

FACULTY OF PHYSICAL EDUCATION

SYLLABUS

FOR

DIPLOMA IN PHYSICAL EDUCATION (TWO YEARS COURSE) (PART: II)

EXAMINATION: 2019-20



GURUNANAKDEVUNIVERSITY AMRITSAR

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D.P.Ed. (2 Years Course) Part – II

The curriculum shall consist of the following three parts:

Part-I	Theory	500
Part-II	Practical (Skill and Prowess)	200
Part-III	Teaching Ability	100

Part-I Theory **500 Marks**

Scheme of Examinations under Part-I Theory shall be as under:-

Sr. No.	Name of Paper	Min. Pass Marks	Total Marks
PAPER -I	Principles of Physical Education	33	100
PAPER -II	Kinesiology, Exercise Physiology and Fitness	33	100
PAPER -III	Health Education and Safety Education	33	100
PAPER -IV	Recreation and Yoga	33	100
PAPER -V	Organization and Administration in Physical Education	33	100

Part-II Practical (Skills and Prowess) **200 Marks**

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

A-Activities Developmental exercises **50 Marks**

Rhythmic, Folk dance, Action songs and Aerobics

(Rope Skipping/Medicine Ball /Swiss Ball)

B- Athletics and Games **50+50=100Marks**

(a). Athletics- Running, Throwing, Jumping, Hurdles and Relays

(b). Games- Handball, Cricket, Wrestling, Softball, Gymnastics, Kho Kho, Hockey, Basketball.

C-Projects:**50 Marks**

The following projects will be organized by the students

1. Organizational of Cultural and recreational programme
2. Organization of Seminar /Literary programme
3. Educational Tour

Part-III Teaching Ability**100 Marks**

The students shall conduct 20 lessons as under :-

- 10 lessons on coaching (Athletics & Games)
- 10 lessons on class room teaching (theory)

Teaching examinations shall be conducted on one coaching lesson and one class room theory lesson.

EXAMINATION GUIDELINES***PART-I THEORY***

I. Theory examination will be conducted after the first and second academic year on the subjects distributed in curriculum.

II. Each paper will be of 100 marks.

PART-II PRACTICAL

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

PART III- TEACHING ABILITY EXAMINATION

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

PART IV- PROJECTS

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

PAPER – I: PRINCIPLES 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**INTRODUCTION**

- a) Meaning, aim and objective of Physical Education
- b) Meaning of the terms- Physical Culture, Physical Training, Drill, Sports, Games, Gymnastics, Athletics, Aquatics, Physical Activity.
- c) Relationship of Physical Education and education,
- d) Relationship of Physical Education to Health Education and Recreation.

Professional preparation

- a) Qualification and qualities of Physical Education Teachers
- b) Physical Education Teacher training in India
- c) Future development of Physical Education Profession

SECTION- B**BIOLOGICAL FOUNDATIONS**

- a) Growth and development
- b) Effect of heredity and environment on growth and development
- c) Individual differences, body types, structural and functional differences
- d) Principles of exercise normal load, crest load and over load
- e) Principles of use, disuse and over use in Physical Activity.
- f) Chronological, Physiological and Anatomical ages

SECTION- C**PSYCHOLOGICAL FOUNDATIONS**

- a) The Psycho-Physical unity of human organism
- b) Theories of Learning-Tradition and modern
- c) Learning process, factors and conditions which promote learning.
- d) Transfer of Training, Learning curve.
- e) Theories of Play.

SECTION- D**SOCIOLOGICAL FOUNDATIONS**

- a) Social nature and learning of man
- b) Traditions and their influence on behavior pattern
- c) Social values and development of different traits and ideas
- d) Competitions and cooperation
- e) Social recognition

- f) Physical education and Sports as a socializing Agency.
- g) Groups dynamics, Leadership and its importance

REFERENCES/RECOMMENDED BOOKS:

- a. Bucher, C.A. Foundations of Physical Education. The C.V. Mosby Co. Saint Louis, U.S.A.,(1992)
- b. Khan E.A. History of Physical Education Scientific Book Co. Patna-4(1964)
- c. Barrow, R.M. Man and his movement, Principles of Physical Education, Lea and Febricea Phlladelphia, U.S.A. (1983)
- d. Kamlesh, M.L. Principles and History of Physical Education and Sports, Friends Publication (India), New Delhi, (2004).e. Hoffman, C.J. and Harris J.C. Introduction to Kinesiology studying Physical Activity, (2000).

