

FACULTY OF PHYSICAL EDUCATION

SYLLABUS

FOR

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART I-III)

EXAMINATION: 2019-20



**GURU NANAK DEV UNIVERSITY
AMRITSAR**

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BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-I)

OUTLINES OF SYLLABUS

B.P.E.S. Part-I

The courses of instruction for the Bachelor of Physical Education and Sports (B.P.E.S.) Part-1 consists of the following parts:

Part-A:	Theory	700 Marks
Part-B:	Skill and Prowess	300 Marks

Note: Examination in Skill and Prowess & Practicals shall be conducted jointly by an Internal and one External Examiner. Scoring Tables for Athletics attached at the end of the syllabus be used.

PART-A (THEORY)

Note: Each theory paper is of three hours duration irrespective of its weightage.

PAPER-I	INTRODUCTION TO PHYSICAL EDUCATION	100 Marks
PAPER-II	GENERAL SCIENCE	100 Marks
PAPER-III	ANATOMY AND PHYSIOLOGY	100 Marks
PAPER-IV	HEALTH EDUCATION	100 Marks
PAPER-V	SOCIAL SCIENCES	100 Marks
PAPER-VI	ENGLISH COMPULSORY	100 Marks
PAPER-VII	PUNJABI (COMPULSORY) /ਮੁੱਢਲੀ ਪੰਜਾਬੀ OR Punjab History and Culture (Earliest Times to 1000 A.D.) (Special Paper in lieu of Punjabi)	100 Marks
PAPER-VIII	*Drug Abuse: Problem, Management and Prevention (Compulsory)	100 Marks

*** Note: The marks of Paper will not be added in the Grand Total.**

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-I)**PART – B (SKILL AND PROWESS) 300 Marks****(A). Lesson on Athletics 100 Marks**

- i. Sprints
- ii. 100/110 Mtrs Hurdles
- iii. Long Jump
- iv. High Jump
- v. Shot Put

(B). Lesson on Games 100 Marks

- i. Volleyball
- ii. Hockey
- iii. Kho Kho
- iv. Wrestling
- v. Badminton

The contents for teaching for each game/event are as follows:

- (i). History of game/event.
- (ii). Measurement and preparation of the field.
- (iii). Equipment and material of game/event.
- (iv). Fundamental skills and lead up games.
- (v). Techniques, strategies and system of play.
- (vi). Rules and regulations of the game/event.
- (vii). Tournaments played at National and International Level.
- (viii). Records (World, Olympics, Asian and National Level).
- (ix). Awards in the game.
- (x). Books and magazines.
- (xi). Officiating (a) duties of officials (b) Knowledge of score sheet (c) signals of officiating
(d) Technical Equipment for officiating.

(C). Lesson in Formal Activity: 100 Marks

- 1) Gymnastics
- 2) Drill and Marching

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-I)**PAPER-I: INTRODUCTION TO PHYSICAL EDUCATION****Time: 3 Hours****Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A**Introduction**

- a. Definition, aims and objectives of Physical Education.
- b. Importance of Physical Education in the modern age.
- c. Relationship of Physical Education with health education and recreation.

History of Physical Education

- a. History of Physical Education in Ancient Greece with special reference to the evolution of Olympics games.
- b. History of Physical Education in the Roman Empire with special emphasis on circus, gladiatorial contests and the downfall of Olympics.

Section-B:

- a. A brief account of the history of gymnastics in
 - (i) Sweden
 - (ii) Denmark
 - (iii) Germany - With special stress on educational gymnastics.
 - b. Contribution of the English people to spread modern games in India.
 - c. Modern Olympic Games – A comparison with ancient Olympics.
- 2.**
- (a). Asian Games.
 - (b). Hockey World Cup.
 - (c). S.A.F.Games.
 - (d). Indian National Games.

Section-C:

- 3.** (a). History of Physical Education in India from Ancient times to 1947.
- (b). Modern Trends in Physical Education in India with special reference to the following:
 - (i). AICS (All India Council of Sports)
 - (ii). C.A.B. Physical Education (Central Advisory Board in Physical Education)
 - (iii). Sports Awards
 - (iv). N.F.C. (National Fitness Corps)
 - (v). N.P.E.Drive (National Physical Education Efficiency Drive).
 - (vi). Indian Olympic Association.

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-I)**Section-D:**

4. (a). Development and Achievement of the following organizations Movement.
- (i). S.N.I.P.E.S (Society for National Institute of Physical Education and Sports)
 - (ii). S.A.I. (Sports Authority of India)
 - (iii). Scouts and Guides
 - (iv). Youth Services
 - (v). Punjab's contribution to Sports in India.
 - (vi). Compulsory Physical Education in Punjab Schools.

Reference Books:

1.	D.C.Wakherkar	Manual of Physical Education, 1967.
2.	Eraz Ahmed Khan	A History of Physical Education, 1964.
3.	Kamlesh, M.L. & Sangral M.S.	Principles and History of Physical Education, 1977.
4.	Ministry of Education (Govt. of India)	A National Plan of Physical Education, 1965.
5.	Sanyal Sardindo	India and Olympic Games
6.	Brar, Gurcharan Singh	Roots of Panjab University and its sports archives (1882-1982), Mohindra publishing house, Chandigarh, 2017.

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-I)**PAPER-II: GENERAL SCIENCES****Time: 3 Hours****Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A:

1. **Life:** Living and non-living things, their difference, 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.
2. **Air:** Properties of air, uses of air, atmospheric pressure, composition of air, Oxygen, Hydrogen, Carbon-dioxide occurrence, preparation, properties and uses.
3. **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 principle.

Section-B:

1. **Motion:** Types of Motion, Newton's Law of motion, Linear and angular acceleration, speed and velocity.
2. **Lever:** Different types of lever and their mechanical advantage.
3. **Equilibrium:** Types and principles of equilibrium and stability.

Section-C:

1. **Matter:** Matter, Atom, Molecule, Element, Compound, Mixture, Acid, Base and Salt.
2. **Metals and Non-Metals:** Definition of metal and non-metals. Distinction between them and their general physical properties.
Alloy: Definition, alloys of iron, copper and aluminium.
Sulphur: Three kinds of Sulphur, properties and uses.
Phosphorus: Three kinds of phosphorus, properties and uses.
3. **Nutrition:** Balance diet, its components, their sources and functions.

Section-D:

1. **Heat:** Sources, transmission of heat – conduction, convection and radiation.
Measurement of Heat: Specific heat, Thermal capacity and latent heat.
Expansion: Linear, Superficial and Cubical. Processes of melting, boiling and evaporation.
2. **Light:** Luminous, Non-Luminous, Transparent and translucent bodies. Reflection and its laws. Refraction of light, Refractive index.
3. **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.

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-I)**PAPER-III: ANATOMY AND PHYSIOLOGY****Time: 3 Hours****Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A:**1. Introduction:**

- (a). Meaning of Anatomy, Physiology; its importance in Physical Education.
- (b). Meaning of cell, tissue, organs and systems.
- (c). Structure of the cell in general and its various functions.

2. Skeletal System:

- (a). General Structure of the bone, various kinds of bones, functions of the bones.
- (b). Structures of skull, humerus, femur, scapula
- (c). Joints, their structure, kinds and their movements.

Section-B:**1. Muscular System:**

- (a). Meaning and structure of various kinds of muscles and their functions.

2. Circulatory System:

- (a). Structure of the heart, artery, veins and capillaries.
- (b). Mechanism of circulation
- (c). Systemic, pulmonary and portal circulation.
- (d). Blood Pressure and its measurements.

Section-C:**1. Digestive System:**

- (a). Structure of digestive tract.
- (b). Elements of food
- (c). Digestion of food, action of various enzymes on food.
- (d). Assimilation and absorption of food.

2. Respiratory System:

- (a). Structure of respiratory organs.
- (b). Mechanism of respiration
- (c). Internal and external respiration.
- (d). Vital capacity and its measurement.

Section-D:**1. Excretory System:**

- (a). Structure and functions of skin and kidney.

2. Nervous System:

- (a). Parts of the brain, their structure and functions.
- (b). Spinal cord, functions and structure
- (c). Reflex Arc and reflex action.
- (d). Name, location, structure and functions of endocrine, pituitary, adrenal, thyroid and gland.

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-I)**Reference Books:**

1.	Enclyn Peau	Anatomy & Physiology for Uuyers: 16 th Edition: Jaypee Brothers.
2.	B.D.Chaurana's	Handbook of Queral Anatomy, Third Edition: CBS Publishers and Distributors.
3.	Saturant Chawla	Anatomy & Physiology: Lotus Publishers.
4.	Ross and Wilson	Anatomy and Physiology in Health and Illness, Ninth Edition: Elseries Churchill Liningstone.

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-I)**PAPER – IV: HEALTH EDUCATION****Time: 3 Hours****Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION–A**Introduction:**

- a. Meaning and scope of health education.
- b. Factors influencing health, (personal health/hygiene) and characteristics of a healthy individual.

Maintaining of Health:

- a. Health and fitness, dental health, vision and hearing,
- b. elimination of body wastes.
- c. postural fitness, fatigue, rest, sleep, relaxation and recreation.

SECTION–B**Health Programme:**

- a. Health Service: Physico–medical Examination and their follow up, health inspection of pupils, Centers of communicable diseases.
- b. Healthful: Buildings, and facilities for School Living Healthful living School day.
- c. Health Instruction: Organization for health instruction Methods of teaching health Education.

Community Health Services:

- a. The Voluntary Agencies.
- b. The Professional Health Organisation.
- c. The Local Public Health Department.
- d. The State Department of Public Health.
- e. The World Health Organisation.

