

**ORDINANCE AND OUTLINE OF TESTS SYLLABI AND COURSES OF READING
FOR
DIPLOMA IN PHYSICAL EDUCATION (D.P.ED) TWO YEAR COURSE
PART-II
(2013, 2014 & 2015)**

1. An examination for the Diploma course in physical education (D.P.Ed. two year) Part- II shall be held in two parts to be known as Part-I and Part-II and shall be held annually in the month of April or on supplementary examination for candidates placed under reappear shall be held in the month of September or on such other dates as may be fixed by the Academic Council.

2 . (A) The Second year examination shall be open to any candidates who

(i) Has been enrolled in a college admitted to the privileges of the university in the faculty of education and information science for the D.P.Ed. Part II course during the academic year preceding the examination.

(ii) Has passed D.P.Ed Part -I examination from the Punjabi University or any other affiliated colleges of Punjabi University as equivalent to.

(iii) Has his name submitted to the Registrar by the Principal of the college, he has most recently attended; and produces the following certificates:

- a) Off good character
- b) 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 in each activity Provided that a deficiency in attendances may be condoned for special reason as per rules made by the university from time to time.
- c) Of having fulfilled all the requirements pertaining to the teaching practice and officiating.
- d) Of having satisfactory performed the work of the class.

(B) A candidate who have 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 allotted to appear at any subsequent examination with in a period of two years without attending a fresh course of lectures.

3. (i) Every candidate shall submit through the principal of the college, he has most recently attended, his application on the prescribed form accompanied by examination fee as prescribed by the university time to time and a statement showing the subject (s) in which he/ she 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 examined.

“Of having obtained, at the house examination held in December/ January, at least 35% marks in the aggregate of all subject and 20% marks in each of the prescribed subject.

In case a candidate could not appear in the house examination owing to unavoidable circumstances and fails to secure the required marks in the internal 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 35% marks in aggregate of all subjects and 25% marks in each of the subjects prescribed in special exams.

4. The last date by which admission form and fee must reach the Registrar as notified by the university from time to time..
5. The medium of Examination in all the subjects shall be English, Punjabi or Hindi. In the case of Punjabi and Hindi the medium shall be Punjabi in Gurumukhi script and Hindi Devnagari script(as the questions shall be set in English and Punjabi).
Provided that the use of English technical terms shall be permissible in setting the question papers as well as in answering the question.
6. The examination shall consist of three parts:

Part-I Theory

Part-II Skill and Prowess

Part-III Practice of Teaching and Officiating.

The scheme of education and syllabus for the course shall be prescribed by the Academic Affairs council from time to time. Provided that the following Categories of candidates shall be allowed /disallowed to clear the paper of History and Culture of Punjab in lieu of Punjabi as per rules mentioned herein.

- I Candidate who have passed the Matriculation examination from a school located outside the State of Punjab may be allowed to take up the subject of History & Culture in lieu of Punjabi Compulsory.
 - II Candidate who has passed their Matriculation examination from a school located in the State of Punjab compulsory at the graduate level. This clause will not apply to student covered by clause no. (iii) given below.
 - III Children of Defense Personnel Para Military Personnel (Serving as well as retired) will be allowed to take up the subject of Punjab History and Culture , 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% marks in each paper of Part-I
 - (b) 40% marks in aggregate of all papers of Part-II
 - (c) 40% marks in Part-II (Skill and Prowess)

8. A candidate who fails in one part of examination at one and the same attempt shall be permitted to appear at any subsequent examination in the part in which he/she failed an payment of prescribed fee on each occasion without being required to attend fresh classes. In he/she fails in not more than one theory subject/ papers and secures at least 40% marks in the aggregate of the remaining theory papers/subjects he /she shall be allowed exemption in such paper's /subjects. 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 who is granted exemption shall be allowed to join the next higher class provisionally and the result of the higher class of such a candidate will be kept in abeyance till he/she clear the lower examination provided that a candidates placed under reappear shall

be allowed a maximum two subsequent consecutive additional chance to clear the Reappear theory paper failing which his result for the examination de-novo.

