

FACULTY OF SCIENCES

SYLLABUS

FOR

Bachelor of Vocation (B.Voc.) (YOGA & FITNESS) (SEMESTER: I-II)

Examinations: 2019-20



GURU NANAK DEV UNIVERSITY AMRITSAR

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SCHEME**SEMESTER-I**

(Aligned with level 4 of Sector Skill Council – under SPEFL-SC- Physical Activity Trainer (SPF/Q4004))

Paper	Paper Title	Theory Marks	Practical Marks	Total Marks
GENERAL EDUCATION COMPONENT				
PAPER-I	Communication Skills in English-I	50	-	50
PAPER-II	Punjabi Compulsory OR *ਮੁੱਢਲੀ ਪੰਜਾਬੀ/ OR **Punjab History & Culture	50	-	50
PAPER-III	***Drug Abuse: Problem, Management and Prevention (Compulsory)	50	-	-
SKILL COMPONENT				
PAPER-IV	Human Anatomy & Physiology	50	-	50
PAPER-V	Basic Food & Nutrition	25	25	50
PAPER-VI	Yoga & Meditation	25	75	100
PAPER-VII	Exercise & Fitness	25	75	100
			TOTAL =	400

Note:

- *Special Paper in lieu of Punjabi Compulsory.**
- **For those students who are not domicile of Punjab**
- ***This paper marks will not be included in the total marks.**

SEMESTER-II

(Aligned with level 5 of Sector Skill Council – under SPEFL-SC – Sports Coach (SPF/Q1101))

Paper	Paper Title	Theory Marks	Practical Marks	Total Marks
GENERAL EDUCATION COMPONENT				
PAPER-I	Communication Skills in English-II	35	15	50
PAPER-II	Punjabi Compulsory OR *ਮੁੱਢਲੀ ਪੰਜਾਬੀ/ OR **Punjab History & Culture	50	-	50
PAPER-III	***Drug Abuse: Problem, Management and Prevention (Compulsory)	50	-	-
SKILL COMPONENT				
PAPER-IV	Sports Training and Fitness	50	50	100
PAPER-V	Officiating and Coaching	50	50	100
PAPER-VI	Sports Management	50	-	50
PAPER-VII	Sports Medicine	25	25	50
			TOTAL =	400

Note:

1. *Special Paper in lieu of Punjabi Compulsory.
2. **For those students who are not domicile of Punjab
3. ***This paper marks will not be included in the total marks.

Paper-I: COMMUNICATION SKILLS IN ENGLISH-I**Time: 3 Hours****Max. Marks: 50****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

Reading Skills: Reading Tactics and strategies; Reading purposes–kinds of purposes and associated comprehension; Reading for direct meanings.

Section–B

Reading for understanding concepts, details, coherence, logical progression and meanings of phrases/ expressions.

Activities:

- Comprehension questions in multiple choice format
- Short comprehension questions based on content and development of ideas

Section–C

Writing Skills: Guidelines for effective writing; writing styles for application, personal letter, official/ business letter.

Activities

- Formatting personal and business letters.
- Organising the details in a sequential order

Section–D

Resume, memo, notices etc.; outline and revision.

Activities:

- Converting a biographical note into a sequenced resume or vice-versa
- Ordering and sub-dividing the contents while making notes.
- Writing notices for circulation/ boards

Recommended Books:

1. *Oxford Guide to Effective Writing and Speaking* by John Seely.
2. *English Grammar in Use* (Fourth Edition) by Raymond Murphy, CUP

Paper-II: ਪੰਜਾਬੀ (ਲਾਜ਼ਮੀ)

ਸਮਾਂ : 3 ਘੰਟੇ

ਕੁਲ ਅੰਕ : 50

ਅੰਕ-ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਭਾਗ ਹੋਣਗੇ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਚੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਭਾਗ ਵਿੱਚੋਂ ਇੱਕ 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।