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-I)**SECTION-C****Communicable Diseases:**

- a. Modes of transmission,
- b. Methods of prevention control and sanitation of Common
- c. Communicable diseases (Influenza, Malaria, Small Pox, Typhoid, Dysentary, Tuberculosis, Cholera, Measles).

Nutrition and Health:

- a. Basic food essential—carbohydrates, proteins, fats, vitamins minerals, salts and Water principles of loss selection malnutrition, over weight underweight,
- b. Difficiency diseases, balanced diet for athletics and sportsmen.

Cardio Vascular Health:

- a. Heart disease and prevention.
- b. Hypertension and arterise arosis, Hypotension.
- c. The Blood type and transfusion.

SECTION-D**Common Health Problems:**

- a. Drugs and Narcotics, Alcohol, Smoking, Food infection

Common Health Disorders:

- a. Diabetes, Endocrine Allergies, Cancer.

Family and Sex Education:

- a. General instructions on sex, hygiene, family planning
- b. first-aid, home nursing,
- c. Athletic injuries and safety education.

Reference Books:

- a. Irwin L.: *The Curriculum in Health Physical Education, Iowa* : UMC Brown Co. Publisher, 1960.
- b. Joans, Suttan and Ebster: *Health for Affective Living*, New York, McGraw Hill Book Co. 1958.
- c. Turner, Seltary & Smito: School: *Health and Education*, C. V., Mosby & Smith Co., 1961.
- d. Degort, L.J.: *Nutrition and Physical* W. B. Saunders Co., 1969.
- e. Aykrayd, W.R.: *The Nutritive Value of Indian Foods and the Planning Satisfactory Diet*, New Delhi, Indian Council of Medical Research 1962

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-I)**PAPER-V: SOCIAL SCIENCES****Time: 3 Hours****Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A:

1. Brief outline of the nature and scope of study of the following Social Sciences: Civics, History, Political Science, Economics and Sociology.

Section-B:

1. Physical features of India, climate, vegetation, soils, mineral resources (Iron, Mica, Coal, Petroleum, and Manganese)
Population, Means of transport and communication.

Section-C:

1. Regional Division of India: A study of gigantic plain; Punjab plain and Himalayan Region, Deccan Plateau, Eastern and Western Ghats.

Section-D:

1. Conquests and annexations of Maharaja Ranjit Singh, his civil and military administration, causes of downfall of Sikh power.
2. Freedom Movement 1857–1947; Quit India Movement 1942 and events leading to Indian Independence.

Books Suggested:

1.	R.N.	India (English and Hindi Ed.)
2.	L.D.Stamp	Asia (English and Hindi Ed.)
3.	A. Dass Gupta	India (English and Hindi Ed.)
4.	H.R.Gupta & K.S.Narang	Punjab History
5.	H.R.Gupta & K.S.Narang	History of India

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-I)**PAPER-VI: ENGLISH COMPULSORY****Time: 3 Hours****Max. Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Texts Prescribed:

1. *Tales of Life* (Guru Nanak Dev University, Amritsar)
2. *Prose for Young Learners* (Guru Nanak Dev University, Amritsar)
3. *English Grammar in Use* (Fourth Edition) by Raymond Murphy, CUP

Course Contents:

1. *Tales of Life*: Stories at Sr. No. 1,2,3,10,11 and 12
2. *Prose for Young Learners*: Essays at Sr. No. 1,2,3,9,10 and 11
3. *English Grammar in Use* (Fourth Edition) by Raymond Murphy, CUP: Units 1-81

SECTION-A

Tales of Life: Stories at Sr. No. 1, 2, 3, 10, 11, 12

SECTION-B

Prose for Young Learners: Essays at Sr. No. 1, 2, 3, 9, 10, 11

SECTION-C

English Grammar in Use (Fourth Edition) by Raymond Murphy, CUP: Units 1-81

SECTION-D

- Paragraph Writing
- Personal Letter

PAPER-VII:

ਲਾਜ਼ਮੀ ਪੰਜਾਬੀ

ਸਮਾਂ : ਤਿੰਨ ਘੰਟੇ

ਕੁਲ ਅੰਕ : 100

ਪਾਠ-ਕ੍ਰਮ ਅਤੇ ਪਾਠ-ਪੁਸਤਕਾਂ

ਸੈਕਸ਼ਨ-ਦੇ

ਦੋ ਰੰਗ (ਸੰਪਾ. ਹਰਜਿੰਦਰ ਸਿੰਘ ਵਿੱਲੋਂ ਅਤੇ ਪ੍ਰੀਤਮ ਸਿੰਘ ਸਰਗੋਧੀਆ), ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ

(ੳ) ਪ੍ਰਸੰਗ ਸਹਿਤ ਵਿਆਖਿਆ, ਵਿਸ਼ਾ ਵਸਤੂ

(ਅ) ਕਹਾਣੀ ਦਾ ਵਿਸ਼ਾ-ਵਸਤੂ/ਸਾਰ

ਸੈਕਸ਼ਨ-ਬੀ

ਗੱਦ ਪ੍ਰਵਾਹ (ਸੰਪਾ. ਬਿਕਰਮ ਸਿੰਘ ਘੁੰਮਣ ਅਤੇ ਜਸਪਾਲ ਸਿੰਘ ਰੰਧਾਵਾ), ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ

(ੳ) ਨਿਬੰਧ ਦਾ ਸਾਰ/ਵਿਸ਼ਾ ਵਸਤੂ

(ਅ) ਰੇਖਾ ਚਿਤਰ : ਸਾਰ, ਵਿਸ਼ਾ ਵਸਤੂ, ਸ਼ਖਸੀਅਤ ਦੇ ਗੁਣ

ਸੈਕਸ਼ਨ-ਸੀ

ਭਾਸ਼ਾ ਵੰਨਗੀਆਂ (ਭਾਸ਼ਾ ਦਾ ਟਕਸਾਲੀ ਰੂਪ, ਭਾਸ਼ਾ ਅਤੇ ਉਪ-ਭਾਸ਼ਾ ਦਾ ਅੰਤਰ, ਪੰਜਾਬੀ ਉਪ-ਭਾਸ਼ਾਵਾਂ ਦੇ ਪਛਾਣ-ਚਿੰਨ੍ਹ)

ਸੈਕਸ਼ਨ-ਡੀ

(ੳ) ਲੇਖ ਰਚਨਾ

(ਅ) ਪੈਰਾ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ

(ੲ) ਅਖਾਣ ਅਤੇ ਮੁਹਾਵਰੇ

ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ।
ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿੱਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ ਬਰਾਬਰ ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ-ਪ੍ਰਸ਼ਨਾਂ ਵਿੱਚ ਕਰ ਸਕਦਾ ਹੈ।

PAPER-VII:**ਮੁੱਢਲੀ ਪੰਜਾਬੀ****(In lieu of Compulsory Punjabi)**

ਸਮਾਂ : ਤਿੰਨ ਘੰਟੇ

ਕੁਲ ਅੰਕ : 100

ਪਾਠ-ਕ੍ਰਮ**ਸੈਕਸ਼ਨ-ਏ**

ਪੈਂਤੀ ਅੱਖਰੀ, ਅੱਖਰ ਕ੍ਰਮ, ਪੈਰ ਬਿੰਦੀ ਵਾਲੇ ਵਰਣ ਅਤੇ ਪੈਰ ਵਿਚ ਪੈਣ ਵਾਲੇ ਵਰਣ ਅਤੇ ਮਾਤ੍ਰਵਾਂ (ਮੁੱਢਲੀ ਜਾਣ-ਪਛਾਣ) ਲਗਾਖਰ (ਬਿੰਦੀ, ਟਿੱਪੀ, ਅੱਧਕ) : ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ

ਸੈਕਸ਼ਨ-ਬੀ

ਪੰਜਾਬੀ ਸ਼ਬਦ-ਬਣਤਰ : ਮੁੱਢਲੀ ਜਾਣ-ਪਛਾਣ

(ਸਾਧਾਰਨ ਸ਼ਬਦ, ਸੰਯੁਕਤ ਸ਼ਬਦ, ਮਿਸ਼ਰਤ ਸ਼ਬਦ, ਮੂਲ ਸ਼ਬਦ, ਅਗੇਤਰ ਅਤੇ ਪਿਛੇਤਰ)

ਸੈਕਸ਼ਨ-ਸੀ

ਨਿੱਤ ਵਰਤੋਂ ਦੀ ਪੰਜਾਬੀ ਸ਼ਬਦਾਵਲੀ : ਬਾਜ਼ਾਰ, ਵਪਾਰ, ਰਿਸ਼ਤੇ-ਨਾਤੇ, ਖੇਤੀ ਅਤੇ ਹੋਰ ਧੰਦਿਆਂ ਆਦਿ ਨਾਲ ਸੰਬੰਧਤ।

ਸੈਕਸ਼ਨ-ਡੀ

ਹਫ਼ਤੇ ਦੇ ਸੱਤ ਦਿਨਾਂ ਦੇ ਨਾਂ, ਬਾਰ੍ਹਾਂ ਮਹੀਨਿਆਂ ਦੇ ਨਾਂ, ਰੁੱਤਾਂ ਦੇ ਨਾਂ, ਇਕ ਤੋਂ ਸੌ ਤਕ ਗਿਣਤੀ ਸ਼ਬਦਾਂ ਵਿਚ

ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ।
ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ ਬਰਾਬਰ ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ-ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-I)**PART-I**

**PAPER-VII: PUNJAB HISTORY AND CULTURE (Earliest Times to 1000 A.D.)
(Special Paper in lieu of Punjabi) (Compulsory)
(For those students who are not domicile of Punjab)**

Time: 3 Hours

Marks: 100

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section A

1. Physical Features of the Punjab and their impact.
2. Sources of Ancient Punjab History.
3. Harappan Culture: Principal places, town planning, features of social and economic life, religion, causes of disappearance.