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 skill shall however be allowed to join Part-II. The result of the part-I examination shall be declared after the declared of the result in skills of Part-I. In case he/she fails in skills, the result for the Part-II examination shall be cancelled. Students undergoing a two year integrates certificate courses in Physical Education shall be awarded the degree on the basis of their combined scores of Part-I and Part-II examination.

Successful candidates who obtain 60% or more of the aggregate number of marks shall be placed in the first division.

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. The candidates after succesfully 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. 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.

SYLLABUS for DIPLOMA IN PHYSICAL EDUCATION (D.P.Ed) PART-II

Outline of Tests 2013, 2014 and 2015 Examination.

The course of instruction for D.P.Ed. Part-II consist of the following parts:

PART-I:THEORY	500 Marks
PART-II :SKILL AND PROWESS	110 Marks (Internal)
(i) Athletics (5 Events)	50(10 Each Event)
(ii) Games (5)	50(10 Each Event)
(iii)Practical File	10 Marks
PART-III PRACTICE OF TEACHING AND OFFICIATING	110 Marks (60 Marks External 50 Internal)
(a) Game Lesson	30 Marks (External & Internal)
(b) Athletic Lesson	30 Marks (External & Internal)
(c) Game and Athletic Lesson	30 Marks (Internal)

Note: Total=700Marks

- Examination in skill and prowess and practical shall be conducted jointly by external and internal examiner. All the activities to be conducted examined be clubbed into 4-5 groups and group of activities be examined by the immediately after the termination of each activity.
- Examination in practical teaching and officiating shall be conducted jointly by one internal and one external examiner.
- If a candidate who fails to qualify or who misses the examination in any activity /activities in the first term. It is obligatory for him to appear in the activities before the final examination.

PART-I THEORY

Total Marks: 500

(Pass Percentage 40% in each paper and 40% in aggregate.)

Note:- Each Theory paper will be of three hours duration.

PART-I	RECREATION	(80+20 Internal)
PAPER-II	HEALTH EDUCATION AND SPORTS INJURIES	(80+20 Internal)
PAPER-III	ORGANISATION ADMINISTRATION AND SUPERVISION IN PHYSICAL EDUCATION	(80+20 Internal)
PAPER-IV	OFFICIATING AND COACHING	(80+20 Internal)
PAPER-V	PROFESSIONAL PREPARATION	(80+20 Internal)

PART-II SKILL AND PROWESS

Total Marks : 110

- (a) Athletics(5 Events) (50 Marks-10 for each event)
 - (i) Javelin Throw
 - (ii) High Jump
 - (iii)Discuss Throw
 - (iv)Triple Jump
 - (v) Relay Races
- (b) Game (5) (50 Marks-10 for each event)
 - (i) Basketball
 - (ii) Hockey
 - (iii)Weight Lifting.
 - (iv)Kabaddi
 - (v) Badminton.
- (c) Note Book (Game and Athletics) (10 Marks)

The contents of teaching for each game are as follows:

- (1) History of the Game.
- (2) Measurement of the field and preparation of the field.
- (3) Equipments and Materials for the game.
- (4) Fundamental Skills and Lead up game.
- (5) Techniques, Strategies and System of play.
- (6) Rules and regulations of the game.

- (7) Tournaments played at National and International Games.
- (8) Records (World, Olympic ,Asian and National Games)
- (9) Award in the game.
- (10) Books and Magazines Related with Physical Education and Sports.
- (11) Methods of Coaching.
- (12) Officiating:
 - (a) Duties of officials
 - (b) Knowledge of Score Sheet
 - (c) Signals of officiating
 - (d) Technical equipment for officiating

PART-III PRACTICE OF TEACHING AND OFFICIATING

(90 Marks)

(60 External +30 Internal)

- (a) Game Lesson 30 Marks (External & Internal)
- (b) Athletic Lesson 30 Marks (External & Internal)
- (c) 5 Game and 5 Athletic Lesson 30 Marks (Internal)

PART-I THEORY

PAPER-I RECREATION

Time : 3 hours

Maximum Marks :80 External + 20 Internal

Pass Marks : 40 % External

INSTRUCTIONS FOR THE PAPER SETTER

The question paper will consist of five section: A,B,C,D, and E .Sections A,B,C, and D will have two question from respective sections of the syllabus and will carry 15 marks each. Sections E will consist of 10 short-answer type questions which will cover the entire syllabus uniformly and will carry 20 marks. Candidates are required to attempt one question each from the sections A, B, C, and D and the entire section E.

