

**FACULTY OF PHYSICAL EDUCATION**

**SYLLABUS**

**FOR**

**DIPLOMA IN PHYSICAL EDUCATION**  
**(TWO YEARS COURSE)**  
**(PART – I)**

**EXAMINATION: 2015**



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**GURU NANAK DEV UNIVERSITY**  
**AMRITSAR**

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- (ii) Subject to change in the syllabi at any time.  
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The curriculum shall consist of the following three parts:

<b>Part-I</b>	<b>Theory</b>	<b>500 Marks</b>
<b>Part-II</b>	<b>Practical (Skill and Prowess)</b>	<b>200 Marks</b>
<b>Part-III</b>	<b>Teaching Ability</b>	<b>100 Marks</b>

**Scheme of Examinations as under:-**

**Part-I: Theory** **500 Marks**

<b>Sr. No.</b>	<b>Name of Paper</b>	<b>Total Marks</b>
<b>PAPER –I</b>	History of Physical Education	<b>100</b>
<b>PAPER –II</b>	Anatomy and Physiology	<b>100</b>
<b>PAPER –III</b>	Educational and Sports Psychology	<b>100</b>
<b>PAPER –IV</b>	Methods of Physical Education and Sports	<b>100</b>
<b>PAPER –V</b>	Officiating and Coaching	<b>100</b>

**Part-II: Practical (Skill and Prowess)** **200 Marks**

This part shall further be divided into three sub parts i.e. (a) *Activities* (b) *Athletics and Games* (c) *Projects*

**(A) Activities Developmental Exercises** **50 Marks**

1. Mass PT; Dumbbells; Indian Club.
2. Drill Marching, Minor Games, Yoga Asana.

**(B) Athletics and Games** **50+50=100 Marks**

- (a) Athletics - Running, Throwing, Jumping, Hurdles and Relays
- (b) Games- Volleyball, Kabaddi, Football, Judo, Badminton, Table Tennis, Weight Lifting & Power Lifting.

**(C) Projects:****50 Marks**

The following projects will be organized by the students:

1. Picnic/ Excursion
2. Organization of Intramural
3. Organization of Extramural
4. Organization of National and Social festival

**Part-III: Teaching Ability****100 Marks**

The students shall conduct 20 lessons as under :-

- 10 movement lessons (Actions songs/ motion story)
- 10 lessons on different physical activities (general)

Teaching examinations shall be conducted on one movement lesson and one physical activity lesson.

## **Examination Guidelines**

### ***PART-I: THEORY***

- I. Theory examination will be conducted after the first and second academic year on the subjects distributed in curriculum.
- II. Each paper will be of 100 marks.

### ***PART-II: PRACTICAL***

At the end of each academic year the examination will be conducted on the activities allotted for each academic year under the supervision of external examiners from other professional department/college appointed by the university with internal examiner.

### ***PART III: TEACHING ABILITY EXAMINATION***

The University will conduct the teaching examinations of movement lesson and physical activity lesson at the end of first year. The coaching lesson and theory lesson will be conducted at the end of the second year. Teaching ability examinations will be under the supervision of external examiners from other professional department/college appointed by the university with internal examiner.

### ***PART IV: PROJECTS***

The student teacher will have to organize total four projects on different activities in two academic years under the supervision of the teacher. They have to organize four practical projects in first academic year and remaining four in second academic year. One external examiner will evaluate the project report submitted by student and conduct the viva voce.

**PAPER-I: HISTORY OF PHYSICAL EDUCATION****Time: 3 Hours****Max. Marks: 100****Instructions for the Paper Setters:****Question Paper will be divided into three sections as follows:**

- Section A:** The candidates are required to attempt all the ten questions in not more than five lines each and carrying two marks each. **10x02= 20 Marks**
- Section B:** The candidates are required to attempt eight out of twelve questions in not more than two pages each carrying six marks each. **08x06=48 Marks**
- Section C:** The candidates are required to attempt two out of four questions in not more than five pages each and carrying sixteen marks each. **16x02=32 Marks**