ਪਾਠ-ਕ੍ਰਮ ਅਤੇ ਪਾਠ-ਪੁਸਤਕਾਂ**ਸੈਕਸ਼ਨ-ਏ**

ਆਤਮ ਅਨਾਤਮ (ਕਵਿਤਾ ਭਾਗ),
(ਸੰਪ. ਸੁਹਿੰਦਰ ਬੀਰ ਅਤੇ ਵਰਿਆਮ ਸਿੰਘ ਸੰਧੂ)
ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।
(ਪ੍ਰਸ਼ਗ ਸਾਹਿਤ ਵਿਆਖਿਆ, ਸਾਰ)

ਸੈਕਸ਼ਨ-ਬੀ

ਇਤਿਹਾਸਕ ਯਾਦਾਂ (ਇਤਿਹਾਸਕ ਲੇਖ-ਸੰਗ੍ਰਹਿ)
ਸੰਪਾ. ਸ.ਸ.ਅਮੋਲ,
ਪੰਜਾਬੀ ਸਾਹਿਤ ਪ੍ਰਕਾਸ਼ਨ, ਲੁਧਿਆਣਾ। (ਲੇਖ 1 ਤੋਂ 6)
(ਨਿਬੰਧ ਦਾ ਸਾਰ, ਲਿਖਣ-ਸ਼ੈਲੀ)

ਸੈਕਸ਼ਨ-ਸੀ

(ੳ) ਪੈਰਾ ਰਚਨਾ
(ਅ) ਪੈਰਾ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ।

ਸੈਕਸ਼ਨ-ਡੀ

- (ੳ) ਪੰਜਾਬੀ ਧੁਨੀ ਵਿਉਂਤ : ਉਚਾਰਨ ਅੰਗ, ਉਚਾਰਨ ਸਥਾਨ ਤੇ ਵਿਧੀਆਂ, ਸਵਰ, ਵਿਅੰਜਨ, ਸੁਰ-ਪ੍ਰਬੰਧ।
- (ਅ) ਭਾਸ਼ਾ ਵੰਨਗੀਆਂ : ਭਾਸ਼ਾ ਦਾ ਟਕਸਾਲੀ ਰੂਪ, ਭਾਸ਼ਾ ਅਤੇ ਉਪ-ਭਾਸ਼ਾ ਦਾ ਅੰਤਰ, ਪੰਜਾਬੀ ਉਪਭਾਸ਼ਾਵਾਂ ਦੇ ਪਛਾਣ-ਚਿੰਨ੍ਹ।

Paper-II: ਮੁੱਢਲੀ ਪੰਜਾਬੀ
(In lieu of Compulsory Punjabi)

ਸਮਾਂ : 3 ਘੰਟੇ

ਕੁਲ ਅੰਕ: 50

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 ਇੱਕ 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।

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, ਬਾਰਾਂ ਮਹੀਨਿਆਂ ਦੇ ਨਾਂ, ਰੁੱਤਾਂ ਦੇ ਨਾਂ, ਇਕ ਤੋਂ ਸੋ ਤਕ ਗਿਣਤੀ ਸ਼ਬਦਾਂ ਵਿਚ ।

Paper-II: Punjab History & Culture (From Earliest Times to C 320)
(Special Paper in lieu of Punjabi compulsory)
(For those students who are not domicile of Punjab)

Time: 3 Hours

Max. Marks: 50

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 its impact on history.
2. Sources of the ancient history of Punjab

Section B

3. Harappan Civilization: Town planning; social, economic and religious life of the Indus Valley People.
4. The Indo-Aryans: Original home and settlements in Punjab.

Section C

5. Social, Religious and Economic life during *Rig* Vedic Age.
6. Social, Religious and Economic life during Later Vedic Age.

Section D

7. Teachings and impact of Buddhism
8. Jainism in the Punjab

Suggested Readings

1. L. M 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.
5. Chopra, P.N., Puri, B.N., & Das, M.N.(1974). *A Social, Cultural & Economic History of India*, Vol. I, New Delhi: Macmillan India.

**Paper-III: Drug Abuse: Problem, Management and Prevention
(COMPULSORY PAPER)**

PROBLEM OF DRUG ABUSE

Time: 3 Hours

Max. Marks: 50

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:

Meaning, Nature and Extent of Drug Abuse in India and Punjab.