Unit-I

- 1 Recreation:-Definition, its importance, characteristics and Misconceptions.
- 2 Importance of Recreation.
- 3 Leadership of recreation: Meaning and Objectives of Recreation
 - Leadership
 - Types and Functions of Recreation Leaders.
 - Qualifications, Qualities and Professional Training.

Unit-II

- 1 Agencies Providing Recreation:-
 - (a) Municipal Agencies.
 - (b) Public Agencies.
 - (c) Private Agencies.

- (d) Youth Serving Agencies.
- (e) Employee Recreation.
- (f) Commercial Recreation.
- (g) Recreation for Handicapped.
- 2 Facilities for Recreation
 - (a) Planning Criteria and objectives of recreation facilities.
 - (b) Different type of Indoor and Outdoor recreation facilities for urban and rural population.
 - (c) Selection, use and care of equipment.

Unit-III

- 1 Programme in Recreation
 - (a) Criteria and Principles for community Recreation programmes.
 - (b) Classification of Recreational Activities.
 - (h) Arts and Crafts
 - (i) Dancing
 - (j) Dramatics
 - (k) Literary Activities
 - (l) Music.
 - (m) Nature and Outing.
 - (n) Social Events.
 - (o) Indoor and Out door sports and Games.
 - (p) Photography.
 - (q) Gardening.
- 2 Hobbies-Meaning and Types of Hobbies.

Unit-IV

- 1 Camping
 - (a) Importance of Camping
 - (b) Aim and Objectives of Camping.
 - (c) Organization of different types of Camps.
 - (i) Selection and layout of camp site.
 - (ii) Camping Leadership.
 - (iii) Camp facilities and programme.

Book recommended

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

PAPER –II: HEALTH EDUCATION AND SPORTS INJURIES

Time : 3 hours

Maximum Marks :80 External + 20 Internal

Pass Marks : 40 % External

INSTRUCTIONS FOR THE PAPER SETTER

The question paper will consist of five section: A,B,C,D, and E .Sections A,B,C, and D will have two question from respective sections of the syllabus and will carry 15 marks each. Sections E will consist of 10 short-answer type questions which will cover the entire syllabus uniformly and will carry 20 marks. Candidates are required to attempt one question each from the sections A, B, C, and D and the entire section E.

Section –A

- 1 Health Education
 - (i) Meaning, Definition and Concept of Health.
 - (ii) Meaning, Definition and Scope of Health Education.
 - (iii) Aim, Objectives and Importance of Health Education.
 - (iv) Principles of Health Education.
- 2 School Health
 - (i) School Health Programmes
 - (ii) Health Services.
 - (iii) Health Supervisor.
 - (iv) Health Instructions.
- 3 Posture
 - (i) Meaning of Posture.
 - (ii) Ideal posture for sitting ,Standing ,Reading ,Writing and Walking.
 - (iii) Causes for poor Posture.
 - (iv) Postural Deformities and their remedies.(Knock Knee, flat foot, Bow legs,)

Section-B

- 1 Nutrition.
 - (i) Balanced Diet:- Carbohydrates, Fats, Proteins, Minerals, Vitamins and Water.
- 2 Personal Hygiene
 - (i) Meaning of Personal Hygiene.
 - (ii) Importance of Personal Hygiene.
 - (iii) Care of Eyes, Ears Nose, Skin ,Hands ,Teeth and Hair.
 - (iv) Role of exercise, Rest ,Sleep & Relaxation maintaining health.
- 3 Environmental hazards
 - (i) Air Pollution.
 - (ii) Noise Pollution.
 - (iii) Water Pollution.