PAPER – II: KINESIOLOGY, EXERCISE PHYSIOLOGY AND FITNESS**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**KINESIOLOGY**

- Introduction of Kinesiology: History and development; role of kinesiology in physical education.
- Muscles and Joints: Construction of synovial joints of the body movements, origin, insertion and action of muscles, moving of the shoulder girdle and shoulder, elbow , hip, knee and angle joints.
- Contraction of Muscle: Muscular designing and kinesiological grouping, axis and planetypes of muscle contraction isotonic, isometric contractions, exercise programme.

SECTION- B**EXERCISE PHYSIOLOGY**

- Meaning, definition and scope of exercise physiology.
- Importance and role of exercise physiology in the field of physical education and sports.
- Conditioning and Training: Factors affecting performance and sports-Warming up, conditioning, training, relations between duration and severity of exercise.

SECTION- C

- Physiological factors affecting speed, strength, endurance and technique.
- Muscle Contraction and Exercise: Properties and composition of voluntary muscles, minute structure of voluntary muscle, changes in muscle contraction, nerve control o muscular activity, conditions affecting muscular contraction.
- Physical Response to Exercise: Physiological concept to health and fitness. Effect of Exercise on the various systems of the body with special emphasis on the Circulatory, Respiratory and Muscular systems.

SECTION- D**FITNESS**

- Prescription of Exercise for health and fitness, AAPHER Test, NPFP.
- Physical fitness, meaning, components, methods of developing, affecting factors.
- Concept of Cardiovascular disease and physical exercises, Harvard Step Test and Cooper's 12 minutes Run/Walk.
- Obesity, Diabetes and preventive exercises.
- Weight management and physical activity.

REFERENCES/RECOMMENDED BOOKS:

1. Copper J.M. and Glassow, R. B. Kinesiology, St. Louis C.V. Mosby Co. 1976.
2. Broer, M.R. Efficiency of Human Movement, Philadelphia, W.B Saunders Co. 1979.
3. Rasch and Burk. Kinesiology and Applied Anatomy, Lee and Febiger, 1975.
4. Scott. M. Gladys. Analysis of Human Motion, New York 1970.
5. Dick, Frank W. Sports Training Principles, London Lepus Books (1980)
6. Nieman, Dvid C, The Exercise Health Connection, Champaign IL Human Kinetics (1988)
7. Fox, Edwad L Sports Physiology, Halt: CBS College Publishing (1984).
8. Wilmore J.H and Costill D.L., Physiology and Sports and Exercise, Human Kinetics, Champaign (1999).
- 9.

Paper–III: HEALTH EDUCATION AND SAFETY 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) Health–definition-meaning and concepts- factors influencing health-health determinants, heredity and environment.
- b) Health problems in India- population and health-environmental pollution.
- c) Personal hygiene: growth, stress of school, planning

SECTION- B

SCHOOL HEALTH

- a) Problems –growth, stress of school planning
- b) Health instruction, health appraisal follow up, health service and supervision

INFECTIONS

- a) Causes of –mode of infection, spread of infection- public health measures to combat infection- public health administration- sanitation- water supply
- b) Immunity-prophylactic immunization- programmes -AIDS
- c) Communicable diseases, malaria, typhoid, cholera, dysentery, leprosy, tuberculosis, SDT, polio, tetanus
- d) Drug abuse-alcohol, smoking
- e) Family welfare-sex education

SECTION- C

SAFETY AT HOME

Environment and structure, electrical connections, bathrooms and laboratory, storing articles, kitchen and fire place, storing medicines, principles of movements in daily living.