Section B

4. The Indo- Aryans:- Original home and settlement in Punjab, political organisation, social, religious, and economies life during the Regvedic Age
5. Impact of Buddhism and Jainism in the Punjab.
6. Political condition of Punjab on the eve of Alexander's Invasions, account of the invasion and its impact.

Section C

7. Punjab under Chander Gupta Maurya and Ashoka.
8. Scythians and Kushans and their contribution to Punjab.
9. Punjab under the Vardhana Emperors.

Section D

10. Punjab from 7th Century to 1000 A.D (Survey of Political History)
11. Development of Education and Literature in the Punjab upto 1000 A.D.
12. Development of Art and Architecture up to 1000 A.D.

Suggested Readings

1. L. Joshi (ed): *History and Culture of the Punjab*, Art-I, Patiala, 1989 (3rd edition)
2. L.M. Joshi and Fauja Singh (ed); *History of Punjab* , Vol.I, Patiala 1977.
3. Budha Parkash : *Glimpses of Ancient Punjab*, Patiala, 1983.
4. B.N. Sharma: *Life in Northern India*, Delhi. 1966.

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-I)**PAPER-VIII: DRUG ABUSE: PROBLEM, MANAGEMENT AND PREVENTION
(For those classes which are running under annual system presently)
PROBLEM OF DRUG ABUSE: MANAGEMENT AND PREVENTION****Theory Lectures: 50 Hours****Time: 3 Hrs.****Total Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section – A**Meaning of Drug Abuse:**

- (i) Meaning, Nature and Extent of Drug Abuse in India and Punjab.
- (ii) Consequences of Drug Abuse for:

Individual	:	Education, Employment, Income.
Family	:	Violence.
Society	:	Crime.
Nation	:	Law and Order problem.

Section – B**Management of Drug Abuse:**

- (i) Medical Management: Medication for treatment and to reduce withdrawal effects.
- (ii) Psychiatric Management: Counselling, Behavioural and Cognitive therapy.
- (iii) Social Management: Family, Group therapy and Environmental Intervention.

Section – C**Prevention of Drug abuse:**

- (i) Role of family: Parent child relationship, Family support, Supervision, Shaping values, Active Scrutiny.
- (ii) School: Counselling, Teacher as role-model. Parent-teacher-Health Professional Coordination, Random testing on students.

Section – D**Controlling Drug Abuse:**

- (i) Media: Restraint on advertisements of drugs, advertisements on bad effects of drugs, Publicity and media, Campaigns against drug abuse, Educational and awareness program
- (ii) Legislation: NDPs act, Statutory warnings, Policing of Borders, Checking Supply/Smuggling of Drugs, Strict enforcement of laws, Time bound trials.

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-I)**References:**

1. huja, Ram (2003), *Social Problems in India*, Rawat Publication, Jaipur.
2. Extent, Pattern and Trend of Drug Use in India, Ministry of Social Justice and Empowerment, Government of India, 2004.
3. Inciardi, J.A. 1981. *The Drug Crime Connection*. Beverly Hills: Sage Publications.
4. Kapoor. T. (1985) *Drug epidemic among Indian Youth*, New Delhi: Mittal Pub.
5. Kessel, Neil and Henry Walton. 1982, *Alcoholism*. Harmond Worth: Penguin Books.
6. Modi, Ishwar and Modi, Shalini (1997) *Drugs: Addiction and Prevention*, Jaipur: Rawat Publication.
7. National Household Survey of Alcohol and Drug abuse. (2003) New Delhi, Clinical Epidemiological Unit, All India Institute of Medical Sciences, 2004.
8. Ross Coomber and Others. 2013, *Key Concept in Drugs and Society*. New Delhi: Sage Publications.
9. Sain, Bhim 1991, *Drug Addiction Alcoholism, Smoking obscenity* New Delhi: Mittal Publications.
10. Sandhu, Ranvinder Singh, 2009, *Drug Addiction in Punjab: A Sociological Study*. Amritsar: Guru Nanak Dev University.
11. Singh, Chandra Paul 2000. *Alcohol and Dependence among Industrial Workers*: Delhi: Shipra.
12. Sussman, S and Ames, S.L. (2008). *Drug Abuse: Concepts, Prevention and Cessation*, Cambridge University Press.
13. Verma, P.S. 2017, “*Punjab’s Drug Problem: Contours and Characterstics*”, Economic and Political Weekly, Vol. LII, No. 3, P.P. 40-43.
14. World Drug Report 2016, United Nations office of Drug and Crime.
15. World Drug Report 2017, United Nations office of Drug and Crime.

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-II)**OUTLINES OF SYLLABUS**

The courses of instruction for the Bachelor of Physical Education and Sports (B.P.E.S) Part-II consists of the following parts:

Part-A :	Theory	600 Marks
Part-B :	Practice of Teaching and Officiating	100 Marks
Part-C :	Skill and Prowess	300 Marks

Note: Examination in Skill and Prowess & Practicals shall be conducted jointly by an Internal and one External Examiner. **Scoring Tables for Athletics** attached at the end of the syllabus be used.

PART-A (THEORY)

Note: Each theory paper will be of three hours duration.

PAPER-I	KINESIOLOGY AND PHYSIOLOGY OF EXERCISE	100 Marks
PAPER-II	PSYCHOLOGY WITH SPECIAL REFERENCE TO PHYSICAL EDUCATION	100 Marks
PAPER-III	METHODS OF PHYSICAL EDUCATION	100 Marks
PAPER-IV	YOGA AND RECREATION	100 Marks
PAPER-V	ENGLISH COMPULSORY	100 Marks
PAPER-VI	PUNJABI (Compulsory)/ ਮੁੱਢਲੀ ਪੰਜਾਬੀ/ Punjab History And Culture (1000 to 1849 A.D.) (Special Paper in lieu of Punjabi) (Compulsory) For those students who are not domicile of Punjab	100 Marks
PAPER-VII	* Environmental Studies (Compulsory)	100 Marks

* **Note:** This Paper Marks are not included in the Total Marks

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-II)**PART-B: (PRACTICE OF TEACHING AND OFFICIATING)****100 Marks****Teaching Lessons and Assignments**

1. 10 Supervised Lessons (30 Marks)
2. 10 Officiating Assignments (30 Marks)
3. Note Book (40 Marks)

Evaluation in lessons, Officiating Assignment and Note Book shall be made by an external and internal examiner.

PART-C (SKILL AND PROWESS)**300 Marks**

(A)		Lesson on Athletics	(100 Marks)
	(i)	Middle Distance Races	
	(ii)	400 M Hurdles	
	(iii)	Triple Jump	
	(iv)	Pole Vault	
	(v)	Discus Throw	

Note: Students will be examined in four events of their choice

(B) Lesson on Games:**(100**

Marks)

- i. Basketball
- ii. Judo
- iii. Yoga
- iv. Weight Lifting/Training
- v. Cricket /Throw Ball/Badminton

Note: Students will be examined in four games of their choice.

(C) General Lesson:**(100 Marks)**

(i)	Movement Lesson	50 Marks
(ii)	Formal Lesson	50 Marks

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-II)**PAPER-I: KINESIOLOGY AND PHYSIOLOGY OF EXERCISE****Time: 3 Hours****Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A

- (i). Definition of Kinesiology, its need and scope in Physical Education, and its origin and development.
- (ii). (a) Axes and Planes of movements, line of pull
(b) Types of muscular contraction – isometric and isotonic and Excentric
(c) Muscle's angle of pull, two joint muscles
(d) Strength of muscular contraction in terms of motor units, All or none law, Reciprocal innervation and inhibition group action of muscles and muscular coordination.
(e) Terminology of motion of the following muscles: (i). Shoulder and shoulder girdle
(ii). Elbow and Wrist joint
(iii). Hip, knee and Ankle joint and Methods to understand.

SECTION –B

- (i). Structural Classification of the muscles
- (ii). Origin insertion and action of the following muscles:
Sterno Mastoid, Trapezies, Serratus, Another Deltocel, Biceps, Pectoralis, Major latissimus–dorsi, Triceps, glutens, Quardriceps, Hamstrings gastrocnemus.

SECTION –C

- (i). Meaning, scope and importance of physiology of exercise – its scope in Physical Education.
- (ii). Effects of training on muscular system
- (iii). Role of Energy cycle in Physical Activities.

SECTION –D

- (i). General effects of systematic Exercise on cardiac respiratory system.
- (ii). Physical Fitness, sources of fitness, common test of fitness.

References:		
1.	Rasch & Burke	Kinesiology and Applied Anatomy, 1973
2.	Cooper and Glassow	Kinesiology, 1963.
3.	Jenson and Schultz	Applied Kinesiology
4.	Miller & Morehouse	Physiology of Exercise,1976.
5.	Astrand and Rodahl	Test Book of Work Physiology, 1970.
6.	Karpovich	Activity, 1971.

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-II)**PAPER-II: PSYCHOLOGY WITH SPECIAL REFERENCE TO PHYSICAL EDUCATION****Time: 3 Hours****Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION –A

1. Meaning of psychology and educational psychology; Psychology as Science and its usefulness to teaching in Physical Education.
2. Emotion – Meaning and their psychological change and sublimations; Instincts – definition, characteristics and their training.
3. Motivation: definition and kinds of motivation.

