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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(ii) Subject to change in the syllabi at any time.
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The courses of instruction for the Bachelor of Physical Education and Sports (B.P.E.S.) Part–I 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.

<table>
<thead>
<tr>
<th>PAPER</th>
<th>COURSE</th>
<th>MARKS</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>INTRODUCTION TO PHYSICAL EDUCATION</td>
<td>100</td>
</tr>
<tr>
<td>II</td>
<td>GENERAL SCIENCE</td>
<td>100</td>
</tr>
<tr>
<td>III</td>
<td>ANATOMY AND PHYSIOLOGY</td>
<td>100</td>
</tr>
<tr>
<td>IV</td>
<td>HEALTH EDUCATION</td>
<td>100</td>
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<tr>
<td>V</td>
<td>SOCIAL SCIENCES</td>
<td>100</td>
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<tr>
<td>VI</td>
<td>ENGLISH COMPULSORY</td>
<td>100</td>
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<tr>
<td>VII</td>
<td>PUNJABI (COMPULSORY)</td>
<td>100</td>
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<td></td>
<td>¹Punjab History and Culture (Earliest Times to 1000 A.D.) (Special Paper in lieu of Punjabi)</td>
<td></td>
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<tr>
<td>VIII</td>
<td>²Drug Abuse: Problem, Management and Prevention (Compulsory)</td>
<td>100</td>
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¹ Note: The marks of Paper will not be added in the Grand Total.
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.
   (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

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:

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<tbody>
<tr>
<td>4</td>
<td>Ministry of Education (Govt. of India)</td>
<td>A National Plan of Physical Education, 1965.</td>
</tr>
<tr>
<td>5</td>
<td>Sanyal Sardindo</td>
<td>India and Olympic Games</td>
</tr>
<tr>
<td>6</td>
<td>Brar, Gurcharan Singh</td>
<td>Roots of Panjab University and its sports archives (1882-1982), Mohindra publishing house, Chandigarh, 2017.</td>
</tr>
</tbody>
</table>
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.

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:
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.

Section–D:
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.
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.
### Reference Books:

<table>
<thead>
<tr>
<th>No.</th>
<th>Author</th>
<th>Title</th>
<th>Edition and Publisher</th>
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</table>
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.
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 artery arosis, Hypotension.
   c. The Blood type and transfusion.

SECTION–D

Common Health Problems:
   a. Drugs and Narcotics, Alcohal, Smoking, Food infection

Common Health Disorders:
   a. Diabetes, Endocrine Allergies, Cancer.

Family and Sex Education:
   a. General instructions on sex, hygience, family planning
   b. first–aid, home nursing,
   c. Athletic injuries and safety education.

Reference Books:
   e. Aykrayd, W.R.: The Nutritive Value of Indian Foods and the Planning Satisfactory Diet, New Delhi, Indian Council of Medical Research 1962
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.

Books Suggested:

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<thead>
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<tbody>
<tr>
<td>1</td>
<td>R.N.</td>
<td>India (English and Hindi Ed.)</td>
</tr>
<tr>
<td>2</td>
<td>L.D. Stamp</td>
<td>Asia (English and Hindi Ed.)</td>
</tr>
<tr>
<td>3</td>
<td>A. Dass Gupta</td>
<td>India (English and Hindi Ed.)</td>
</tr>
<tr>
<td>4</td>
<td>H.R. Gupta &amp; K.S. Narang</td>
<td>Punjab History</td>
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<tr>
<td>5</td>
<td>H.R. Gupta &amp; K.S. Narang</td>
<td>History of India</td>
</tr>
</tbody>
</table>
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
BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-I)

PAPER-VII: लघुभाषी पीठांतरी

मार्ग : खिल भर्ते
चुना भव : 100

पाठ-चूह अथा पाठ-पुस्तकां

मैथम-दे
दे तंग (मैत्र. उपमिष्ठ मिथ मिथ मधु मधु मार्गी, ति तितप देख फुटोफुटी, अवितमत)
(१) पुनरायु रभकिमि, रभकि रामदु
(भ) दुनादी दा दिक्का-दासडी-भर

मैथम-ची
बूंद भूषण (मैत्र. उपमिष्ठ मिथ मधु मधु मधु मार्गी, ति तितप देख फुटोफुटी, अवितमत)
(१) रिकिमि ना मात-रिकिमि रामदु
(भ) दोका दिक्का : मात, दिक्का रामदु, मार्गी भर दे बुझ

मैथम-भी
जमा देहडीमा (जमा दा टरमांडी तुम, जमा अथै हुड्ड-जमा दा भोट, भागाती हुड्ड-जमान्दा दे पहाड़-हिँडु)

