਼ਾ ਵਿਗਿਆਨ ਅਤੇ ਵਿਆਕਰਨ (ਤਕਨੀਕੀ ਸ਼ਬਦਾਵਲੀ ਦਾ ਵਿਸ਼ਵਕੋਸ਼) ਡਾ. ਬਲਦੇਵ ਸਿੰਘ ਚੀਮਾ, ਪਬਲੀਕੇਸ਼ਨ ਬਿਓਰੋ, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ,
7. ਪੰਜਾਬੀ ਵਾਕ ਪ੍ਰਬੰਧ:ਬਣਤਰ ਅਤੇ ਕਾਰਜ-ਡਾ.ਬਲਦੇਵ ਸਿੰਘ ਚੀਮਾ, ਪਬਲੀਕੇਸ਼ਨ ਬਿਓਰੋ, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ

**ਪੰਜਾਬੀ ਲਾਜ਼ਮੀ (ਮੁੱਢਲਾ ਗਿਆਨ) ਭਾਗ-ਪਹਿਲਾ**  
**2014-15, 2015-16 ਅਤੇ 2016-17 ਸੈਸ਼ਨ ਲਈ**  
**ਸਮੈਸਟਰ ਦੂਜਾ**

ਕੁੱਲ ਅੰਕ : 100  
ਅੰਦਰੂਨੀ ਮੁਲਾਂਕਣ : 24 ਅੰਕ  
ਬਾਹਰੀ ਪਰੀਖਿਆ : 76 ਅੰਕ  
ਸਮਾਂ : 3 ਘੰਟੇ

(ਅਧਿਆਪਨ: 6 ਪੀਰੀਅਡ ਪ੍ਰਤੀ ਹਫ਼ਤਾ)

**ਭਾਗ ਓ (1). ਗੁਰਮੁਖੀ ਵਰਣਮਾਲਾ ਤੇ ਲੇਖਣ-ਪ੍ਰਬੰਧ**

- (ੳ) ਅੱਖਰ ਸਿੱਖਿਆ: ਤਰਤੀਬਵਾਰ ਤੇ ਭੁਲਾਵੇਂ ਅੱਖਰ।
- (ਅ) ਅੱਖਰ ਬਣਤਰ: ਅੱਖਰ ਰੂਪ ਤੇ ਲੇਖਣ ਦੇ ਨਿਯਮ।

10 ਅੰਕ

**(2). ਗੁਰਮੁਖੀ ਅੱਖਰ ਤੇ ਪੰਜਾਬੀ ਧੁਨੀਆਂ ਦਾ ਪ੍ਰਬੰਧ**

- (ੳ) ਸਵਰ ਤੇ ਵਿਅੰਜਨ: ਵਰਗੀਕਰਨ ਦੇ ਸਿਧਾਂਤ ਤੇ ਉਚਾਰਨ।
- (ਅ) ਸਵਰ ਸੂਚਕ ਅੱਖਰਾਂ ਤੇ ਧੁਨੀਆਂ ਦੀ ਪਛਾਣ ਤੇ ਵਰਤੋਂ।
- (ੲ) ਵਿਅੰਜਨ ਸੂਚਕ ਅੱਖਰਾਂ ਤੇ ਧੁਨੀਆਂ ਦੀ ਪਛਾਣ ਤੇ ਵਰਤੋਂ।
- (ਸ) ਲਗਾਂ-ਮਾਤਰਾਂ ਦੀ ਪਛਾਣ ਤੇ ਵਰਤੋਂ।
- (ਹ) ਲਗਾਖਰਾਂ ਦੀ ਪਛਾਣ।

10 ਅੰਕ

**ਭਾਗ ਅ (1). ਲਿਪੀ ਦੇ ਅੱਖਰਾਂ ਦੀ ਵਰਤੋਂ ਦੇ ਨਿਯਮ**

- (ੳ) ਪੂਰੇ ਤੇ ਅੱਧੇ ਅੱਖਰਾਂ ਦੀ ਪਛਾਣ ਤੇ ਵਰਤੋਂ।
- (ਅ) ਸਵਰ ਸੂਚਕ ਅੱਖਰਾਂ ਦੀ ਪਛਾਣ ਤੇ ਵਰਤੋਂ।
- (ੲ) ਸਵਰ ਵਾਹਕਾਂ ਦੀ ਪਛਾਣ ਤੇ ਵਰਤੋਂ।
- (ਸ) ਮਾਤਰਾ ਤੇ ਸਵਰ ਵਾਹਕਾਂ ਦੀ ਸਾਂਝੀ ਵਰਤੋਂ।
- (ਹ) ਮਾਤਰਾ ਦੀ ਵਿਅੰਜਨ ਸੂਚਕਾਂ ਨਾਲ ਵਰਤੋਂ।