SECTION –B

1. Relationship between body and mind.
2. Learning – Meaning and nature of learning, laws of learning and learning curve, transfer of training, kinds of transfer in various sports situation.
3. Growth and development at different stages with special reference to adolescence.

SECTION –C

1. Heredity and environment and their influence on child's development.
2. Mental health, factors affecting mental health and characteristics of mentally healthy individual.
3. Play and its theories – playway in education and physical education.

SECTION –D

1. Group formation, leadership and its qualities.
2. Meaning of guidance and its importance in the field of Physical Education
3. Personality: definition, characteristics, factors responsible for development of personality.

References:

- | | | |
|----|------------------------------|---|
| 1. | Bhatia, H.R. | Elementary Educational Psychology, 1965 |
| 2. | Gill, S.K. | Education Psychology, 1971–72 |
| 3. | Sharma, T.R. | Manovigyan |
| 4. | Sandhu I.K. & Amrit Kaur | Education Psychology, Punjabi University, Patiala |
| 5. | Crow, Lester D. & Alice Crow | An Introduction to Guidance |
| 6. | Taneja V.R. | Introduction to Guidance |
| 7. | A.S. Dhaliwal | Education Psychology |
| 8. | Kakkar, S.B. | Education Psychology |

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-II)**PAPER-III:****METHODS OF PHYSICAL EDUCATION****Time: 3 Hours****Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION –A

1. Meaning, scope and importance of methods of Physical Education.
2. Factors for determining methods of teaching.
3. **Types of Commanding:**
 - a) For beginners – children
 - b) For advanced groups
 - c) For large groups
 - d) For complicated exercises
 - e) Commands, order and directions
 - f) Techniques of commanding and leading
 - (i). Countings
 - (ii). Continuous counting
 - (iii). Counting the beat
 - (iv). Rhythmic counting
 - (v). Counting aloud
 - (vi). Use of whistle
 - (vii). Use of precession instrument and music

SECTION –B

1. **Presentation techniques:**
 - i. Personal preparation
 - ii. Technical preparation
 - iii. Steps of preparation
 - iv. Commands and their techniques
 - v. Situation which require different words of command
 - vi. Types of formations
 - vii. Principles of Class Management.
2. **Lesson Planning:**

Types of Lessons and their values

 - i. Objectives of different lessons, plans and parts of the lessons. Introductory and developments.
 - ii. Skill Practice/Group work
 - iii. Class activity/Recreation Part (Reassembly, Revision and dismissal)

SECTION –C**Teaching of Games:**

- a) Whole part, whole method of teaching skills and games
- b) Command method
- c) Discussion method
- d) Project method
- e) Demonstration method
- f) Imitation method
- g) Reciprocal method
- h) Small group method
- i) Problem solving method
- j) Teaching of fundamental skills
- k) Teaching and directing beginners
- l) Use and improvisation of Apparatus
- m) Planning and marking the pitches as per games in syllabus
- n) Safety precautions
- o) Teaching of minor games and their classifications according to the age and sex.

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-II)**SECTION –D**

- (i) **Lesson Plans:**
- a. Movement Lesson
 - b. General Lesson Plan
 - c. Specific Lesson plan
 - d. Theory lesson
- (ii) **Tournaments:**
- a. Organization and conduct of tournaments and athletic meet.
 - b. Tournament types – Elimination, league, combination and challenge tournaments.
- (iii) **Use of Audio–Visual Aid**
- d. Evaluation – Need, importance and techniques
 - e. Class Management for pupils for different groups
 - f. Use of audio–visual aids in teaching.
 - g. Improvisation–Evaluations – Need, importance and techniques.

References:

1.	J.P.Thomas	Organization and Administration of Physical Education.
2.	P.M.Joseph	Organization of Physical Education.
3.	Voltmeer & Eolinger	Organization and Administration of Physical Education Programme.
4.	Williams J. & Others	The Administration of Health and Physical Education.
5.	Tirunarayan & Hariharan	Methods in Physical Education, 1975.
6.	Singh, D.B.	Sharirik Sikhya Diyan Vidhiyan (Punjabi), 1977.

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-II)**PAPER-IV: YOGA AND RECREATION****Time: 3 Hours****Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION –A

1. (a) Meaning, Philosophy, aims and objectives of Yoga.
(b) Types of Yoga – Raja Yoga, Mantra Yoga, Bhakti Yoga, Karma Yoga and Laya Yoga and their approaches leading to their goal.
2. Meaning and Philosophy of Asthanga Yoga: Its eight steps – Yama, Niyama, Asana, Pranayama, Pratyahar, Dharma Dhyana, Samadhi, Role and mode of practice of each step in the attainment of goal, their psycho–physiological effects of human organizer.

SECTION –B

1. Techniques and therapeutic and general benefits of the following:
 - i. Neti–Jal and Sutra
 - ii. Dhauti–Dand and Vastra
 - iii. Kalpalbhati
 - iv. Nauli
2. Asana – their major classification: (i)Meditative (ii) Relaxative and (iii) Cultural
Psycho–physiological effects of each category of asanas in general – techniques and benefits of the following Asanas: Bhujanga, Shalabha, Dhanush, Hal. Matsya, Ushtra, Paschimottan, Vakra. Ardhmatsyendra, Chakra, Standing, baka, Mayur, Padma, Sidha, Makar Shava, Vajra and Supta Vajra.

SECTION –C

Definition, need and scope of recreation, objectives of recreation, development of recreational activities in India since 1947, agencies which can provide recreation in India.

SECTION –D

Recreation, leadership, why leadership is needed? Types of leadership, qualifications and training.

Facilities needed for community recreation, type of activities in recreation.

Reference Books:

1. Bulter, George D. : *Introduction to Community Recreation*, Mc Graw Hill Book Company, Inc. New York, 1967.
2. Domick, Hedley S. : *Administration of Modern Camp*, New York, Association Press.
3. Janny, Joh, H. : *Introduction to Recreation Education*, WBS Saundars Co., London,
4. Fitzaraid Gerald B. : *Leadership to Recreation*, R.S. Barnes and Company, New York.

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-II)**PAPER-V: ENGLISH (COMPULSORY)****Time: 3 Hours****Max. Marks: 100****Texts Prescribed:-**

1. *Making Connections* by Kenneth J. Pakenham, 2nd Edn. CUP
2. *Moments in Time: An Anthology of Poems*, GNDU, Amritsar
3. *English Grammar in Use* (Fourth Edition) by Raymond Murphy, CUP

Course Contents:-

1. *Making Connections* by Kenneth J. Pakenham, 2nd Edn. CUP: Unit-I and Unit-II
2. *Moments in Time: An Anthology of Poems*: Poems at Sr. No. 1-8
3. *English Grammar in Use* (Fourth Edition) by Raymond Murphy, CUP: Units 82-145

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

SECTION-A

Making Connections Unit-I and Unit –II

SECTION-B

Moments in Time: Poem at Sr. No. 1-8

SECTION-C

English Grammar in Use (Fourth Edition) by Raymond Murphy, CUP: Units 82-145

SECTION-D

Essay Writing (1000 Words)

PAPER-VI

ਲਾਜ਼ਮੀ ਪੰਜਾਬੀ

ਸਮਾਂ : ਤਿੰਨ ਘੰਟੇ

ਕੁਲ ਅੰਕ : 100

ਪਾਠ-ਕ੍ਰਮ ਅਤੇ ਪਾਠ-ਪੁਸਤਕਾਂ

ਸੈਕਸ਼ਨ-ਏ

ਮੱਧਕਾਲੀਨ ਪੰਜਾਬੀ ਕਾਵਿ (ਸੂਫੀ ਕਾਵਿ, ਕਿੱਸਾ ਅਤੇ ਬੀਰ ਕਾਵਿ ਦੇ ਸੰਦਰਭ ਵਿਚ) ਸੰਪਾ, ਹਰਜਿੰਦਰ ਸਿੰਘ, ਢਿਲੋਂ, ਨਰਜੀਤ ਸਿੰਘ ਖਹਿਰਾ ਪ੍ਰਕਾਸ਼ਨ: ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।

ਸੈਕਸ਼ਨ-ਬੀ

ਮੰਚ ਘਰ (ਸੰਪਾ. ਕੁਲਦੀਪ ਸਿੰਘ ਧੀਰ, ਹਿਰਦੇਜੀਤ ਸਿੰਘ ਭੋਗਲ), ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ

ਸੈਕਸ਼ਨ-ਸੀ

ਵਿਆਕਰਣਕ ਇਕਾਈਆਂ (ਭਾਵਾਂਸ਼, ਸ਼ਬਦ, ਵਾਕਾਂਸ਼, ਉਪਵਾਕ, ਵਾਕ)

ਸ਼ਬਦ ਜੋੜਾਂ ਦੇ ਨਿਯਮ

ਸੈਕਸ਼ਨ-ਡੀ

ਮਾਤ ਭਾਸ਼ਾ ਦਾ ਅਧਿਆਪਨ

(ੳ) ਪਹਿਲੀ ਭਾਸ਼ਾ ਦੇ ਤੌਰ 'ਤੇ

(ਅ) ਦੂਜੀ ਭਾਸ਼ਾ ਦੇ ਤੌਰ 'ਤੇ

ਦਫ਼ਤਰੀ ਚਿੱਠੀ ਪੱਤਰ

ਸੰਖੇਪ ਰਚਨਾ

ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿੱਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ ਬਰਾਬਰ ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ-ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-II)**PAPER-VI****ਮੁੱਢਲੀ ਪੰਜਾਬੀ**

