

Semester V

Paper-14 (i): GAME OF SPECIALIZATION – ATHLETICS

Max. Marks =150

(42 Hours)

Unit-I

Introduction to athletics, Olympics and non- Olympics events, Different National and International level athletics championship Olympic games, Asian games, IAAF- World Championship, world cup, Area championship, open National, Inter-state, Inter Universities athletics championships. **(Book-3, Ch.1, 11, Book-5, Ch.1, Book-4, Ch.1)**

8 Hours**Unit-II**

Indian athletics and international athletics competitions, Selected National and International personalities of athletics. **(Book-2, Ch.1,2)**

8 Hours**Unit-III**

Brief background techniques, training and important motor-components of the following events, Hurdle events (100m/h, 110m/h, 400m/h), Steeple Chase (200m, 300m, s/c), Race walking (20km, 50km), Combine events and non-Olympics events. **(Book-3, Ch3,4,5,6,7,8, Book-1, Ch.2, Book-4, Ch.2)**

8 Hours**Unit-IV**

General rules, officiating and tactics in athletics events, Sports training of athletics event- basic training, intermediate training and advance training. **(Book-1, Ch.4, Book-4, Ch.3)**

9 Hours**Unit-V**

Training programme or training schedule, Characteristics of the athletics of related events, Coach and coaching philosophy, Various training methods weight training, fort lek circuit training. **(Book-5, Ch.1,2,3, All)**

9 Hours

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each.

The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

Practical (28 Hours)

1. Technical training and practice of following.
2. Hurdle race (100m/h, 110m/h, 400m/h)
3. Practical of weight training exercises, fort lek circuit training.
4. Record File.

ESSENTIAL READINGS :

Book-1: Gothi E (1997). Teaching & Coaching Athletics. Sport Pub., New Delhi.

Book-2: Shri Vastav Abhay Kumar (1997). Athletics. S & S Parkashan.

Book-3: Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.

Book-4: Ravinder Pal Ahalawat (2009). Skills & Rule Athletics. Khel Sahitya Kendra.

Book-5: Yog Raj Thani (2002). Coaching Successfully Running/Sprinting/Jumping. Sports Pub.

SUGGESTED READINGS

- Bosen, K.O. (1996) Fundamentals of Track & Field, NSNIS Publications, Patiala.
- Chauhan BS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
- Evans DA (1984). Teaching Athletics. Hodder, London
- Gupta, Rakesh, Kumar, Pardeep & Tyagi, Sarita (2009), Text Book on Teaching Skill & Prowess, Friends Publications (India).
- Govindarajulu, P. & Gupta, Rakesh (2004) layout and Marking of Track & Field, Friends Publications (India), New Delhi.
- Fox EL (1989). Physiological Basis of Physical Education and Athletics Brown Pub.
- Frost RB and others (1992). Administration of Physical Education and Athletics. Universal Book, Delhi.
- Knight T and Troop N (1988). Sackville Illustrated Dictionary of Athletics, Jackvillie,
- Knight T (1988). Athletics, Backville Book
- Renwick GR (2001). Play Better Athletics. Sports Pub, Delhi.
- Thani Lokesh (1995). Skills and Tactics Track Athletics. Sports Pub. Delhi.
- Thani Y. ed. (1991). Encyclopedia of Athletics. Gian Pub., Delhi.

Theory 100 Marks (75 + 25 Internal Assessment).**Practicals = 50 Marks**

Semester V

Paper-14 (ii): GAME OF SPECIALIZATION – BADMINTON

Max. Marks =150

(42 Hours)

UNIT-I

Means & methods, Teaching lessons, process of classroom teaching, Preparation of teaching lesson-plans: characteristics & principles, Stages of teaching, Use of teaching aids (**Book-1, Page 18-66**) **8 Hours**

UNIT-II

Duties/responsibilities, qualifications and qualities of a coach, Philosophy of coaching, Qualifications and responsibilities/functions of technical officials, Protocols of referees, judges, umpires (**Book-2, Page 37-73**) **8 Hours**