Section-C

- 4 Communicable Disease: Mode of Transfer, Prevention and Control of
 - (i) HIV/AIDS
 - (ii) Malarial.
 - (iii) Tetanus
 - (iv) Typhoid
 - (v) Hepatitis(A and B)
- 2 Common Health Problems
 - (i) Drugs and Narcotics
 - (ii) Alcohol
 - (iii) Smoking Tobacco.
- 3 Doping: Meaning and Methods of Doping

Section-D

- 1 Sports Injuries
 - (i) Common Sports Injuries:- Sprain ,Strain, Superficial injuries muscle pull.
 - (ii) Causes and Prevention of Sports Injuries.
- 2 First Aid.
 - (i) Introduction and meaning of first aid.
 - (ii) Principles of first aid.
 - (iii) Qualities of First Aider.
 - (iv) Emergency care of drowning ,burns, dislocation ,fracture and electric shock.
- 3 Physiotherapy
 - (i) Rehabilitation : Meaning and importance
 - (ii) Meaning and importance of Physiotherapy.
 - (iii) Classification of Therapeutic Exercise Active and Passive Movement.

References

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

PAPER-III
ORGANISATION, ADMINISTRATION AND SUPERVISION IN PHYSICAL
EDUCATION.

Time : 3 hours

Maximum Marks :80 External + 20 Internal

Pass Marks : 40 % External

INSTRUCTIONS FOR THE PAPER SETTER

The question paper will consist of five section: A,B,C,D, and E .Sections A,B,C, and D will have two question from respective sections of the syllabus and will carry 15 marks each. Sections E will consist of 10 short-answer type questions which will cover the entire syllabus uniformly and will carry 20 marks. Candidates are required to attempt one question each from the sections A, B, C, and D and the entire section E.

Section –A

1. Meaning, importance and objectives of organization and administration.
2. Principles –Building principles of organization and administration.
3. Qualification and qualities of physical education teacher.
4. Pupil Leadership –selection, qualities and opportunities.

Section B.

FACILITIES.

1. General guidelines for planning facilities.
 2. Play Grounds –Area, Location, Layout and Care.
 3. Gymnasium – Importance and construction.
 4. Swimming Pool – Importance ,construction and care
- EQUIPMENT:**
5. Importance, Purchase, issue, disposal, care and maintenance.

Section-C

PROGRAMME PLANNING.

1. Curriculum- Need, Principles and Importance.
2. Need of Curriculum Change.
3. Time Table- Importance, facilities affecting time table.
4. Inter School and inter college competition –objectives and principles.
5. Inter Mural competition –objectives and organization.

Section –D

1. Records and registrations- importance of record keeping.
2. Stock register, cash register, athletic proficiency record ,skill test record ,physical and medical examination record ,record of intramural activities.

3. Supervision- Definition, need and principles.
4. Methods of supervision and qualities of good supervisor.
5. Conduct of athletic meet.

References

- 1 Administration of Physical Education for Women by Dudbeg Ashton.
- 2 Administration of Athletic Programme by J. Frank Broylor & Robert D. Hoy .
- 3 Organisation and Administration of Physical Education by Dr. Dheer and Radhika Kamal.
- 4 Organisation and Administration of Physical Education by Dr. J.P. Thomas.
- 5 Organisation and Administration of Physical Education by Esslinder ,A.A.
- 6 Organisation of Physical Education by G.P.M. Joseph.
- 7 Organisation of Physical Education by J.P.Thomas.
- 8 Administration of Health Education and Physical Education by Willima Brownwell Vernie.

PAPER-IV OFFICIATING AND COACHING.

Time : 3 hours

Maximum Marks :80 External + 20 Internal

Pass Marks : 40 % External

INSTRUCTIONS FOR THE PAPER SETTER

The question paper will consist of five section: A,B,C,D, and E .Sections A,B,C, and D will have two question from respective sections of the syllabus and will carry 15 marks each. Sections E will consist of 10 short-answer type questions which will cover the entire syllabus uniformly and will carry 20 marks. Candidates are required to attempt one question each from the sections A, B, C, and D and the entire section E.

Section –A

- 1 Need and Scope of Officiating in Physical Education.
 - a) Importance and principles of officiating.
- 2 Relation of officials with players and coaches.
 - a) Effect of spectator on officials.
 - b) Qualities and duties of officials.
- 3 Before during and after in different games and Athletics.
- 4 Detailed measures of improving the standard and moral of officials.

Section –B

- 1 Rules of games an Athletic events.
 - a) Hockey , Kabaddi ,Volleyball ,Basketball ,Kho Kho
 - b) 100 M.,200 M., long jump ,shot put ,high jump and discuss throw.