(In lieu of Punjabi Compulsory)

ਸਮਾਂ : ਤਿੰਨ ਘੰਟੇ

ਕੁਲ ਅੰਕ : 100

ਪਾਠ-ਕ੍ਰਮ ਅਤੇ ਪਾਠ-ਪੁਸਤਕਾਂ**ਸੈਕਸ਼ਨ-ਏ**

ਪੰਜਾਬੀ ਵਾਕ ਬਣਤਰ : ਮੁੱਢਲੀ ਜਾਣ-ਪਛਾਣ

(ੳ) ਸਾਧਾਰਨ ਵਾਕ, ਸੰਯੁਕਤ ਵਾਕ ਅਤੇ ਮਿਸ਼ਰਤ ਵਾਕ

(ਅ) ਬਿਆਨੀਆ ਵਾਕ, ਪ੍ਰਸ਼ਨਵਾਚਕ ਵਾਕ ਅਤੇ ਹੁਕਮੀ ਵਾਕ

ਸੈਕਸ਼ਨ-ਬੀ

ਪੰਜਾਬੀ ਵਾਕਾਂ ਦੀ ਵਰਤੋਂ ਦੇ ਵਿਭਿੰਨ ਸਮਾਜਿਕ ਪ੍ਰਸੰਗ

ਪੈਰਾ ਰਚਨਾ

ਸੈਕਸ਼ਨ-ਸੀ

ਸੰਖੇਪ ਰਚਨਾ

ਚਿੱਠੀ ਪੱਤਰ

ਅਖਾਣ ਅਤੇ ਮੁਹਾਵਰੇ

ਸੈਕਸ਼ਨ-ਡੀ

ਪ੍ਰੋ.ਮੋਹਨ ਸਿੰਘ ਦੀ ਕਵਿਤਾ "ਅੰਬੀ ਦਾ ਬੂਟਾ"

ਪ੍ਰਿੰ. ਤੇਜਾ ਸਿੰਘ ਦਾ ਲੇਖ "ਘਰ ਦਾ ਪਿਆਰ"

ਨਾਨਕ ਸਿੰਘ ਦੀ ਕਹਾਣੀ "ਭੂਆ"

ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ ਬਰਾਬਰ ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ-ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-II)**PUNJAB HISTORY AND CULTURE (1000 to 1849 A.D.)
(Special Paper in lieu of Punjabi) (Compulsory)
For those students who are not domicile of Punjab****Time: 3 Hours****Max. Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A

- 1 The Punjab under Turko-Afghan Sultans.
- 2 The Punjab under the Great Mughals.
- 3 Silent features of the Bhakti Movement and Sufism in the Punjab.

Section-B

- 4 Guru Nanak Dev's teachings and impact on society.
- 5 Development of Sikhism(1539-1606) with special reference to Sangat, Masand system, Compilation of Adi Granth and Martyrdom of Guru Arjan Dev.
- 6 Martyrdom of Guru Teg Bahadur: Foundation of Khalsa by Guru Gobind Singh.

Section-C

- 7 Banda Bahadur and his achievements.
- 8 Sikh Struggle for sovereignty in the Punjab, 1716 to 1799.
- 9 Ranjit Singh's Rise to power; Civil and Military administration of Ranjit Singh.

Section-D

- 10 The Anglo-Sikh Wars and Annexation of the Punjab.
- 11 The Development of Punjabi Language and Literature, classical writings and famous legends of the Punjab.
- 12 Social life with special reference to position of women, fairs, festival, folk music, dance and games in the Punjab.

SUGGESTED READINGS

- 1 Kirpal Singh (Ed. **History and Culture of the Punjab, Part-II**, Patiala, 1990,(3rd Edition.
- 2 Fauja Singh (Ed.) : **History of the Punjab**, Vol. III,Patiala,1972.
- 3 G. S Chabra: **The Advanced History of the Punjab**,Vol.1
- 4 J.S Grewal: **The Sikhs of the Punjab**, The New Cambridge History of India, Cambridge, 1991.

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-II)**Environmental Studies (Compulsory Paper)****Time: 3Hrs.****Max. Marks: 100****Teaching Methodologies**

The Core Module Syllabus for Environmental Studies includes class room teaching and field work. The syllabus is divided into 8 Units [Unit-1 to Unit-VII] covering 45 lectures + 5 hours for field work [Unit-VIII]. The first 7 Units will cover 45 lectures which are class room based to enhance knowledge skills and attitude to environment. Unit-VIII comprises of 5 hours field work to be submitted by each candidate to the Teacher in-charge for evaluation latest by 15 December, 2018.

Exam Pattern: **End Semester Examination- 75 marks**
 Project Report/Field Study- 25 marks [based on submitted report]
 Total Marks- 100

The structure of the question paper being:

Part-A, Short answer pattern with inbuilt choice – 25 marks

Attempt any five questions out of seven distributed equally from Unit-1 to Unit-VII. Each question carries 5 marks. Answer to each question should not exceed 2 pages.

Part-B, Essay type with inbuilt choice – 50 marks

Attempt any five questions out of eight distributed equally from Unit-1 to Unit-VII. Each question carries 10 marks. Answer to each question should not exceed 5 pages.

Project Report / Internal Assessment:**Part-C, Field work – 25 marks [Field work equal to 5 lecture hours]**

The candidate will submit a hand written field work report showing photographs, sketches, observations, perspective of any topic related to Environment or Ecosystem. The exhaustive list for project report/area of study are given just for reference:

1. Visit to a local area to document environmental assets: River / Forest/ Grassland / Hill / Mountain / Water body / Pond / Lake / Solid Waste Disposal / Water Treatment Plant / Wastewater Treatment Facility etc.
2. Visit to a local polluted site – Urban / Rural / Industrial / Agricultural
3. Study of common plants, insects, birds
4. Study of tree in your areas with their botanical names and soil types
5. Study of birds and their nesting habits
6. Study of local pond in terms of wastewater inflow and water quality
7. Study of industrial units in your area. Name of industry, type of industry, Size (Large, Medium or small scale)
8. Study of common disease in the village and basic data from community health centre
9. Adopt any five young plants and photograph its growth
10. Analyze the Total dissolved solids of ground water samples in your area.
11. Study of Particulate Matter (PM_{2.5} or PM₁₀) data from Sameer website. Download from Play store.
12. Perspective on any field on Environmental Studies with secondary data taken from Central Pollution Control Board, State Pollution Control Board, State Science & Technology Council etc.

Unit-I**The multidisciplinary nature of environmental studies**

Definition, scope and importance, Need for public awareness

(2 lectures)**Unit-II****Natural Resources: Renewable and non-renewable resources:**

Natural resources and associated problems.

- (a) Forest resources: Use and over-exploitation, deforestation, case studies. Timber extraction, mining, dams and their effects on forests and tribal people.
- (b) Water resources: Use and over-utilization of surface and ground water, floods, drought, conflicts over water, dams-benefits and problems.

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- (c) Mineral resources: Use and exploitation, environmental effects of extracting and using mineral resources, case studies.
- (d) Food resources: World food problems, changes caused by agriculture and overgrazing, effects of modern agriculture, fertilizer-pesticide problems, water logging, salinity, case studies.
- (e) Energy resources: Growing energy needs, renewable and non-renewable energy sources, use of alternate energy sources, case studies.
- (f) Land resources: Land as a resource, land degradation, man induced landslides, soil erosion and desertification.
 - Role of an individual in conservation of natural resources.
 - Equitable use of resources for sustainable lifestyles.

(8 Lectures)**Unit-III****Ecosystems**

- Concept of an ecosystem
- Structure and function of an ecosystem
- Producers, consumers and decomposers
- Energy flow in the ecosystem
- Ecological succession
- Food chains, food webs and ecological pyramids
- Introduction, types, characteristic features, structure and function of the following ecosystem: Forest ecosystem, Grassland ecosystem, Desert ecosystem, Aquatic ecosystems (ponds, streams, lakes, rivers, ocean estuaries)

(6 Lectures)**Unit-IV****Biodiversity and its conservation**

- Introduction – Definition: genetic, species and ecosystem diversity
- Biogeographical classification of India
- Value of biodiversity: consumptive use, productive use, social, ethical aesthetic and option values
- Biodiversity at global, national and local levels
- India as a mega-diversity nation
- Hot-spots of biodiversity
- Threats to biodiversity: habitat loss, poaching of wildlife, man wildlife conflicts
- Endangered and endemic species of India
- Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity

(8 Lectures)**Unit-V****Environmental Pollution****Definition**

- Causes, effects and control measures of Air pollution, Water pollution, Soil pollution, Marine pollution, Noise pollution, Thermal pollution, Nuclear pollution
- Solid waste management: Causes, effects and control measures of urban and industrial wastes.
- Role of an individual in prevention of pollution
- Pollution case studies
- Disaster management: floods, earthquake, cyclone and landslides

(8 Lectures)**Unit-VI****Social Issues and the Environment**

- From unsustainable to sustainable development
- Urban problems and related to energy
- Water conservation, rain water harvesting, watershed management
- Resettlement and rehabilitation of people; its problems and concerns. Case studies.
- Environmental ethics: Issues and possible solutions
- Climate change, global warming, acid rain, ozone layer depletion, nuclear accidents and holocaust. Case studies.
- Wasteland reclamation
- Consumerism and waste products
- Environmental Protection Act, 1986
- Air (Prevention and Control of Pollution) Act, 1981

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- Water (Prevention and control of Pollution) Act, 1974
- Wildlife Protection Act
- Forest Conservation Act
- Issues involved in enforcement of environmental legislation
- Public awareness