**Unit-I**

- (i) A brief history of physical education in India from ancient to modern period-Pre/Vedic period, Epic period, Hindu period, Muslim period, British period.
- (ii) Development of physical education during 20th Century with special reference to U.K, Sweden, Denmark, USA, Russia, Germany.
- (iii) Ancient and Modern Olympic Games, Asian Games.
- (iv) Physical Education/ Training in schools and colleges

**Unit-II**

- (i) YMCA and YWCA and its contribution in Physical Education
- (ii) SAI Its Schemes and Contribution in Promoting Physical Education
- (iii) NSNIS
- (iv) Indian Olympic Association
- (v) LNUPE

**Unit-III****Physical Education Associations**

- Development of Physical Education in Punjab- Schools and Colleges and Clubs, Punjab Sports Department, Sports Councils.
- National and State Level Sports Awards

**Unit-IV**

## Major Sports Events

- (i) Olympics Games
- (ii) Asian Games
- (iii) SAF Games
- (iv) Common Wealth Games.

**References/Recommended Books:**

1. Bucher, C.A., Foundations of Physical Education, The C. V. Mosby Co. Saint Louis, U.S.A.
2. Khan E.A., History of Physical Education Scientific Book Co. Patna-4
3. Barrow. R.M., Man and His Movement, Principles of Physical Education, Lea and Febricea, Philadelphia, U. S. A.
4. Kamlesh, M.L., Principles and History of Physical Education and Sports, Friends Publication (India), New Delhi, 2004.
5. Hoffman, S.J. and Harris J.C., Introduction to Kinesiology Studying Physical Activity, (2000).

**PAPER–II: ANATOMY AND PHYSIOLOGY****Time: 3 Hours****Max. Marks: 100****Instructions for the Paper Setters:****Question Paper will be divided into three sections as follows:**

- Section A:** The candidates are required to attempt all the ten questions in not more than five lines each and carrying two marks each. **10x02= 20 Marks**
- Section B:** The candidates are required to attempt eight out of twelve questions in not more than two pages each carrying six marks each. **08x06=48 Marks**
- Section C:** The candidates are required to attempt two out of four questions in not more than five pages each and carrying sixteen marks each. **16x02=32 Marks**

**Unit – I****INTRODUCTION**

(a) Need and importance of anatomy and physiology for the students of physical education.

(b) The Cell:

- Structure and Functions of Cell
- Cell Division
- Tissue and its types

**Unit – II****MUSCULO SKELETAL SYSTEM**

Skeletal system: Names of the human bones, classification of joints.

Names of the Major muscles and their actions.

**CARDIOVASCULAR SYSTEM**

Blood: Functions of blood, composition of blood, lymph and its functions.

Cardiovascular: Structure of the heart, systemic, pulmonary, coronary circulation.

**Unit – III****RESPIRATORY SYSTEM**

Definition of respiration, structure and functions of the respiratory system, mechanism of respiration, lung volumes.

**DIGESTIVE SYSTEM**

Structure and functions of alimentary canal- Accessory organs of digestive system, liver, pancreas, gall bladder.

**Unit – IV****URINARY AND REPRODUCTIVE SYSTEM**

Structure and functions of kidney and urinary track, formation of urine.

Brief account of reproductive system.

**NERVOUS SYSTEM**

Structure and functions of brain, spinal cord and reflex arc, Hormones and their role.

**References / Recommended Books:**

1. Guyton, *Textbook of Human Anatomy and Physiology*.
2. Murugesh, N., *Anatomy Physiology and Health Education*, Sathiya Publishers, Madurai 1990.
3. Pearce, E.B., *Anatomy and Physiology for Nurses*, Faber and Faber Ltd., London, 1962.
4. Pearce, J.W., *Anatomy for Students and Teacher of Physical Education*, Edward Arnold and Co., London, 1959.