- 2 Score sheets and officials of different games and athletics.
- 3 Specifications of different play field ,i.e. Hockey ,Kabaddi ,Volleyball , Basketball ,Badminton ,Kho-Kho Handball and Football.
- 4 Complete Marking and lay-out of Athletic Track.

Section –C

- 1 Principles of coaching and responsibilities of a coach.
- 2 Warming up- Cooling down and principles of conditioning.
- 3 Methods of Training and Conditioning
 - (i) Continue Method
 - (ii) Interval method.
 - (iii) Repetition method.

Section-D

- 1 Principles of load and over load.
- 2 Principles for preparing the training schedule.
- 3 Psychological training.
- 4 Methods of offence and defense in different sports and games.

References

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

PAPER –V PROFESSIONAL PREPARATION

Time : 3 hours

Maximum Marks :80 External + 20 Internal

Pass Marks : 40 % External

INSTRUCTIONS FOR THE PAPER SETTER

The question paper will consist of five section: A,B,C,D, and E .Sections A,B,C, and D will have two question from respective sections of the syllabus and will carry 15 marks each. Sections E will consist of 10 short-answer type questions which will cover the entire syllabus uniformly and will carry 20 marks. Candidates are required to attempt one question each from the sections A, B, C, and D and the entire section E.

Section -A

- 1 Foundation of Professional Preparation.
 - a) Meaning of Professional
 - b) Components of Professional Preparation.
 - c) Contribution of physical education in attaining ideals of Indian democracy.

- d) Forces and factros affecting educational policies and programme.
- e) Historical review of Professional Preparation in Indial
- f) Professional courses being offered in Professional Preparation in India.
- g) Professional Preparation in Physical Education in USA, USSR and UK.
- h) Begining of Professional Preparation in the World.

Section-B

- a) Purpose ,Admission Requirements of Undergraduate perparation.
- b) Theory ,Teaching practice and practicals.
- c) Professional competencies to be developed.

Post Graduate Preparation.

- a) Purposes & Admission requirements.
- b) Methods of instruction.
- c) Professional relations.

Section-C

Teacher and Teaching

- a) Teaching as a career.
- b) Basic qualities of a successful teacher.
- c) Preparation of the specilized physical education teachers.
- d) Types of teaching jobs.
- e) Types of non – teaching jobs.

Section –D

In -Service Education

- a) Nature and Scope
- b) Role of teacher education institutions in in-service education.
- c) Role of Profession in in-service education.
- d) Course and Formal education experience.

Evaluation

- a) Trends in evaluation Professional Preparation.
- b) Evaluating the programme of Professional Preparation.
- c) Relation of evaluation to administration & personal programme.

REFERENCES

- Pape,A Laurence,Meanssss,E.Louis.A Professional career in Physical Education .(Englewood Cliffs,N.J. Prentice Hall ,Inc.,1963)
- Jensen ,R.Clayne,Administrative Management of Physical Education and Athletic Programme.(Philadelphia Lea and Febiger,1983)
- Snyder and Scott.Professional Preparation in Health,Physical Education and Recreation. (Commectiout, Greenwood press, Westport,1971)

- Bucher,C.A.Foundations of Physical Education (Saint Louis):The C.V. Mosby Company ,1975),Ed.7.
- Agarwal,J.C.Education Administration school Urban Location adn Supervision .(New Delhi:Agra book Depot.1967).
- Sattu,J.Bryant .Career Potentional Physical Activity .(New Jersey:Englewood Cliffs Prentice Hall,Inc.1971).
- Kiran Sandu ,Professional preparation and career development in physical education and sports (New Delhi:Friends Publications India)2004.
- Gupta R.Sharma A & Sharma S,Professional preparation and Curriculum Deisgn in Physical Education :and Sports (New Delhi:Friends Publications ,2004)
- Willgoose GE,'Teh Curriculum in ;Physical Education (Prentice hall Inc.Englewood Cliffs.N.J.)1969.
- Wessel ,Kelly Achievement Based Curriculum Development in Physical Education (Freen wood Press Publishers,West Port) in Physical Education (Lea & Febiger ,Philadelphia)1986.