(7 Lectures)**Unit-VII****Human Population and the Environment**

- Population growth, variation among nations
- Population explosion – Family Welfare Programmes
- Environment and human health
- Human Rights
- Value Education
- HIV / AIDS
- Women and Child Welfare
- Role of Information Technology in Environment and Human Health
- Case Studies

(6 Lectures)**Unit-VIII****Field Work**

- Visit to a local area to document environmental assets river/forest/grassland/hill/mountain
- Visit to a local polluted site – Urban / Rural / Industrial / Agricultural
- Study of common plants, insects, birds
- Study of simple ecosystems-pond, river, hill slopes, etc

(Field work equal to 5 lecture hours)**References:**

1. Bharucha, E. 2005. Textbook of Environmental Studies, Universities Press, Hyderabad.
2. Down to Earth, Centre for Science and Environment, New Delhi.
3. Heywood, V.H. & Waston, R.T. 1995. Global Biodiversity Assessment, Cambridge House, Delhi.
4. Joseph, K. & Nagendran, R. 2004. Essentials of Environmental Studies, Pearson Education (Singapore) Pte. Ltd., Delhi.
5. Kaushik, A. & Kaushik, C.P. 2004. Perspective in Environmental Studies, New Age International (P) Ltd, New Delhi.
6. Rajagopalan, R. 2011. Environmental Studies from Crisis to Cure. Oxford University Press, New Delhi.
7. Sharma, J. P., Sharma. N.K. & Yadav, N.S. 2005. Comprehensive Environmental Studies, Laxmi Publications, New Delhi.
8. Sharma, P. D. 2009. Ecology and Environment, Rastogi Publications, Meerut.
9. State of India's Environment 2018 by Centre for Sciences and Environment, New Delhi
10. Subramanian, V. 2002. A Text Book in Environmental Sciences, Narosa Publishing House, New Delhi.

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-III)**OUTLINES OF SYLLABUS**

The courses of instruction for the Bachelor of Physical Education and Sports (B.P.E.S) Part-II consists of the following parts:

Part-A :	Theory	600 Marks
Part-B :	Practice of Teaching and Officiating	100 Marks
Part-C :	Skill and Prowess	300 Marks

Note:

1. Examination in Skill and Prowess & Practicals shall be conducted jointly by an Internal and one External Examiner. **Scoring Tables for Athletics** attached at the end of the syllabus be used.

PART-A (THEORY)

Note: Each theory paper will be of three hours duration.

PAPER-I	Principles and Foundations of Physical Education	100 Marks
PAPER-II	Organisation and Administration	100 Marks
PAPER-III	Remedial and Massage	100 Marks
PAPER-IV	Officiating and Coaching	100 Marks
PAPER-V	English Compulsory	100 Marks
PAPER-VI	Punjabi (Compulsory) OR ਮੁੱਢਲੀ ਪੰਜਾਬੀ (in lieu of Punjabi)	100 Marks

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-III)**PART-B: (PRACTICE OF COACHING AND OFFICIATING) 100 Marks****Coaching Lessons and Assignments**

- | | |
|-------------------------------|------------|
| 1. 10 Supervised Lessons | (30 Marks) |
| 2. 10 Officiating Assignments | (30 Marks) |
| 3. Note Book | (40 Marks) |

Evaluation in lessons, Officiating Assignment and Note Book shall be made by an external and internal examiner.

PART-C (SKILL AND PROWESS) 300 Marks**(A) Lesson on Athletics (100 Marks)**

- (i) Long Distance Races
- (ii) Race Walking
- (iii) Steeple Chase
- (iv) Javelin Throw
- (v) Discus Throw

Note: Students will be examined in four events of their choice

(B) Lesson on Games: (100 Marks)

- i. Football
- ii. Kabaddi
- iii. Handball
- iv. Soft Ball
- v. Table Tennis/ Lawn Tennis

Note: Students will be examined in four games of their choice.

The contents for teaching for each game/event are as follows:

- (i). History of game/event.
- (ii). Measurement and preparation of the field.
- (iii). Equipment and material of game/event.
- (iv). Fundamental skills and lead up games.
- (v). Techniques, strategies and system of play.
- (vi). Rules and regulations of the game/event.
- (vii). Tournaments played at National and International level.
- (viii). Records (World, Olympics, Asian and National Level).
- (ix). Awards in the game.
- (x). Books and magazines.
- (xi). Officiating (a) duties of officials (b) Knowledge of score sheet (c) signals of officiating (d) Technical Equipment for officiating.

General Lesson: (100 Marks)

- (i) Movement Lesson : Action song/Motion Story/ Minor Games with Educational Themes 50 Marks
- (ii) Formal Lesson : Dumbbells/ Lazium/Umbrella Exercise 50 Marks

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-III)**PAPER – I: PRINCIPLES AND FOUNDATIONS OF PHYSICAL EDUCATION****Time: 3 hours****Maximum Marks: 100****Instructons for the Paper – Setter:**

The question paper will consist of five sections: A, B, C, D and E. Section A, B, C and D will have two questions from respective sections of the syllabus and will carry 15 marks each. Section E will consist of 10 short – answer type questions which will cover the entire syllabus uniformly and will carry 40 marks in all.

Instructions for the Candidates:

Candidates are required to attempt one question each from the sections A, B, C and D and the entire section E.

SECTION – A**1. Principles of Physical Education:****Introductory:**

- (a) Definition of Physical Education and allied terms.
 - (b) Misconceptions about Physical Education.
 - (c) Scope of Physical Education in modern age.
 - (d) Importance of Physical Education as a subject and a brief review of Physical Education, in the country.
 - (e) Relationship between Physical Education: Recreation, Health Education and General Education.
2. Aims and objectives, philosophy of Physical Education & contribution of Physical Education to the achievement of objective of general education.
 - (a) Leadership in Physical Education, need and selection of leaders in Physical Education, their training facilities in the country.
 - (b) Qualification and qualities of leaders in Physical Education of various levels.
 - (c) Utilization of student leadership.

Principles—their definition, need and sources of Physical Education.

SECTION-B**Biological Foundations of Physical Education:**

- (i) Principles of use, disuse and overuse.
- (ii) Effects of exercise.
- (iii) Exercise as an aid to achieve all round fitness.
- (iv) Fatigue, stress, healthful living, tensions.
- (v) Sex and age difference.
- (vi) Effects of heredity and environment.
- (vii) Somato type, king body types.
- (viii) Principles of load, creast load and overload.
- (ix) Chronological, physiological, anatomical and mental age.

SECTION-C**Psychological Principles:**

- (i) Psycho–Physical unity of man.
- (ii) Laws of learning, motor learning and their application to situation in play field.
- (iii) Learning curve its use in the field of physical education.
- (iv) Transfer of training its role in teaching physical education.
- (v) Theories of play and, their implication in teaching physical education.

Sociological Principles:**SECTION-D**

- (i) Physical education and sports as a need of the society.
- (ii) Sociological implications of physical education and sports.
- (iii) Physical activities and sports as a man’s cultural heritage.
- (iv) Physical education and sports as a social institution and their influence on society.

Reference Books:

1. Charles A. Bucher : *Foundations of Physical Education.*
2. Harold M. Barrow : *Man and His Movement : Principles of Physical Education.*
3. J. F. Williams : *Principles of Physical Education.*
4. Cowel & France : *Philosophy and Principles of Physical Education.*
5. Updyke & Johnson : *Principles of Modern Physical Education, Health and Recreation.*
6. M L. Karniesh & M.S. Sangral : *Principles and History of Physical Education, 1977.*

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-III)**PAPER – II: ORGANISATION AND ADMINISTRATION****Time: 3 hours****Max. Marks: 100****Instructions for the Paper–Setter:**

The question paper will consist of five sections: A, B, C, D and E. Sections A, B, C and D will have two questions from the respective sections of the syllabus and will carry 15 marks each. Section E will consist of 10 short–answer type questions which will cover the entire syllabus uniformly and will carry 40 marks in all.

Instructions for the Candidates:

Candidates are required to attempt one question each from sections A, B, C and D and the entire section E.

SECTION—A**1. Introduction:**

- (a) Meaning and Definition of Planning, Organisation, Administration and Management and their nature and scope.
- (b) Importance of Management in Educational Institutions.
- (c) Principles of Management.
- (d) Theories of Management.
- (e) Scheme of organisation in school, college and university.
- (f) Scheme of organisations of Physical Education and sports at national, state and district levels.

SECTION—B**2. Facilities and Equipment:**

- (a) Lay–out of Physical Education facilities—indoor and outdoor.
- (b) Need and Importance of equipment for physical educations.
- (c) Procedure in purchase of equipment.
- (d) Development of improvised equipment.
- (e) Care, maintenance and disposal of unserviceable equipment.

SECTION—C**3. Staff and Leadership:**

- (a) Role of leadership in efficient management of Physical Education programme in an organisation.
- (b) Qualities of good teacher/leader of Physical education.
- (c) Importance of qualified teacher/leader of physical education.
- (d) Students leadership, its importance and limitations.
- (e) Staff Co–operations.
- (f) Selection and Training of students leader.
- (g) Recognition of staff and student leaders.

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-III)

4. **Intramurals and Extramurals:**
 - (i) **Intramurals:**
 - (a) Its importance and planning.
 - (b) Events of competitions, time and facility factor.
 - (c) Point system, awards, recognitions.
 - (ii) **Extramurals:**
 - (a) Out comes of participations (Educational)
 - (b) Limitations in participations.
 - (c) Selection and training of teams.
 - (d) Participation, finance and other aspects.