10 ਅੰਕ

**(2) ਪੰਜਾਬੀ ਸ਼ਬਦਾਵਲੀ ਨਾਲ ਜਾਣ ਪਛਾਣ**

- (ੳ) ਗਿਣਤੀ
- (ਅ) ਹਫ਼ਤੇ ਦੇ ਦਿਨ
- (ੲ) ਮਹੀਨਿਆਂ ਦੇ ਦਿਨ
- (ਸ) ਰੰਗਾਂ ਦੇ ਨਾਂ
- (ਹ) ਫਲਾਂ-ਸਬਜ਼ੀਆਂ ਦੇ ਨਾਂ
- (ਕ) ਪਸ਼ੂ-ਪੰਛੀਆਂ ਦੇ ਨਾਂ
- (ਖ) ਪੰਜਾਬੀ ਰਿਸ਼ਤਾ-ਨਾਤਾ ਪ੍ਰਬੰਧ ਦੀ ਸ਼ਬਦਾਵਲੀ
- (ਗ) ਘਰੇਲੂ ਵਸਤਾਂ ਦੀ ਸ਼ਬਦਾਵਲੀ

16 ਅੰਕ

**ਭਾਗ-ੲ ਸਾਰੇ ਸਿਲੇਬਸ ਤੇ ਆਧਾਰਤ ਆਬਜੈਕਟਿਵ ਟਾਈਪ ਪ੍ਰਸ਼ਨ।**

30x1=30 ਅੰਕ

**ਅੰਕ ਵੰਡ ਤੇ ਪੇਪਰ ਸੈਟਰ ਲਈ ਹਦਾਇਤਾਂ**



1. ਵਿਦਿਆਰਥੀ ਪਹਿਲੀ ਵਾਰ ਗੁਰਮੁਖੀ ਲਿਪੀ ਸਿੱਖ ਰਹੇ ਹਨ। ਹੋ ਸਕਦਾ ਹੈ ਕਿ ਵਿਦਿਆਰਥੀ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਤੋਂ ਅਨਜਾਣ ਹੋਣ। ਸੋ ਪ੍ਰਸ਼ਨਾਂ ਦਾ ਪੱਧਰ ਵਿਦਿਆਰਥੀ ਦੀ ਸੀਮਾ ਨੂੰ ਧਿਆਨ ਵਿੱਚ ਰੱਖ ਕੇ ਨਿਸ਼ਚਤ ਕੀਤਾ ਜਾਵੇ।
2. ਸਾਰੇ ਭਾਗਾਂ ਵਿੱਚੋਂ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣ।
3. ਸਰਲ ਤੇ ਸਪਸ਼ਟ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣ।
4. ਵਰਣਾਤਮਕ ਪ੍ਰਸ਼ਨ ਨਾ ਪੁੱਛੇ ਜਾਣ।
5. ਵਿਦਿਆਰਥੀ ਨੂੰ ਲਿਪੀ ਦਾ ਬੋਧ ਕਰਵਾਉਣ ਲਈ ਧੁਨੀਆਂ, ਲਿਪੀ ਚਿੰਨ੍ਹਾਂ ਦੀ ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ ਸਬੰਧੀ ਸੰਖੇਪ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣ। ਲੋੜ ਅਨੁਸਾਰ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਛੋਟ ਜਾਂ ਚੋਣ ਦੇਣੀ ਲਾਜ਼ਮੀ ਹੈ।
6. ਪੰਜਾਬੀ ਸ਼ਬਦਾਵਲੀ ਦੇ ਸਾਰੇ ਭਾਗਾਂ ਵਿੱਚੋਂ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣ। ਲੋੜ ਅਨੁਸਾਰ ਚੋਣ ਅਤੇ ਛੋਟ ਦਿੱਤੀ ਜਾਵੇ।