UNIT-III

Steps for Planning the competition, Selection of men, material and management, Concluding the competition – submission of accounts, preparing report. (**Book-3, Page 287-300**) **8 Hours**

UNIT-IV

Coaching a team, Organizing a competition, Officiating in a competition, Conducting a workshop/seminar/clinic Professional aspects of badminton (**Book-4, page 120-152, Book-3, Ch-18**) **9 Hours**

UNIT-V

Preparing coaching lessons in badminton, Use of teaching aids, Conduct of regular coaching, Concluding aspects of the coaching lesson, Assimilation (**Book-1, Page 19-65**) **9 Hours**

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each.

The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

PRACTICALS (28 Hours)

1. Planning for competitions
2. Organisation of a competition/seminar/workshop/clinic
3. Project on research in badminton
4. Teaching lessons

SUGGESTED READINGS

Book-1 : Kamlesh M.L. (2005). Methods in Physical Education. Friends Publication.

Book-2 : Vanaik, A. & Kahlon, S. (2005). Officiating & Coaching in Physical Education. Friends Publications.

Book-3 : Singh, H. (1991). Science of Sports Training. DVS Pub., Delhi.

Book -4: Chakraborty S. (2009) Sports Management. Prerna Prakashan.

SUGGESTED READINGS

- Kumar A (2003). Badminton. Discovery, New Delhi.
- Ballou PB (1982). Teaching Badminton. India.
- Bloss MV & Hales RS (1994). Badminton. WC Brown
- Davis P (1988). Badminton SA David & Charles Inc.
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- Jain D (2001). Teaching and Coaching –Badminton. Khel S.K. Delhi
- Kumar A (1999). Badminton. Discovery Pub. Delhi.
- Narang P (2005). Play and Learn Badminton. Khel Sahitaya Kendra
- Singh MK (2006). A to Z Badminton. Friends Pub. New Delhi.
- Singh MK (2007). Comprehensive Badminton. Friends Pub. New Delhi.
- Talbot D (1989). Top Coach Badminton. Britain: Q.A. Press

Theory 100 Marks (75 + 25 Internal Assessment)

Practicals = 50 Marks

Semester V

Paper-14 (iii): GAME OF SPECIALIZATION – BASKETBALL

Max. Marks =150

(42 Hours)

UNIT-I	
Selection of a team and conduct of a camp (Book-2, Part-I, Book-3, Part-VI)	8 Hours
UNIT-II	
Evaluation of players performance during matches(Book-2, Part-II, Book-3, Part-VI)	8 Hours
UNIT-III	
Duties and responsibilities of officials, Mechanism of officiating and scoring (Book-1, FIBA Rule Book)	8 Hours
UNIT-IV	
Managing team during competitions(Book-2, Part-V, Book-3, Part-I)	9 Hours
UNIT-V	
Event identification and event profile development	9 Hours

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each.

The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

PRACTICAL (28 Hours)

1. Technical Training in Basketball Skills and More Match Practice

Essential Readings

Book 1: FIBA Rule Book

Book 2 : MCGEE (2007) Coaching Basketball, Human Kinetics.

Book3 : Prudden Jill (2006) Coaching Girls. Basketball successfully.

SUGGESTED READINGS

- Ambler V (1984). How to Play Basket Ball. Paper Balls, Delhi.
- Jain Naveen (2003). Play and Learn Basket Ball. Khel Sahitya Kendra. New Delhi.
- Nat BB (1997). Conditioning Coaches Association. NBA Power Conditioning. Human Kinetics. Champaign. Illinois. USA.
- Prutti Jim (1984). Play Better Basket Ball. Matchplay Books. Great Britain.
- Sharma OP (2003). Basket Ball Skills and Rules. Khel Sahitya Kendra, Delhi.
- Thani L (1995). Skills & Tactics of Basket Ball. Sport Pub. New Delhi.
- Thani Y (2002). Coaching Successfully Basket Ball. Sports Publisher. Delhi
- FIBA Rule Book

Theory 100 Marks (75 + 25 Internal Assessment).