SECTION-D

5. **Public Relations:**
 - (a) Definition and need.
 - (b) Principle of public relations in physical education.
 - (c) Techniques, and use of media.
 - (d) Relations with parents, public and other bodies.
 - (e) Demonstration, and displays on special occasions.
6. **Office Management and Budget:**
 - (a) Maintenance of Records.
 - (b) Office Correspondence, and reports.
 - (c) Physical education budget and its preparation.
 - (d) Income and expenditure (sources)
 - (e) Petty Cash.

Reference Books:

1. Joseph, P.M., *Organisation of Physical Education*, The Old Students' Association, Tipe Kandivali (Bombay), 1963.
2. Voltmer, EE, et al., *The Organisation and Administrations of Physical Education*, New Jersey, Prentice Hall Inc., 1979.
3. Bucher, C.A., *Administration of Physical Education and Athletic Programme*, London, The C.V. Mosby Company 1983.
4. Zugler, E.F. and Bowle, G.W. *Management Competency, Developments in Sports and Physical Education*, Philadelphia, Lea and Febiger, 1983.
5. Maheshwari, B.L., *Management by Objectives*, New Delhi, Tata McGraw Hill Publishing Company Ltd., 1982

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-III)**PAPER-III: REMEDIAL AND MASSAGE****Time: 3 Hours****Max. Marks: 100**

The question paper will consist of five sections: A, B, C, D and E. Sections A, B, C and D will have two questions from the respective sections of the syllabus and will carry 15 marks each. Section E will consist of 10 short-answer type questions which will cover the entire syllabus uniformly and will carry 40 marks in all.

Instructions for the Candidates:

Candidates are required to attempt one question each from sections A, B, C and D and the entire section E.

SECTION-A**REMEDIAL**

Definition of Remedial, Physiotherapy and corrective exercises.

POSTURE:

- a. Posture—characteristics of correct in incorrect posture.
- b. The cause of incorrect posture and its corrective measures.
- c. Testing of correct posture.
- d. Classification of Posture

SECTION-B**POSTURAL DEFORMITIES**

- a. Postural deformities: Kyphosis, Lordosis, Scoliosis, Bow legs, Knock knees, flat foot.
- b. Causes of various Postural deformities
- c. Corrective exercise for various postural deformities.
- d. Psychological and habitual considerations for preventing the Postural deformities.
- e. Physiotherapy Treatment for correcting various postural deformities.

SECTION-C**MASSAGE**

- a. Massage: Meaning and Definition
- b. A brief history of massage and exercise
- c. Guidelines for the application of massage
- d. The general effects of massage with practical instructions on mechanical points

Classification of Manipulation and Movements:

- a. Classification of the manipulations and movements used in massage and the effects of each such type of manipulation on the different system of the human body.

Techniques of Massage:

- a. Techniques of massage for the human back, chest, abdomen, head and face.
- b. Techniques of massage for the human limbs and back with the practical instruction;
 - i. The effleurage movement
 - ii. The percussion movement.
 - iii. Kneading
 - iv. Friction, striking, clapping and beating movements

SECTION-D**Classification of Positions:**

Classification of the fundamental positions, the derived and modified positions and its respective purposes.

Exercises with practical instructions in:

Free mobility exercises, Assisted exercises and Resisted exercises.

Exercises with practical instructions in exercises for:

- (a) The foot, and knee joints.
- (b) The finger, wrist, elbow, radius-ulna joints.
- (c) The trunk and shoulder joints.

Reference Books:

1. Mary V. Laoe : *Massage and Medical Gymnastics*, 1956.
2. Tidy : *Massage and Remedial Gymnastics*, 1976.
3. Joke Ernest : *Scope of Exercises in Rehabilitations*.
4. Joke Ernest : *Philosophy of Exercises*.
5. Horns Kans : *Therapeutic Exercises*.

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-III)

PAPER-IV: OFFICIATING AND COACHING

Time: 3 Hours

Max. Marks: 100

Instructions for the Paper-Setter:

The question paper will consist of five sections A, B, C, D and E. Sections A, B, C and D will have two questions from respective sections of the syllabus and will carry 15 marks each. Section E will consist of 10 short-answer type questions which will cover the entire syllabus uniformly and will carry 40 marks in all.

Instructions for the Candidates:

Candidates are required to attempt one question each from the sections A, B, C and D and the entire section E.

SECTION – A

- a. Officiating: Meaning and definition,
- b. Principles of officiating
- c. Sports Officials: qualifications and qualities of sports officials

SECTION – B

- a. Coaching: Meaning and definition and Principles of coaching.
- b. Different training methods and conditioning methods.
- c. Application of Sports Psychology in coaching.
- d. Warming up and cooling down.

SECTION-C

The below mentioned topics of Hockey, Football, Cricket, Basketball, Volleyball, Badminton, Kabaddi, Wrestling and Athletic 100 M. High Jump, Board Jump, Shot-put and Discus Throw etc.

- a. History.
- b. Plan of play fields.
- c. Rules and duties of official.
- d. Training schedules: Preparation with macro and micro cycle.
- e. Selection of players and athletes, Score sheets and Awards of points.

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-III)**SECTION-D**

- a. Periodization: Meaning and definition, types of periodization,
- b. Principles of periodization and factors affecting periodization.
- c. Short term and long term planning and training.
- d. Adaptation–Principle of adaptation.
- e. Meaning of Training load and training effects.
Methods of conditioning viz. Weight Training, Circuit Training, Fartlek, Interval training, Cross Country Competition and Test Method.

Reference Books:

1. Klaff & Arnheim : *Modern Principles of Athletic*
2. J.W. Bunn : *Scientific Principles of Coaching.*
3. M.R. Bracer : *Efficiency of Human Movement.*
4. Singh Hardyal : *Sports Training, New Delhi.*

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-III)**PAPER-V: ENGLISH (COMPULSORY)****Max Marks: 100****Prescribed Texts:**

- *Poems of Nature and Culture*, Guru Nanak Dev University, Amritsar
- *Glimpses of Theatre*, Guru Nanak Dev University, Amritsar

Course Contents:

- ***Poems of Nature and Culture:***

William Wordsworth:	“The World is Too Much with Us”
Gordon Lord Byron:	“She Walks in Beauty”
P.B Shelly:	“Ozymandias”
Alfred Lord Tennyson:	“In Memoriam”
Robert Browning:	“Meeting at Night”
Mathew Arnold:	“Dover Beach”
W.B Yeats:	“Words”
Nissim Ezekiel:	“Night of the Scorpion”

- ***Glimpses of Theatre:***

- “The Will”
- “Villa for Sale”
- “Progress”
- “The Monkey’s Paw”

- **Resume Writing, Formal Letter and Report Writing**

Instructions for the Paper-Setter and Distribution of Marks:mai

The question paper shall consist of 8 questions (of equal marks),two in each of the four sections (Section A to D , corresponding to the distribution in the syllabi). Further, the paper setters shall be instructed to make sub-sections (not exceeding four) of the questions and allocate appropriate marks to the each sub-section. The candidates shall be asked to attempt five questions by selecting one question from each section and the fifth question may be attempted from any section. (20X5=100)

SECTION –A***Poems of Nature and Culture:***

William Wordsworth:	“The World is Too Much with Us”
Gordon Lord Byron:	“She Walks in Beauty”
P.B Shelly:	“Ozymandias”
Alfred Lord Tennyson:	“In Memoriam”
Robert Browning:	“Meeting at Night”
Mathew Arnold:	“Dover Beach”
W.B Yeats:	“Words”
Nissim Ezekiel:	“Night of the Scorpion”

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SECTION -B

Glimpses of Theatre:

- “The Will”
- “Villa for Sale”
- “Progress”
- “The Monkey’s Paw

SECTION-C

Formal Letter

SECTION-D

- Resume Writing
- Report Writing

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-III)**ਲਾਜ਼ਮੀ ਪੰਜਾਬੀ**

ਸਮਾਂ : ਤਿੰਨ ਘੰਟੇ

ਕੁਲ ਅੰਕ : 100

ਪਾਠ-ਕ੍ਰਮ ਅਤੇ ਪਾਠ-ਪੁਸਤਕਾਂ

ਸੈਕਸ਼ਨ-ਏ

ਚੰਦਨ ਦੇ ਉਹਲੇ (ਨਾਟਕ): ਪਾਲੀ ਭੁਪਿੰਦਰ
(ਲੇਖਕ ਦਾ ਜੀਵਨ ਤੇ ਰਚਨਾ, ਸਾਰ/ਵਿਸ਼ਾ ਵਸਤੂ/ਪਾਤਰ ਚਿਤਰਣ)

ਸੈਕਸ਼ਨ-ਬੀ

ਮੜੀ ਦਾ ਦੀਵਾ (ਨਾਵਲ): ਗੁਰਦਿਆਲ ਸਿੰਘ
(ਲੇਖਕ ਦਾ ਜੀਵਨ ਤੇ ਰਚਨਾ, ਸਾਰ/ਵਿਸ਼ਾ ਵਸਤੂ/ਪਾਤਰ ਚਿਤਰਣ)