Section – B

Consequences of Drug Abuse for:

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

Section – C

Management of Drug Abuse:

Medical Management: Medication for treatment and to reduce withdrawal effects.

Section – D

Psychiatric Management: Counselling, Behavioural and Cognitive therapy.

Social Management: Family, Group therapy and Environmental Intervention.

References:

1. Ahuja, 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 Characteristics*", 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.

Paper-IV: Human Anatomy & Physiology (Theory)**Time: 3 Hours****Max. Marks: 50****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 anatomy & Physiology
- Brief study of Cells, tissues & organs
- Hygiene & Safety standards

Section – B

- Digestive System: Brief knowledge about the function of main organs – Mouth, Stomach, Small and large intestines, abdominal Cavity
- Muscular System: Brief knowledge about the functions of types of muscles

Section- C

- Skeletal System: Brief knowledge about the structure of bone, cartilage, joint and ligaments
- Endocrinal System: Brief knowledge of Duct Glands and Ductless Glands, Pituitary Gland, Thyroid Gland, Thymus Gland, Adrenal Gland and Pancreas
- Respiratory System: Brief knowledge about the function of lungs

Section – D

- Cardiovascular System: Brief knowledge about the functions of heart, blood vessels, blood cells and study of lymph
- Nervous System: Brief knowledge about the functions of Nerves, Divisions of the Nervous System
- Excretory System: Brief knowledge about the function of kidney and skin (sweat gland)

Reference Books

- Ross and Wilson Anatomy and Physiology
- Human Anatomy and Physiology for Health Science Students (In Hindi) - Singh B.
- The Human Body Book : An Illustrated Guide to its structure, Function and Disorders - Steve Parker
- Essentials of Human Anatomy and Physiology- Elaine M. Marieb

Paper-V: Basic Food & Nutrition (Theory)**Time: 3 Hours****Max. Marks : 50****Theory: 25****Practical : 25****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

Basic introduction of Nutrients: Carbs, Proteins, Fat, Vitamin A,D,C, B Complex, Minerals (only their main functions and food sources).

Section - B

- Food – Definition and Functions
- Food Groups

Section – C

Metabolism & Activity –Brief Knowledge, Types of Metabolism and activity, Factors affecting BMR

Section - D

Energy: Units of energy, Requirement of energy, Factors affecting energy.

Reference Books

- Fundamentals of Foods, Nutrition and Diet Therapy – by Sumatir Mudambi, Mr. Rajagopal (New age international Publishers)
- Handbook of food and Nutrition – by Dr. M. Swaminathan
- Pegasus (Food & Nutrition) - by Encyclopedia
- Food Nutrition and Dietetics – by Pooja Verma
- Deep Nutrition
- Clinical Nutrition – by Mary Width
- William's Basic Nutrition and Diet – Therapy
- Medical Medium Life Changing foods – by Anthony William

Paper-V: Basic Food & Nutrition (Practical)**Marks : 25**

- Preparation of Meal Planning according to activity & age
- Calculation of BMR & BMI
- Project work

Paper-VI: Yoga & Meditation (Theory)**Time: 3 Hours****Max. Marks: 100****Theory: 25****Practical : 75****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

- Foundation of Yoga
- History and Concept of Yoga
- Eight Limbs of Yoga

Section - B

- Surya Namaskar – Guiding Principles of Surya Namaskar
- Relaxative Asana – Shav Asana & Makar Asana

Section - C

- Meditation – Definition, Technique and Benefits
- Types of Meditation – Mantra Meditation ; Breathing Meditation, Silent Meditation
- Meditative Asanas : Sidh Asana, Padam Asana

Section - D**Cultural Asana :**

- Bhujang Asana
- Chakra Asana
- Dhanur Asana
- Gomukh Asana
- Hal Asana
- Matsya Asana
- Ardhamatsendra Asana
- Sarvan Asana