Practicals = 50 Marks

Semester V

Max. Marks =150

(42 Hours)

Paper-14 (iv): GAME OF SPECIALIZATION – CRICKET**UNIT – I**

- 1.1 Construction and Maintenance of the Cricket Field.
- 1.2 Types of Cricket Field.
- 1.3 Selection of Various Gadgets in the game of Cricket.

(Book -3, Page No. 92-95 &96- 98)**8 Hours****UNIT – II**

- 2.1 Define Fitness.
- 2.2 Fitness Components.
- 2.3 Method to improve Fitness Components.
- 2.4 Various tests to measure Fitness Components.

(Book -1, Page No. 526-631)**8 Hours****UNIT – III**

- 3.1 Biomechanical Analysis.
- 3.2 Biomechanical Analysis of various Skills of Batting.
- 3.3 Biomechanical Analysis of various Skills of Bowling.
- 3.4 Importance of Biomechanical Analysis in Cricket.

(Book -5, Ch- 9-11)**9 Hours****UNIT – IV**

- 4.1 Managing Team during Competitions.
- 4.2 Information and Publicity Concerning Competition.
- 4.3 Office Management-Correspondence and Maintenance of Records.
- 4.4 Report Writing.

(Book -4, Page No. 87- 300)**8 Hours****UNIT – V**

- 5.1 Fitness Tests-AAPHER Youth Fitness Test, Fleishman Physical Fitness Test, Indiana Motor Fitness Test.
- 5.2 Skill Tests-Beep Test, Running between the Wickets, Different Kinds of Catches and Throw.

(Book -2, Page No. 291- 295)**9 Hours**

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each.

The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

PRACTICALS (28 Hours)

1. Advance Drills for the Promotion of Fitness level of the Players.
2. Coaching Lessons.
3. Management of Net Practice Sessions.
4. Organizing Tournaments.
5. Officiating and Report Writing.

ESSENTIAL READING

- Book 1 : Singh A. (2009). A to Z, Cricket. Sports Educational Technologies. New Delhi.
 Book 2 : Woolmer B. (2009). The Art and Science of Cricket. Firefly Book. New York.
 Book3 : Singh H (1993) Science of Sports Training DVS Pub. Delhi.,
 Book4 : Uppal AK (2009) Biomechanics in Physical Education & Exercise Science, Friends Publications.
 Book 5 : Kansal D.K. (2013). Test, Measurement & Evaluation . SSS Publications,Aibara (1990) Cricket NSNIP

SUGGESTED BOOKS

- Amarnath M. (1996). Learn to Play Good Cricket. UBS Publishers. New Delhi.
Chugh GD. (1993). Laws of Cricket. D.V.S. Publications. New Delhi.
Dellor R. (1990). How to Coach Cricket. Mandola. London.
Goodway K. (2002). Your Cricket Coach. Human and Rousseau Pvt Ltd. USA.
Jain R. (2003). Fielding Drills in Cricket. Khel Sahitya Kendra. New Delhi.
Kutty S.K. (2003). Fielding Drills in Cricket. K.S.K. New Delhi.
Sharangpani RC. (1992). Fitness Training in Cricket. Marine Sports. Bombay.
Sharma P. (2003). Cricket. Shayam Parkashan. Jaipur.
Thani V. (1998). Coaching Cricket. Khel Sahitya Kendra. New Delhi

Theory: 100 (75 + 25 Internal Assessment.)

Practicals = 50 Marks

Semester V

Max. Marks =150

(42 Hours)