## **PAPER–III: EDUCATIONAL AND SPORTS PSYCHOLOGY**

**Time: 3 Hours**

**Max. Marks: 100**

**Instructions for the Paper Setters:**

**Question Paper will be divided into three sections as follows:**

- Section A:** The candidates are required to attempt all the ten questions in not more than five lines each and carrying two marks each. **10x02= 20 Marks**
- Section B:** The candidates are required to attempt eight out of twelve questions in not more than two pages each carrying six marks each. **08x06=48 Marks**
- Section C:** The candidates are required to attempt two out of four questions in not more than five pages each and carrying sixteen marks each. **16x02=32 Marks**

### **Unit –I**

- 1. Introduction:** Psychology - its meaning; Psychology as a science – its utility in the field of Physical Education.
- 2. Developmental:** Nature of human growth and development; general Psychology characteristics of physical, mental, emotional and social development at the stages in infancy, childhood and adolescence and the role of movement education in the development of these stages.

### **Unit –II**

- 3. Individual Differences:** Types and nature of individual differences, Heredity and Environment and their role in sports.
- 4. Learning:** Nature of learning; Theories of learning; Laws of learning; Plateau in learning; and transfer of learning and their use in the area of physical education and sports.

**Unit –III**

**5. Motivation:** Nature of motivation: Factors influencing motivation; Motivation and sports performance. Motivation techniques, use in physical education and sports.

**6. Personality:** Its meaning and development; Types of personality; Evaluation of personality. The role of physical education and sports in the all-round development of man's personality.

**Unit –IV**

**7. Adjustment:** Personal and social adjustment; Causes of maladjustment; Role of Physical Education in preventing maladjustment and promoting proper mental health. Exceptional children, retarded, delinquents, physically handicapped and backward.

**8. Anxiety:** Nature of Anxiety; Kinds of Anxiety, Anxiety and performance; Management of anxiety.

**References/Recommended Books:**

1. Kamlesh, M.L., *Psychology in Physical Education and Sports*, Metropolitan Book Co., New Delhi, (1998).
2. Mathur, S.S., *Educational Psychology*, Vinod Pustyak, Mandir, Agra, 1962.
3. Skinner, Charles E., *Education Psychology*. Prentice Hall of India, New Delhi, 1984.
4. Singer, R.N., *Psychology of Coaching in Athletics*, 1972.
5. Kene, J.E., *Psychological Aspects of Physical Education and Sports*, Routledge and Kegan Paul, London, 1972.

## **PAPER–IV: METHODS OF PHYSICAL EDUCATION AND SPORTS**

**Time: 3 Hours**

**Max. Marks: 100**

### **Instructions for the Paper Setters:**

**Question Paper will be divided into three sections as follows:**

- Section A:** The candidates are required to attempt all the ten questions in not more than five lines each and carrying two marks each. **10x02= 20 Marks**
- Section B:** The candidates are required to attempt eight out of twelve questions in not more than two pages each carrying six marks each. **08x06=48 Marks**
- Section C:** The candidates are required to attempt two out of four questions in not more than five pages each and carrying sixteen marks each. **16x02=32 Marks**

### **Unit –I**

#### **TEACHING METHODS**

Meaning of the term method and the factors to be considered in determining the methods of teaching

Age and Sex Characteristics

- (a) Pre-school, primary school, middle school and higher secondary school level.
- (b) Sex differences among boys and girls
- (c) Activity planning according to age and sex characteristics

### **Unit –II**

#### **TEACHING METHODS**

Methods of teaching (with special reference to different kinds of physical activities) and organization and conduct of competition sports and games individual sports, group competition.

- a) Calisthenics
- b) Gymnastics
- c) Minor Games
- d) Major Games
- e) Rhythmic Activities

#### **PRINCIPLES OF TEACHING**

- (a) Simple and complex
- (b) Part and whole
- (c) Learning by doing
- (d) Intrinsic and extrinsic motivation
- (e) Frequency and duration in instructional periods
- (f) Recognition

**Unit –III****PRESENTATION TECHNIQUE AND CLASS MANAGEMENT**

- (a) Presentation technique and steps in the way presentation
- (b) Steps in teaching motor skill, establishing concept, providing experience with whole and parts, analysis of performance etc.
- (c) Commands and class management
- (d) Types of commands- situation when different commands are used
- (e) Types of Class formation
- (f) Class management- principles for good class management

**LESSON PLAN**

- (a) Concept and Objectives of Lesson Plan
- (b) Types of lesson plans (Movement lesson, General lesson, Specific lesson and Theory lesson)
- (c) Physical Education Lesson- various parts of lesson Introductory, preparatory, skill part, group activity and concluding part.
- (d) Coaching lesson various parts of lesson, warming up, Physical (General and Special) Teaching and Tactical preparations, Theory lesson.