SAFETY AT SCHOOL

Safety at school structure and environment, furniture and fixtures. School procedures and policies precautionary and emergency, collection of information (address of parents, hospitals and doctors, police fire station, Ambulance service).

SECTION- D

SAFETY AND PHYSICAL EDUCATION

- a) Safety in physical education and sports- principles of safety with respect to buildings and play fields.
- b) Principles of safety with respect of equipment, dress etc. principles of safety with respect to organization of classes, demonstration and matches.
- c) Policies and practices to prevent accident and rendering first aid and treatment, Accident reporting and maintenance of records.

- d) Safety considerations with special reference of specific games in the school.
- e) Safety on roads, camps, picnics and towns.
- f) Safety in water, firewood, hurricane, thunder and lightning and air raids.

REFERENCES/RECOMMENDED BOOKS:

- a. Park, J. E and Park K. *Text Book of Preventive and Social Medicine* (Jabalpur: M/S Banarasida Bhanot, 19th Ed. 2007.
- b. Ramachandran, L. And Dharmalingam T. *Health Education: A New Approach*, Vikas Publishing House New Delhi, 1993.
- c. Dandiya, P.C, Jafer, Z. Y. K and Jafer Afifa, *Health Education and Community Pharmacy*, 2nd Ed. Vallbh Prakashan, New Delhi, 1996.

PAPER – IV: RECREATION AND YOGA**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**Recreation**

- a. Meaning, Characteristics, scope and significance of recreation. Aims and objectives of recreation. Values of recreation, Philosophy of recreation.
- b. Historical development of recreation in India, United States, U.K, U.S.S.R.
- c. Agencies promoting recreation

SECTION- B

- d. Recreation facilities, personal areas and equipments.
- e. Rural, urban and industrial recreation
- f. Need and methods of evaluation of recreation programmes
- g. Camping: Significance of camping, selection and layout of camp site, Objectives of camping –Types of camps.
- h. Qualities and qualifications of recreation leaders-types of leaders and their role.

SECTION- C**Yoga**

- (a) Yoga- Meaning, concept, misconception about Yoga-Relationship with Physical Education
- (b) Yoga as a discipline of life-Mode of living, Cults of Yoga(Only Central Ideas)
- (i) Raj Yoga, (ii) Bhakti Yoga, (iii) Karm Yoga, (iv) Gyan Yoga
- (c) Hatha Yoga Philosophy
- (d) Astanga Yoga with special reference to:-
- (i) Yams, (ii) Niyama, (iii) Asans, (iv) Pranayams Types of Asanas and Pranayams

SECTION-D

- (a) Shat. Karma- Personal hygiene of Yoga: - (Six purifactory Methods of Yoga- Neti, Dhouti, Nasti, Nauli, Gajkarmi, Kunjal).
- (b) Bandhas, Mudras and Chakras of Yoga
- (c) The therapeutic values of Yogic Practices.
- (d) Corrective values of Yogic Practices.

REFERENCES/RECOMMENDED BOOKS:

1. Zeigler, F.F., Philosophical Foundation for Physical Education, Health and Recreation Education, Prentice Hall Inc. Eagiewood Cliffs (1964)
2. Butter, George D. Introduction to Community Recreation, Mc. Grow Hill Book Co., New York (1959)
3. Ellis, M.J., Why people play Prentice Hall Inc. Eagiewood Cliffs, (1973)
4. Torkildsea, George, Leisure and Recreation Management E and F. Spon, London, (1992).
5. Jogindra, Yoga in Modern Life, the Yoga Institute, Santa Gruj, Bombay (1966).
6. Anand, The complege book of yoga, orient paperback Delhi (1980).

PAPER – V: ORGANISATION AND ADMINISTRATION IN 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) Meaning and Definition of Planning, Organisation, Administration and their nature and scope.
- (b) Importance of Management in physical education and sports.
- (c) Scheme of organisation in school, college and university.
- (d) Scheme of organisations of Physical Education and sports at national, state and district levels.

SECTION- B

Facilities and Equipment:

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

SECTION- C

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) Selection and Training of students leader.

SECTION- D

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.

REFERENCES/RECOMMENDED 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.