मैथम-बी
(३) रेख उत्तर
(भ) दुल्लु बुझ दे पुमलां दे दिउत
(५) अक्षब अथै भुगवाले

अंक-टूड अथै पहरीबाबु रटी उपाधितर

1. पुस्तक पुस्तक दे छर जना देखदो। ति दरक रिच दे पुस्तक पुरे मार्गी।
2. रिकिमि जिमी दे हुड्डु भूम पुस्तक दरक दे। ति दरक दिख दिख पुस्तक लघुभाषी दे।
   पुस्तक पुस्तक दिख दी जना दिख बीड ना सच्चा दे।
3. उदेश पुस्तक दे विषय अक्ष दे।
4. देहड बूंद बूंद देहड देहड चौर दा पुस्तक दी तंड भर्ती देहड दे देहड चौर हुड्ड-हुड्ड दिख वर लघुभाषी दे।
पेड़ी आवश्यक, अष्टक लृष्ण, पेड़ी दिस्ती लाइ दचक कोई पेड़ दिस्ती दचक कोई आधे माझुल (पूरेसी माझ-पढ़ात)
श्रेणी (दिस्ती, दिस्ती, आपल) : पढ़ात कोई लड़ाई

पेड़ी सी मध्य-सवात : पूरेसी माझ-पढ़ात
(सप्ताह मध्य, मेजबन मध्य, मित्र मध्य, मूल मध्य, महीना मध्य, अन्य मध्य अन्य दिशे)

पेड़ी सी
हिंदू लड़ाई की पेड़ी मध्य-सवात : चपाल, डुपाल, किसॉ-लाई, पेड़ी आदि रेखे रेखे पाईहां आंटी रूट मेजबन.

पेड़ी सी
उड़े उड़े मैं खिलां दे तो, घाड़ू भवींकिंग दे गां, खुंडा दे गां, हिंदू उ में उड़ खिलां मध्य विदर

अब-आंि आदि भवींकिंग सभी शरीयाँ उद्धेज
1. पूर्ण पूर्ण दे चार चार उड़ा उड़ा। उड़ जाणा दिशें दे पूर्ण पूर्ण नहीं उड़ा।
2. दिशाखाँडी दे चार चार पूर्ण पूर्ण बचकू उड़ा। उड़ जाणा दिशें दिश पूर्ण पूर्णमा देखी।
3. उड़ार पूर्ण पूर्ण दे बचकू चार उड़ा।
4. पेड़े पूर्ण बचकू रासा मेजबन काढू उं पूर्णमा दी देश अलौं देश उं देश रासा बुध-पूर्णमा
   दिश जात मध्यमा देखी।
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.

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)
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

Thoery 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:
(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
References:
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)/ ਪੰਜਾਬੀ ਪੁਸ਼ਟਿ (Compulsory) / 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 Stuies (Compulsory) | 100 Marks |

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

<table>
<thead>
<tr>
<th>(A)</th>
<th>Lesson on Athletics</th>
<th>(100 Marks)</th>
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<tbody>
<tr>
<td>(i)</td>
<td>Middle Distance Races</td>
<td></td>
</tr>
<tr>
<td>(ii)</td>
<td>400 M Hurdles</td>
<td></td>
</tr>
<tr>
<td>(iii)</td>
<td>Triple Jump</td>
<td></td>
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<tr>
<td>(iv)</td>
<td>Pole Vault</td>
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<tr>
<td>(v)</td>
<td>Discus Throw</td>
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</tr>
</tbody>
</table>

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)

<table>
<thead>
<tr>
<th>(i)</th>
<th>Movement Lesson</th>
<th>50 Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>(ii)</td>
<td>Formal Lesson</td>
<td>50 Marks</td>
</tr>
</tbody>
</table>
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, Quadriceps, 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:

<table>
<thead>
<tr>
<th>References</th>
<th>Author/Title</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Rasch &amp; Burke</td>
<td>Kinesiology and Applied Anatomy, 1973</td>
</tr>
<tr>
<td>3.</td>
<td>Jenson and Schultz</td>
<td>Applied Kinesiology</td>
</tr>
</tbody>
</table>
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.

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.

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
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

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.
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:**

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<tbody>
<tr>
<td>1</td>
<td>J.P.Thomas</td>
<td>Organization and Administration of Physical Education.</td>
</tr>
<tr>
<td>2</td>
<td>P.M.Joseph</td>
<td>Organization of Physical Education.</td>
</tr>
<tr>
<td>3</td>
<td>Voltmeer &amp; Eolinger</td>
<td>Organization and Administration of Physical Education Programme.</td>
</tr>
<tr>
<td>4</td>
<td>Williams J. &amp; Others</td>
<td>The Administration of Health and Physical Education.</td>
</tr>
</tbody>
</table>
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BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART–II)

PAPER–IV: YOGA AND RECREATION

Time: 3 Hours

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.