Reference Books

- Yoga for Everyone – by B.K.S. Iyengar
- Therapeutic Yoga – by Dr. J.T. Shah
- Yoga –A Beginner's guide
- Ocean in a Drop – by Swami Chandresh
- Yoga-The Path to Holistic Health – by B.K.S. Iyengar
- Classical Hatha Yoga – Swami Rajarshi Muni

Paper-VI: Yoga & Meditation (Practical)**Marks : 75**

- Surya Namaskar
- Meditation Techniques : Mantra Meditation
- Breathing Meditation and Silent Meditation
- Meditation Asana : Sidha Asana Padam Asana
- Culture Asana :
 - Bhujang Asana
 - Chakra Asana
 - Dhanur Asana
 - Gomukh Asana
 - Hal Asana
 - Matsya Asana
 - Ardhamatsendra Asana
 - Sarvang Asana
 - Project Work

Paper-VII: Exercise & Fitness (Theory)**Time: 3 Hours****Max. Marks: 100****Theory : 25****Practical : 75****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 of Exercise
- Importance of Exercise

Section – B

- Types of Exercise in relation to Individual Health
- Benefits of Exercise

Section – C

- Fitness – Basic Concept
- Components
- Types
- Factors

Section – D

- Physical, Psychological, Emotional & Health Benefits of Exercise and Fitness
- First Aid

Reference Books

- Strength Training Anatomy by Frederic Delavier
- The Big Books of Health and Fitness A practical Guide to Diet, Exercise Healthy Body by Philip Maffelovi
- Text Books of Therapeutic Exercises by Marayanaw Hard Cowi
- The Principles of Exercise Therapy by M.Deena Gardiner
- Therapeutic Exercise Foundations and Techniques – By Kisher Caralyh
- The Total Fitness Manual : Transform your Body in Just 12 weeks by Gold Gym

Paper-VII: Exercise & Fitness (Practical)**Marks : 75**

- Performing Different Types of Exercise
- Cardio-Aerobics
- Strength
- Flexibility
- First Aid
- Project Work

PAPER-I: COMMUNICATION SKILLS IN ENGLISH-II**Time: 3 Hours****Max. Marks: 50****Theory Marks: 35****Practical Marks: 15****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.

Course Contents:**SECTION-A**

Listening Skills: Barriers to listening; effective listening skills; feedback skills.

Activities: Listening exercises – Listening to conversation, News and TV reports

SECTION-B

Attending telephone calls; note taking and note making.

Activities: Taking notes on a speech/lecture

SECTION-C

Speaking and Conversational Skills: Components of a meaningful and easy conversation; understanding the cue and making appropriate responses; forms of polite speech; asking and providing information on general topics.

Activities: 1) Making conversation and taking turns

2) Oral description or explanation of a common object, situation or concept

SECTION-D

The study of sounds of English,

Stress and Intonation,

Situation based Conversation in English,

Essentials of Spoken English.

Activities: Giving Interviews

PRACTICAL / ORAL TESTING**Marks: 15****Course Contents:-**

1. Oral Presentation with/without audio visual aids.

2. Group Discussion.

3. Listening to any recorded or live material and asking oral questions for listening comprehension.

Questions:-

1. Oral Presentation will be of 5 to 10 minutes duration (Topic can be given in advance or it can be student's own choice). Use of audio visual aids is desirable.

2. Group discussion comprising 8 to 10 students on a familiar topic. Time for each group will be 15 to 20 minutes.

Note: Oral test will be conducted by external examiner with the help of internal examiner.