ਸੈਕਸ਼ਨ-ਸੀ**ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ**

ਨਾਂਵ : ਪਰਿਭਾਸ਼ਾ ਅਤੇ ਕਿਸਮਾਂ
ਪੜਨਾਂਵ : ਪਰਿਭਾਸ਼ਾ ਅਤੇ ਕਿਸਮਾਂ
ਵਿਸ਼ੇਸ਼ਣ : ਪਰਿਭਾਸ਼ਾ ਅਤੇ ਕਿਸਮਾਂ
ਕਿਰਿਆ : ਪਰਿਭਾਸ਼ਾ ਅਤੇ ਕਿਸਮਾਂ
ਕਿਰਿਆ ਵਿਸ਼ੇਸ਼ਣ : ਪਰਿਭਾਸ਼ਾ ਅਤੇ ਕਿਸਮਾਂ
ਸੰਬੰਧਕ : ਪਰਿਭਾਸ਼ਾ ਅਤੇ ਕਿਸਮਾਂ
ਯੋਜਕਫ : ਪਰਿਭਾਸ਼ਾ ਅਤੇ ਕਿਸਮਾਂ
ਵਿਸਮਿਕ : 2 ਪਰਿਭਾਸ਼ਾ ਅਤੇ ਕਿਸਮਾਂ

ਸੈਕਸ਼ਨ-ਡੀ

ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਅਤੇ ਗੁਰਮੁਖੀ ਲਿਪੀ ਦਾ ਸੰਬੰਧ
ਪੰਜਾਬੀ ਧੁਨੀ ਵਿਉਂਤ : ਖੰਡੀ ਧੁਨੀਆਂ, ਸੂਰ ਵਿਅੰਜਨ, ਅਖੰਡੀ ਧੁਨੀਆਂ ਸੂਰ, ਵਾਕ-ਸੂਰ, ਬਲ, ਨਾਸਿਕਤਾ

ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿੱਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ ਬਰਾਬਰ ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ-ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-III)

ਮੁੱਢਲੀ ਪੰਜਾਬੀ

(In lieu of Compulsory Punjabi)

ਸਮਾਂ : ਤਿੰਨ ਘੰਟੇ

ਕੁਲ ਅੰਕ : 100

**ਪਾਠ-ਕ੍ਰਮ
ਸੈਕਸ਼ਨ-ਏ**

ਪੈਰਾ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ
ਸਰਲ ਅੰਗਰੇਜ਼ੀ ਪੈਰੇ ਦਾ ਪੰਜਾਬੀ ਅਨੁਵਾਦ

ਸੈਕਸ਼ਨ-ਬੀ

ਕਵਿਤਾਵਾਂ

- (ੳ) ਸਮਾਂ (ਭਾਈ ਵੀਰ ਸਿੰਘ)
- (ਅ) ਬੈਰ ਪੰਜਾਬੀ ਦੀ (ਫ਼ੀਰੋਜ਼ਦੀਨ ਸ਼ਰਫ਼)
- (ੲ) ਅੰਬੀ ਦਾ ਬੂਟਾ (ਪ੍ਰੋ. ਮੋਹਨ ਸਿੰਘ)
- (ਸ) ਬਿਰਹੋਂ ਦੀ ਰੜਕ (ਸ਼ਿਵ ਕੁਮਾਰ)

(ਪ੍ਰਸੰਗ ਸਹਿਤ ਵਿਆਖਿਆ; ਸਾਰ)

ਸੈਕਸ਼ਨ-ਸੀ

ਕਹਾਣੀਆਂ

- (ੳ) ਭੂਆ (ਨਾਨਕ ਸਿੰਘ)
- (ਅ) ਦੁੱਧ ਦਾ ਛੱਪੜ (ਕੁਲਵੰਤ ਸਿੰਘ ਵਿਰਕ)
- (ੲ) ਸਾਂਝੀ ਕੰਧ (ਸੰਤੋਖ ਸਿੰਘ ਧੀਰ)
- (ਸ) ਉਹ ਸੋਚਦੀ (ਦਲੀਪ ਕੌਰ ਟਿਵਾਣਾ)

(ਵਿਸ਼ਾ-ਵਸਤੂ; ਸਾਰ)

ਸੈਕਸ਼ਨ-ਡੀ

ਨਿਬੰਧ

- (ੳ) ਘਰ ਦਾ ਪਿਆਰ (ਤੇਜਾ ਸਿੰਘ)
- (ਅ) ਖੁਸ਼ਾਮਦੀ ਨਾਲ (ਹਰਿੰਦਰ ਸਿੰਘ ਰੂਪ)
- (ੲ) ਆਓ, ਗੱਲਾਂ ਕਰੀਏ (ਨਰਿੰਦਰ ਸਿੰਘ ਕਪੂਰ)
- (ਸ) ਮਨੁੱਖ ਕੁਦਰਤ ਦੀ 'ਨੇਕ ਔਲਾਦ' ਨਹੀਂ (ਸੁਰਿੰਦਰ ਮੰਡ)

(ਵਿਸ਼ਾ-ਵਸਤੂ; ਸਾਰ)

ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਭਾਗ ਵਿੱਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ ਬਰਾਬਰ ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ-ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

**BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) ((PART: I to III)
Athletics Performance conversion Scoring Table
(WOMEN)**

Marks	Shot-Put (4 Kg.) in Mtrs.	Discus (1 Kg.) in Mtrs.	Javelin (600 gms.) in Mtrs.	Long Jump in Mtrs.	High Jump in Mtrs.
6.0	10.50	30.00	35.00	5.00	1.50
5.5	10.00	29.00	33.00	4.90	1.48
5.0	9.70	27.00	31.00	4.80	1.46
4.5	9.40	25.00	29.00	4.70	1.44
4.0	9.00	23.00	27.00	4.60	1.40
3.5	8.60	21.00	25.00	4.40	1.35
3.0	8.20	19.00	23.00	4.20	1.30
2.5	7.80	17.00	21.00	4.00	1.25
2.0	7.40	15.00	19.00	3.90	1.20
1.5	6.80	13.00	17.00	3.80	1.15
1.0	6.40	12.00	15.00	3.50	1.10
0.5	6.00	11.00	13.00	3.30	1.05
0	5.90	10.50	12.00	3.00	1.00

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART: I to III)**Athletics Performance conversion Scoring Table
(MEN)**

Marks	Long Jump in Mtrs.	Hop Step Jump in Mtrs.	High Jump in Mtrs.	Pole Vault in Mtrs.
6.0	6.30	13.60	1.60	3.40
5.5	6.25	13.40	1.58	3.37
5.0	6.05	13.20	1.56	3.34
4.5	5.90	13.00	1.54	3.30
4.0	5.75	12.80	1.52	3.25
3.5	5.60	12.60	1.50	3.20
3.0	5.45	12.40	1.45	3.15
2.5	5.30	12.20	1.40	3.10
2.0	5.15	12.00	1.35	3.05
1.5	5.00	11.80	1.30	3.00
1.0	4.90	11.60	1.25	2.90
0.5	4.80	11.50	1.20	2.85
0	4.70	11.40	1.15	2.80

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART: I to III)
Athletics Performance conversion Scoring Table
(WOMEN)

Marks	100 Mtrs. in Seconds	200 Mtrs. in Seconds	800 Mtrs. in Minutes & Seconds	110 Mtrs. Hurdles in Seconds
6.0	14.0	28.5	2.40	18.5
5.5	14.2	28.7	2.42	18.6
5.0	14.4	28.9	2.45	18.7
4.5	14.6	30.1	2.46	18.8
4.0	14.8	30.3	2.48	19.0
3.5	15.0	30.7	2.50	19.2
3.0	15.3	30.9	2.55	19.4
2.5	15.6	30.9	2.58	19.7
2.0	15.9	31.2	3.01	20.0
1.5	16.2	31.5	3.04	20.5
1.0	16.5	31.8	3.07	21.0
0.5	16.8	32.0	3.10	21.2
0	17.1	32.2	3.15	21.4

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART: I to III)
Athletics Performance conversion Scoring Table
(MEN)

Marks	100 Mtrs. in Seconds	200 Mtrs. in Seconds	800 Mtrs. in Minutes & Seconds	1500 Mtrs. in Minutes & Seconds	110 Mtrs. Hurdles in Seconds
6.0	11.5	24.5	2.20	4.20	16.5
5.5	11.7	24.7	2.22	4.23	16.6
5.0	12.1	24.9	2.24	4.26	16.7
4.5	12.4	25.1	2.26	4.29	16.8
4.0	12.7	25.3	2.28	4.32	16.9
3.5	13.0	25.5	2.30	4.35	17.0
3.0	13.2	25.7	2.32	4.38	17.2
2.5	13.4	25.9	2.37	4.41	17.4
2.0	13.6	26.0	2.42	4.44	17.6
1.5	13.8	26.5	2.47	4.47	17.8
1.0	14.0	27.0	2.52	4.50	18.0
0.5	14.2	27.5	2.57	4.53	18.1
0	14.5	28.0	3.00	4.56	18.2

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART: I to III)
Athletics Performance conversion Scoring Table
(MEN)

Marks	Shot-put 7 kg. 260 gms. in mtrs.	Hammer Throw in mtrs.	Discus 2 kg. Throw in mtrs.	Javelin Throw 800 Gms in mtrs.
6.0	10.80	35.00	33.00	50.00
5.5	10.20	34.00	31.00	47.00
5.0	9.60	33.00	29.00	44.00
4.5	9.00	32.00	27.00	41.00
4.0	8.50	31.00	25.00	39.00
3.5	8.00	30.00	23.00	36.00
3.0	7.50	29.00	21.00	33.00
2.5	7.00	28.00	19.00	30.00
2.0	6.60	26.50	17.00	27.00
1.5	6.20	25.00	15.00	26.00
1.0	5.80	23.50	13.00	23.00
0.5	5.40	22.00	11.00	20.50
0	5.00	21.00	8.00	17.00