Paper-14 (v) : GAME OF SPECIALIZATION – FOOTBALL

UNIT-I	
Selection of a team and conduct of a camp, Playfield technology - planning, construction Conduct of a tournament, Short-term and long-term planning for organization of a competition, Report writing. (Book-4, Ch-11, 12, 13 & 14)	8 Hours
UNIT-II	
Principles and objectives of coaching, techniques of coaching. Pre match during and Post match, Individual and group coaching schedules. (Book-1, Ch-1, 2, 3 & 4)	8 Hours
UNIT-III	
Physical fitness and Playing ability test related to Football, Nutritional requirement of the Players. (Book-2, Part-V)	9 Hours
UNIT-IV	
Team management during competitions, Information and publicity concerning the competition, Office management – correspondence and maintenance of records , Risk management- medical check up, medical aid and insurance, Personnel management – interpersonal, interpersonal communication skills. (Book-1, Ch-4)	8 Hours
UNIT-V	
Event identification and event profile development, Projection of the event and marketing strategy – pamphlets, door - door, newspaper, electronic media-Writing press release and reports, Sponsor identification, fund raising. (Book-3, Ch-10, 11& 12)	9 Hours

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each.

The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

PRACTICAL(28 Hours)

1. Applied tactics of defense – positioning by a defender, defensive attacker, interchanging of position.
2. Attacking tactics- shooting and heading at goal, place changing, special method-attack with two center forward.
3. Evaluation of Team and Players.
4. Refining of skills.
 - Kicking
 - Receiving
 - Heading
 - Dribbling
 - Tackling
 - Goal keeping
5. Taking advantage of offside rule - attack and defense.
6. Match officiating.
 - Referee
 - Assistant Reference.
 - Forth Official.

ESSENTIAL READINGS:

Book-1: Hargreaves .& Richard (2010), Skill & Strategies for coaching's soccer. Human Kinetics.

Book-2 : Kansal D.K. 2008 T.B. of applied measurement evaluation & sports, selection. Sports & spiritual science publication..

Book -3: Gupta R. Sports Journalism. Friends Publication.

Book-4 : Dheer (1991) organization & administration of physical education. Friends Publication.

SUGGESTED READINGS

- Lau SK (1995). Encyclopedia of Football. Sport Pub. Delhi.
- N Kumar (2003). Play and Learn Football. K.S.K. New Delhi.
- Reilly T (1988). Science and Football. E.N. Sport Ltd. London.

Theory: 100 (75 + 25 Internal Assessment.)

Practicals = 50 Marks

Semester V

Max. Marks =150

(42 Hours)

Paper-14 (vi) : GAME OF SPECIALIZATION – GYMNASTICS**UNIT-I**

Rhythmic gymnastic- Introduction, World History, Apparatuses Measurement.

- Five Fundamental Skills in each apparatus. (Book-3, Ch-1-10)

8 Hours**UNIT-II**

Holistic Gymnastics - Training schedules- Daily schedules, Weekly schedules, Monthly schedules,- Planning for competition- Meaning and concept, Preparation for competition schedule, Order of events, Sequence of gymnasts.(Book-5, Ch-13 & 14)

8 Hours**UNIT-III**

Newton's laws of motion and their application, Body levers and their application, Linear and angular momentum, Centripetal and centrifugal forces and their application in Gymnastics Biomechanics.

(Book-4, Ch-4,7 & 9)

9 Hours**UNIT-IV**

Teaching and training of advance elements (05 skills) on all men and women apparatus-Floor exercises (men & women), Pommel horse, Roman rings, Parallel bars/uneven bars. (Book-1, Ch-2)

8 Hours**UNIT-V**

- Men & Women, Apparatuses
- Competition Rules- Composition of Rhythmic Gymnastics Team ; Attire, Evaluation of the performance 30 points, sitting arrangement of Jury. (Book-2, Ch-1-2)

9 Hours

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each.

The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

PRACTICALS (28 Hours)

1. Teaching and training of advance elements (05 skills) on all men and women apparatus
Floor exercises (men & women), Pommel horse, Roman rings, Parallel bars/uneven bars, Table vaults (men & women),
Horizontal bar, Balancing beam
Coaching Lesson -03 Internal & 01 External.