Paper-II: ਪੰਜਾਬੀ (ਲਾਜ਼ਮੀ)

ਸਮਾਂ : 3 ਘੰਟੇ

ਕੁਲ ਅੰਕ : 50

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 ਇੱਕ 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।

ਪਾਠ-ਕ੍ਰਮ ਅਤੇ ਪਾਠ-ਪੁਸਤਕਾਂ**ਸੈਕਸ਼ਨ-ਏ**

ਆਤਮ ਅਨਾਤਮ (ਕਹਾਣੀ ਭਾਗ),
(ਸੰਪ. ਸੁਹਿੰਦਰ ਬੀਰ ਅਤੇ ਵਰਿਆਮ ਸਿੰਘ ਸੰਧੂ)
ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।
(ਵਿਸ਼ਾ-ਵਸਤੂ, ਪਾਤਰ ਚਿਤਰਨ)

ਸੈਕਸ਼ਨ-ਬੀ

ਇਤਿਹਾਸਕ ਯਾਦਾਂ (ਇਤਿਹਾਸਕ ਲੇਖ-ਸੰਗ੍ਰਹਿ)
ਸੰਪਾ. ਸ.ਸ.ਅਮੋਲ,
ਪੰਜਾਬੀ ਸਾਹਿਤ ਪ੍ਰਕਾਸ਼ਨ, ਲੁਧਿਆਣਾ। (ਲੇਖ 7 ਤੋਂ 12)
(ਸਾਰ, ਲਿਖਣ ਸ਼ੈਲੀ)

ਸੈਕਸ਼ਨ-ਸੀ

(ੳ) ਸ਼ਬਦ-ਬਣਤਰ ਅਤੇ ਸ਼ਬਦ ਰਚਨਾ : ਪਰਿਭਾਸ਼ਾ, ਮੁੱਢਲੇ ਸੰਕਲਪ
(ਅ) ਸ਼ਬਦ ਸ੍ਰੋਤਾ

ਸੈਕਸ਼ਨ-ਡੀ

(ੳ) ਸੰਖੇਪ ਰਚਨਾ
(ਅ) ਮੁਹਾਵਰੇ ਅਤੇ ਅਖਾਣ

Paper-II: ਮੁੱਢਲੀ ਪੰਜਾਬੀ
(In lieu of Compulsory Punjabi)

ਸਮਾਂ: 3 ਘੰਟੇ

ਕੁਲ ਅੰਕ: 50

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 ਇੱਕ 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।

ਪਾਠ-ਕ੍ਰਮ

ਸੈਕਸ਼ਨ-ਏ

ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ : ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ
(ਨਾਂਵ, ਪੜਨਾਂਵ, ਕਿਰਿਆ, ਵਿਸ਼ੇਸ਼ਣ, ਕਿਰਿਆ ਵਿਸ਼ੇਸ਼ਣ, ਸਬੰਧਕ, ਯੋਜਕ ਅਤੇ ਵਿਸਮਿਕ)

ਸੈਕਸ਼ਨ-ਬੀ

ਪੰਜਾਬੀ ਵਾਕ ਬਣਤਰ : ਮੁੱਢਲੀ ਜਾਣ-ਪਛਾਣ
(ੳ) ਸਾਧਾਰਨ ਵਾਕ, ਸੰਯੁਕਤ ਵਾਕ ਅਤੇ ਮਿਸ਼ਰਤ ਵਾਕ (ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ)
(ਅ) ਬਿਆਨੀਆ ਵਾਕ, ਪ੍ਰਸ਼ਨਵਾਚਕ ਵਾਕ ਅਤੇ ਹੁਕਮੀ ਵਾਕ (ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ)

ਸੈਕਸ਼ਨ-ਸੀ

ਪੈਰ੍ਹਾ ਰਚਨਾ
ਸੰਖੇਪ ਰਚਨਾ

ਸੈਕਸ਼ਨ-ਡੀ

ਚਿੱਠੀ ਪੱਤਰ (ਘਰੇਲੂ ਅਤੇ ਦਫ਼ਤਰੀ)
ਅਖਾਣ ਅਤੇ ਮੁਹਾਵਰੇ

Paper-II: Punjab History & Culture (C 320 to 1000 B.C.)
(Special Paper in lieu of Punjabi compulsory)
(For those students who are not domicile of Punjab)

Time: 3 Hours

Max. Marks : 50

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. Alexander's Invasion and its Impact
2. Punjab under Chandragupta Maurya and Ashoka.