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

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:

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

PAPER-VI

खपभी पीसाई

मात्र : डिगर पेटी

पाठ-चूँत अधे पाठ-पाठवर

मैवम-देख

भवावी भाषि बालि (मूदी बालि, विचार अधे बीत वालि दे मंत्रि विचि) मंदा, तवमित्र सिंधिय, तिलिन, सकमी सिंधि बनिया पुरावरात: बाँड़तन कड़न त्रीतीयवतनी, अभिमुकम

मैवम-देखी

भव बह (मंदा, वुतसीर सिंधिय पीत, तिलिन सिंधिय वेनल), बाँड़तन कड़न त्रीतीयवतनी, अभिमुकम

मैवम-देखी

दिवालवतव दिवालवीख (कहांम, समथ, क्यांम, क्यांर, राज)

मध्य सेनु से मीज

मैवम-देखी

भव बहा दा आधिभित

(क) पाठसंग बहा दे देख 'उँ'ः

(अ) बहारी बहा दे उँच 'उँ'

इलेक्ट्री फिडो फॉर

मध्य तबत

अध्व-देख अधे पाठिभि खफी उलागुंण

1. पुरावर पेटि दे चात जा तिहेको। उत जा दिखिदे दे पुरावर पुड़ि माहेको।

2. फिडिझवारी दे लेख भन्न पुरावर बढ़तेको राह। उत जा दिखिदे दिख पुरावर भफभी रह।

3. उतवहर पुरावर दे तबक्षत भाँव उरह।

4. फिडिझ मैट बठ्ठ हका नेववत छदे उं घरसं मैट दी टेंड अदीं टेंड दे टेंड चात दुध-पुष्टिर दिखिदे लत लबत उरह।
BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-II)

PAPER–VI

भाषाई भाषाई
(In lieu of Punjabi Compulsory)

पत्तन–पूज्य अध्याय पत्तन–पूज्य

मैत्री–मैत्री

भाषाई लघु घटना : भाषाई नार्त–पहरा
(१) समाज में घटना, बैठक में घटना आदि भिमल घटना
(२) विश्वनाथ घटना, पूर्णदर्शन घटना आदि उच्ची घटना

मैत्री–प्रेमी

भाषाई लघु घटना की लघु घटना से हिंदी महत्त्व थप्पड़
पत्तन थप्तन

मैत्री–मेहिनी

पत्तन थप्तन
हिंदी पत्तन
अर्थ अधि भुजन्त

मैत्री–मैत्री

पूर्वेचर मिश्र तं विलिन "अभिक तं घुटा "
पूर्वेचर मिश्र तं सेव्र "भार तं विशुद्ध"
पत्तन मिश्र तं विलिन "कुशी "

अभिक तं अधि पत्तनविभाग लघु घटनाओऽ

1. पूर्णत पत्तन तर लघु घटना लघु घटना। उत्त घटना दिच्छे तर पूर्णत घटना लघु घटना।
2. हिंदी भाषा तर लघु घटना लघु घटना। उत्त घटना दिच्छे दिच्छे पूर्णत लघु घटना।
समाज पूर्णत सिमे तर घटना दिच्छे घटना तर पत्तन घटना।
3. उन्नत पूर्णत तर पत्तनविभाग लघु घटना।
4. पेटेट पूर्णत तर लघु घटना लघु घटना। उत्त पूर्णत तर पूर्णत घटना दिच्छे दिच्छे घटना दिच्छे घटना ठिक रह घटना।
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.

Section-B

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.

SUGGESTED READINGS
3. G. S Chabra: The Advanced History of the Punjab, Vol.1
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 PM$_{10}$) 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.
(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
BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART–II)

· 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:

2. Down to Earth, Centre for Science and Environment, New Delhi.
9. State of India’s Environment 2018 by Centre for Sciences and Environment, 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.

<table>
<thead>
<tr>
<th>PAPER-I</th>
<th>Principles and Foundations of Physical Education</th>
<th>100 Marks</th>
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<tbody>
<tr>
<td>PAPER-II</td>
<td>Organisation and Administration</td>
<td>100 Marks</td>
</tr>
<tr>
<td>PAPER-III</td>
<td>Remedial and Massage</td>
<td>100 Marks</td>
</tr>
<tr>
<td>PAPER-IV</td>
<td>Officiating and Coaching</td>
<td>100 Marks</td>
</tr>
<tr>
<td>PAPER-V</td>
<td>English Compulsory</td>
<td>100 Marks</td>
</tr>
<tr>
<td>PAPER-VI</td>
<td>Punjabi (Compulsory) OR ਪੰਜਾਬੀ ਭਾਸ਼ਾ (in lieu of Punjabi)</td>
<td>100 Marks</td>
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</tbody>
</table>
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.
   (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
INSTRUCTIONS 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 qualifies 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, crest load and overload.
   (ix) Chronological, physiological, anatomical and mental age.