#### ਸਹਾਇਕ ਪਾਠ ਸਮੱਗਰੀ

1. ਸਤਿਨਾਮ ਸਿੰਘ ਸੰਧੂ, ਆਓ ਪੰਜਾਬੀ ਸਿਖੀਏ, ਪਬਲੀਕੇਸ਼ਨ ਬਿਊਰੋ, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ, 2009. (ਹਿੰਦੀ ਤੋਂ ਪੰਜਾਬੀ ਸਿੱਖਣ ਲਈ)
2. ਸਤਿਨਾਮ ਸਿੰਘ ਸੰਧੂ, ਗੁਰਮੁਖੀ ਸਿੱਖੋ, ਪਬਲੀਕੇਸ਼ਨ ਬਿਊਰੋ, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ, 2011. (ਅੰਗਰੇਜ਼ੀ ਤੋਂ ਪੰਜਾਬੀ ਸਿੱਖਣ ਲਈ)
3. ਸੀਤਾ ਰਾਮ ਬਾਹਰੀ, ਪੰਜਾਬੀ ਸਿਖੀਏ, ਪਬਲੀਕੇਸ਼ਨ ਬਿਊਰੋ, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ, 2002. (ਹਿੰਦੀ)
4. ਰਾਜਵਿੰਦਰ ਸਿੰਘ, ਪੰਜਾਬੀ ਗਿਆਨ ਸੀ.ਡੀ. (ਕੰਪਿਊਟਰ ਐਪਲੀਕੇਸ਼ਨ ਟੂ-ਲਰਨ ਐਂਡ ਟੀਚ ਪੰਜਾਬੀ), ਪਬਲੀਕੇਸ਼ਨ ਬਿਊਰੋ, ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ, 2011.
5. Hardev Bahri, Teach Yourself Punjabi, Publication Bureau, Punjabi University, Patiala 2011.
6. Henry A. Gleason and Harjeet Singh Gill, A Start in Punjabi, Publication Bureau, Punjabi University, Patiala 1997.
7. Ujjal Singh Bahri and Paramjit Singh Walia, Introductory Punjabi, Publication Bureau, Punjabi University, Patiala 2003.

## PAPER-X: SPORTS TRAINING

Time allowed: 3 Hours

Max Marks: 100

(External: 76, Internal: 24)

### INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

- a) There shall be **nine** questions in all.
- b) First question is **compulsory**. It will contain **14** short answer type questions, spread over the whole syllabus to be answered in brief. It will carry **28 marks** i.e., two marks each question. All questions are compulsory. ( $2 \times 14 = 28$  Marks)
- c) Rest of the paper shall contain two units for descriptive questions. Each unit shall have **four** questions and the students shall be given internal choice i.e. the students shall attempt **two** question from each unit. ( $12 \times 4 = 48$  Marks)

### UNIT-1

1. **Sports Training:** History of Science of Sports Training, Meaning, definition, aim, objectives and characteristics of sports training and conditioning, Functions and subject matter of science of sports training.
2. **Training Load:** types. Structure of training load. Principles of training load. Principles of Intensity and volume.
3. **Adaptation and Acclimatization :** meaning, process and planning.
4. **Periodisation:** Meaning and its types.
5. **Physical Fitness:** Meaning of physical fitness; Components of physical fitness; means and methods of its development.

### UNIT-II

6. **Motor Fitness:** Meaning of motor fitness; Components of motor fitness; means and methods of its development.
7. **Warming-up and Limbering down:** meaning, their benefits and precautions.
8. **Training Methods:** Continuous Running / Training, Interval Training, Fartlek Running / Training, Circuit, Alternate, Weight Training, Plyometrics, Cross training.
9. **Identification of Talent:** Pre-requisites and conditions for developing suitable young athlete, principles of early recognition of athletic talent, basic factors determining performance and important indicators to determine athlete's aptitude.
10. **Long Term Training:** meaning, aim and characteristics.

### REFERENCE BOOKS :

- Ronald P. Feigner "Concept of Athletic Training", (2002) Jones and Bartlett Publishers.
- Bean, Anita "The Complete Guide to Sports Nutrition : How to eat for maximum Performance", (2000) 3<sup>rd</sup> Edition, Published by A & C Black Ltd. London.
- Baechle, Thomas R. and Earle Roger W. "Essential Strength Training and Conditioning", (2000) Human Kinetic Publisher inc. USA.

- Singh, Hardyial “Science of Sports Training”, (1991) D.V.S. Publication New Delhi– 1991.
- Singh, Hardyial “Scientific Approach of Sports Training”, (1991) D.V.S. Publication New Delhi.