Section B

3. The Kushans and their Contribution to the Punjab.
4. The Panjab under the Gupta Empire.

Section C

5. The Punjab under the Vardhana Emperors
6. Socio-cultural History of Punjab from 7th to 1000 A.D.

Section D

7. Development of languages and Education with Special reference to Taxila
8. Development of Art & Architecture

Suggested Readings

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

**Paper-III: Drug Abuse: Problem, Management and Prevention
(COMPULSORY PAPER)**

DRUG ABUSE: MANAGEMENT AND PREVENTION

Time: 3 Hours

Max. Marks: 50

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

Prevention of Drug abuse:

Role of family: Parent child relationship, Family support, Supervision, Shaping values, Active Scrutiny.

Section – B

School: Counselling, Teacher as role-model. Parent-teacher-Health Professional Coordination, Random testing on students.

Section – C

Controlling Drug Abuse:

Media: Restraint on advertisements of drugs, advertisements on bad effects of drugs, Publicity and media, Campaigns against drug abuse, Educational and awareness program

Section – D

Legislation: NDPs act, Statutory warnings, Policing of Borders, Checking Supply/Smuggling of Drugs, Strict enforcement of laws, Time bound trials.

References:

1. Ahuja, 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 Characteristics*", 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.

Paper-IV: SPORTS TRAINING AND FITNESS (THEORY)**Time: 3 Hours****Max. Marks: 100****Theory: 50****Practical: 50****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

- Concept of sports training – Need and importance of sports training
- Methods of training – circuit training, weight training

Section -B

- Balance diet for athletics and sportsmen
- Nutritional supplements and effect on performance
- Introduction and principles of meal planning and basic concept of balance diet

Section -C

- Strength training and its methods
- Components of physical fitness and importance in sports

Section -D

- Endurance training and its methods
- Flexibility training and its methods

Reference Books:

- Daniel, D. Arnheim & William E. Prentice “Principles of Sports Training” Morby– Year Book Inc. St. Louis, 1993.
- Hardayal Singh, Science of Sports Training, ND: D.A.V. Pub., 1993.
- Herre, D., Principals of Sports Training, London: Grafion Book, 1982.
- Lee, E.brown & Vance A.Ferrigna. (Editors). Training for speed, Agility and Quickness, Human Kinetics, Champaign, Ilc., USA, 2005.
- Marney, B. Simon & Steren R. Levisohn. The Athlete within A Personal Guide To total Fitness. Little Brown Company, Boston, 1987.
- Matveyew, L.P. Fundamentals of Sports Training (Translation from Russian) Mir. Publisers, Moscow, 1991.
- Novich, Max M. & Taylor, Buddy Training Conditioning of Athletes. Lea & Febiger, Philadelphia, 1983.
- Willmore, J.H. Athletic Training & Physical Fitness. Allyand Bacon, Inc. Sydeny, 19

Paper-IV: SPORTS TRAINING AND FITNESS (PRACTICAL)**MARKS : 50**

- Training methods – Circuit training
- Weight Training methods
- Flexibility Training-methods

Paper-V: Officiating and Coaching (Theory)**Time: 3 Hours****Max. Marks: 100****Theory: 50****Practical: 50****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

- Definition, Meaning and Importance of Officiating
- Qualification and qualities of an official.

Section -B

- Definition, Meaning and Importance of Coaching
- Principles of Coaching

Section -C

- Warming up and cooling down
- Training schedules preparation with macro and micro cycle

Section -D

- Coaching Aids and Devices
- Safety in games and sports

Reference Books:

- Brar. T.S. " Officiating Techniques in Track and Field" Gwalior bhargave Press, 2002
- Billie J. Jones , L. Janetb Wells : Guide to Effective Coaching Principles and Practice, Liabrary of Congress Cataloging in Publication Data (Main entry under Title), Printed in the USA, Copyright-1982.
- Desouza A.J. "Track Geography and Fields Sides"Chennai. DBAC Sports Envision., 1999
- H.R.H.The Princess Anne : Coach Education, Prepration for a Profession, British Liabrary Cataloging in Publication Data, 1986.
- John Li. Bann : Scientfic Principles of Coaching, 1972 by Prentice- Hall, INC. Englewood Cliffe, New Jersey.
- John D. Lawther : Psychology of Coaching, Prentice- Hall, INC. Englewood Cliffe, New Jersey, Copyright-1951.
- Jack H. Lulewellgn, Judy A. Blucker : Psychology of Coaching, Theory and Application, Surjeet Publication.
- Leonard , Richard : The Administration Side of Coaching," West Uirginia University, 2005.
- Rawat ,Ashok Kumar : Coaching in Sports' 'Sports Publication, New Delhi,2009.