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 – C

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:

2. Harold M. Barrow : Man and His Movement: Principles of Physical Education.
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.
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.

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:**

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
   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 Message:
   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:
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
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.

Reference Books:

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:

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

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)

उन्माय शैक्षिकी

मार्ग : डिग्री पूर्ति
बूथ अंक : 100

पाठ-बूथ आदेश पाठ-पुस्तक

मैवाग्रह-प्रे

बीज दे बीजक (स्तर): भूली बुधियां
(पश्चिम तथा उत्तर, मान/डिग्री रमबु/धातु विउल)

मैवाग्रह-ची

भूली दे बीजक (स्तर): गुलाबियां बुधियां
(पश्चिम तथा उत्तर, मान/डिग्री रमबु/धातु विउल)

मैवाग्रह-भी

पाठ-पुस्तक
रांग : पत्रिकामा अभेद विभाग
पत्रिकावर्त : पत्रिकामा अभेद विभाग
पत्रिकावर्त विभाग : पत्रिकामा अभेद विभाग
विनिमय : पत्रिकामा अभेद विभाग
विनिमय विनिमय : पत्रिकामा अभेद विभाग
मैनवन : पत्रिकामा अभेद विभाग
मैनवन ने : पत्रिकामा अभेद विभाग
मैनवन '2 पत्रिकामा अभेद विभाग

मैवाग्रह-सी

पाठ-पुस्तक आदेश तालिकाही का मैनव
पाठ-पुस्तक पाठी दिलिङ्ग : वैज्ञानिक, मूर्त विभाग, अवधी गुरुंकी मुर, डांग-मुर, घास, लाउँवाड़

अंक-केंद्र आदेश पत्रिकाही स्तरी उदाहरण

1. भूमि में धातु के स्रोत जानें। उन धातु के दिलिङ्ग के पुरातां पूंछे साथो।
2. पत्रिकाही के बीजंध के पुरातां बाहर रखें। उन धातु के दिलिङ्ग भूमि रमबु रहें।
3. रमबु के पुरातां के भाग का भार रखें।
4. पत्रिका में विभिन्न रमबु में भाग के अधिक ने हैं। उन पुरातां के दिलिङ्ग अधिक ने हैं।
BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (PART-III)

पुंजारी भाषाएँ
(In lieu of Compulsory Punjabi)

भाषा : हिंदी पाठें
चर्चा अंक : 100

पाठ-चूह
मैलमत-दे

पेट्रा प्लांट के पृष्ठभंजू पर टिकाव
मतलब अवशेषित पेट्रा का प्रभाव अद्वितीय

मैलमत-दी

विविधकंपण

(ए) माह (उष्ण-दूर मिश्र)
(अ) क्षेत्र पालि लो (हिजेस्लीत मतद)
(ब) अखिय छत पाट (पु. भोध मिश्र)
(म) गिरोड़ी की उद्य (मिट चुम्र)
(पूर्ण शाल दिवित विभागिन, मात)

मैलमत-मी

व्याप्तिता

(ए) श्राप (राजव मिश्र)
(अ) गुंट या धार (सुशाल मिश्र दिव)
(ब) मात्र धर (मूर्त मिश्र धी)
(म) टुल महसी (साइप वोट टिहटा)
(पूर्ण-मानु, मात)

मैलमत-दी

विश्लेषण

(ए) धर चा दिवित (उष्ण मिश्र)
(अ) धरभण्डी तृत (दिवित विभ धुप)
(ब) लाल, ग्रांम विलेह (दिवित विभ धुप)
(म) भावन वुरुवा ची ‘जेव अंग्रे’ रवी (मविन भेंड)
(पूर्ण-मानु, मात)

अन्त-वाण अन्दे परीक्षाशिल लघु उत्तरांगां

1. पुष्प पूर्ण ते चर ब्रन्दा रेपेली। उन ब्रन्दा दिवित दे पृष्ठभंजू सतसती।
2. दिवितकंपणी ते बुंध थं सुष पृष्ठ वर्तवे रुढ़। उन ब्रन्दा दिवित दिव ब्रन्द पृष्ठ लम्बती हो।
   पुष्प पृष्ठ दिवेस ही ब्रन्दा दिविए चोंग सा मवसू दे।
3. उनेव पृष्ठ पृष्ठ दे भौतिक अवर उठ।
4. पेरु पृष्ठ मैंट वर्तव दर्षा नैव पर उं गुणधरं ची देंड च्यूँ देंड चर रंग-नगरं दिव वत मवसू दे।
# Athletics Performance conversion Scoring Table (WOMEN)

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

Athletics Performance conversion Scoring Table
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