**Unit –IV****TOURNAMENTS AND TEACHING AIDS**

1. Tournaments, meaning and types of tournaments
  - (a) Knockout and elimination tournaments
  - (b) League or round robin tournaments
  - (c) Combination tournaments
  - (d) Challenge tournament-different types to be covered under each category.
2. Publicity- meaning and important methods
  - (a) Demonstration
  - (b) Play Day
  - (c) Exhibition
3. Application of computers in managing Physical education and sports.
  - (a) Introduction to computers and peripheral
  - (b) Introduction of windows, concept of L.A.N, W.A. N, Internet.
4. Audio Visual Aids in Physical Education

**References/Recommended Books:**

1. Cosmin, H. Rosalind, C. and Jackson, C.O. *Methods in Physical Education*, London, W.B. Saunders Co., 1960.
2. Knapp, C. and Hagman. E.P., *Teaching Methods for Physical Education*, Mc. Graw Hill Book Co. Inc, New York, 1949.
3. Thirunarayanan, C. and Hariharan, S., *Methods in Physical Education* Karaidudi, South India Press, 1969.

## **PAPER–V: OFFICIATING AND COACHING**

**Time: 3 Hours**

**Max. Marks: 100**

### **Instructions for the Paper Setters:**

**Question Paper will be divided into three sections as follows:**

- Section A:** The candidates are required to attempt all the ten questions in not more than five lines each and carrying two marks each. **10x02= 20 Marks**
- Section B:** The candidates are required to attempt eight out of twelve questions in not more than two pages each carrying six marks each. **08x06=48 Marks**
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### **Unit –I**

#### **Introduction**

- (a) Basic Philosophy of Coaching
- (b) Teaching, Training, and Coaching
- (c) Promotion of Athletics

The use of talent-predictive factors in the selection of Track and Field (Athletics)

History of Track and Field in India

#### **Officiating**

- (a) Layout of Standard Track, 200m Track and Dimensions and marking for Track and Field Events i.e., High Jump, Long Jump, Triple Jump, Javelin Throw, Shot Put
- (b) Rules and their Interpretation of Track and Field Events.

### **Unit –II**

- a) Need and Scope of Coaching in India
- b) Qualifications and responsibilities of a coach
- c) Professional preparation of coaches
- d) Coaching past, present and future in India

#### **Warming Up:**

- (d) Definition and Types
- (e) Factor Effecting Warm-Up
- (f) Cooling down and its significance.

### **Unit –III**

**(Games to be covered Football, Basketball, Cricket, Wrestling, Kho-Kho and Gymnastics)**

Following contents to be covered for each game

1. Brief History, origin, growth and development of game with particular reference to India.
2. Organization of game at the national and international level.

### **Unit –IV**

#### **Officiating of above games:**

- a) Play area dimensions.
- b) Equipment specifications
- c) Officials and their duties.
- d) Rules of the game.

#### **Skills of above games:**

- a) Classification of Skills.
- b) Sequential explanation of Skills.
- c) Lead up games.

#### **References / Recommended Books:**

1. Wilmore, J.H., Athletic Training and Physical Fitness, Sydney Allyn and Bacon Inc., (1977).
2. Ken. O. Bosen, Track and Field fundamental Technique NIS Publication, Patiala (1973).
3. Mohan, V.M., Athletics for beginners, Metropolitan Book, Delhi (1980).
4. Moonstasir, Abbas, P:inciples of Basket Ball, Bomaby, Skanda, Skanda Publication, (1979)
5. Thomas C and H Tom Soccer Referee: A Guide to Fitness and Technique, Gerald Duckworth and Co. Ltd., London, (1971).
6. Rules of Games and Sports, Y.M.C.A. Publishing House, Madras (1968).
7. John Bunn, the Art of Officiating, (1962).
8. Thani, Lokesh, Rules of Games and Sports, New Delhi.
9. Claffs, Athletic Training, 1962.