Paper-V: Officiating and Coaching (Practical)

Marks : 50

- Warming up/Cooling down
- Coaching aids
- Training Schedule cycle

Paper-VI: Sports Management (Theory)**Time: 3 Hours****Theory: 50****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

- Management in sports – Concept, meaning and definition, need and scope of sports management
- Function of management – Planning, organizing, staffing, Directing, coordination, Budgeting, Controlling and Evaluating

Section -B

- Qualities of a manager – Personal Qualities, Leadership of Qualities.
- Management of facilities – Introduction, General Principles of planning facilities.

Section -C

- Types of facilities – facility requirement
- Management of sports Infrastructure – Indoor facilities (Gymnasium)

Section -D

- Management of Equipment and material – Introduction, Meaning of Equipment and material, need and importance.
- Principles of care and maintenance and conservation of Equipment.

Reference books:

- Zeigler, Earle F. And Bowie, Gary W. “Management Competency Development in Sports and Physical Education”. (2008), Sports Educational Technologies, 101, 4787/ 23 Ansari Road, Darya Ganj, New Delhi- 110002.
- Dheer, S and Radhika Kamal” Organisation and Administration of Physical Education”.(1991), Friends Publications,6 Mukherjee Tower, Mukherjee Nagar, Com. Complex, Near Batra Cinema,Delhi- 1100009.
- Kamlesh, M.L“Management Concepts in Physical”. (2000), Meteropolitan Books Co. Private LTD.,1, Netaji Subhash Marg, New Delhi-1100002.
- Jenson, Clayne R.”Administraive Management of Physical Education and Athletic Programs”.(1983), Lea & Febiger,600 washington Square,Philadelphia, PA 19106,USA.
- Roy, Sudhanshu Shekhar,”Sports Management”.(1995) Friends Publications, 6, Mukherjee Tower, Mukherjee Nagar, Com. Complex, Near BATRA Cinema, New Delhi- 1100009.
- Brar,R.S. and Joshi, Rosy. “Sports Management” 2007, Kalyani Publishers, New Delhi- 110002.

Paper-VII: Sports Medicine (Theory)**Time: 3 Hours****Max. Marks: 50****Theory : 25****Practical : 25****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

- Sports Injuries – Causes, Prevention and Management
- Sports Emergencies – CPR, Shock, Bleeding

Section -B

- Bandage – Function, Classification, Principles and application
- Hydrotherapy – Advantage, Method

Section -C

- Common Sports Injuries – Knock out, Weight lifter Black out, Stitch at sides, shin splint
- Massage – Techniques

Section -D

- Exercise Therapy – heart diseases
- Exercise Therapy for diabetic Patient

Reference Books:

- Reider Bruce, “Sport Medicine” (W.B. Saunders Company: A division of Hurcourt race & Company, Philadelphia 1996).
- Million B. Morris “Office sports Medicine” (Hanley & Belfins Inc. Philadelphia, 1996).
- Scuderi R. Giles and Mc. Cann D. Peter “SportsMedicine a comprehensive approach” (ElsevierMosby, Burtis Center, Philadelphia, 2005).
- Scuderi R. Giles, Mc. Cann D. Peter and Brun J. Peter “Sports Medicine: Principles of Primary Cure” (Mosby A Harcourt Health Science Company St. Louis, 1997).
- Erikson, B.O. et al, “Sports Medicine”, Guinness Pub. Great Britain, 1990.

Paper-VII: Sports Medicine (Theory)

Marks : 25

1. CPR Technique
2. First aid Sprain and Strain.