ESSENTIAL READING :**Book -1 :** Chakraborty, S. and Sharma, L. (1995). Fundamental of Men Gymnastics. D.V.S. Pub. New Delhi.**Book -2 :** FIG (2013) Code of Points Rhythmic Gymnastics. Federation Int. De Gymnastics. Germany.**Book -3 :** Depnath , Kalpana and Bawa, G.S. (2012). Rhythmic Gymnastics, New Delhi.**Book -4 :** Shaw. D(2000) Mechanical Basis of Biomechanics**Book -5 :** Hardayal (1997) Sciences of Sports Training.**SUGGESTED READINGS**

1. Harvey FJ (1998). Physical Exercises & Gymnastics. Khel Sahitya. New Delhi.
2. Jain R (2005). Play and Learn Gymnastics. Khel Sahitaya Kendra
3. Jain R (2003). Play and Learn Gymnastics. Khel Sahitaya Kendra. New Delhi.
4. Pearson D (1991). Play The Game Gymnastics. Ward Lock. Britain.
5. Smither Graham (1980). Behing The Scence of Gymnastics. London.
6. Turoff Fred (1991). Artistic Gymnastics. C. Brown. U.S.A.

Theory: 100 (75 + 25 Internal Assessment.)**Practicals = 50 Marks**

Semester V

Max. Marks =150

(42 Hours)

Paper-14 (vii): GAME OF SPECIALIZATION – HANDBALL

UNIT-I	Advance rules and regulation and their interpretations Playfield technology - planning, construction and maintenance of handball court (Book-1, Ch-14)	8 Hours
UNIT-II	Principles and objectives of coaching, techniques of coaching pep talks, pre match, during and post match, individual and group, coaching schedule (Book-2, Ch-2 & 3, Book-3, Ch-10)	8 Hours
UNIT-III	Specific Duties and responsibilities of referee's, scorekeeper & time keeper, score sheet.(Book-1, Page 172 -177)	9 Hours
UNIT-IV	Conduct of tournament, planning for organization of a competition, report writing, photography, and analysis commentary (Book-5, Ch-18)	8 Hours
UNIT-V	Physical fitness and development of advance techniques related to handball . Nutritional requirement of the players. (Book-4, Page 204-234)	9 Hours

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each.

The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

Practical (28 Hours)

1. Referee signals
2. Score sheet
3. Conduct of tournament
4. Evaluation of team and players
5. Team tactics (offensive- offensive system 3:3, 5:1, 4:2)
6. Defensive tactics (Defensive system 6:0, 1:5, 2:4, 3:3)
7. Man to man defense
8. Combine defense
9. Selection of players
10. Teaching lesson

Essential Readings

Book-1 : Kumar A (1999). Handball. Discovery Publishing House. New Delhi.

Book-2 : Hargreaves. Bate (II Edition) Skills & Strategies of coaching soccer.

Book-3: Stier (1997) coaching modern basketball. Library of congress.

Book -4: Bonci (2009) Sports Nutrition for coaches. Human Kinetics.

Book-5: Hardayal Singh(1991) Science of Sports Training. DVS Publication.

SUGGESTED READINGS

- Jain D (2003). Play & Learn Handball. Khel Sahitya Kendra. New Delhi.
- Kumar A (1999). Handball. Discovery Publishing House. New Delhi.
- Lohar AR (1998). Handball Basic Technology Bombay. The Marine Sports Publishing Division
- Schmottlach N Mcmanama J (1997). Physical Education Handbook. 9th Edition. Allyn & Bacon. London.

Theory 100 Marks (75 + 25 Internal Assessment).

Practicals = 50 Marks

Semester V

Paper-14 (viii) : GAME OF SPECIALIZATION – HOCKEY

Max. Marks =150

(42 Hours)**UNIT-I**Playfield technology - planning, construction and maintenance of a hockey field (**Book-2, Part I & II**)**8 Hours****UNIT-II**Principles and objectives of coaching, techniques of coaching pep talk, pre match during and post match, individual and group, coaching schedule (**Book-3, Ch-9 &11**)**8 Hours****UNIT-III**Duties and responsibilities of umpire, umpiring signals, score sheet (**Book-1**)**8 Hours****UNIT-IV**Conduct of tournament, planning for organization of a competition, report writing, photography, and analysis commentary (**Book-5, Ch-11 & 13**)**9 Hours****UNIT-V**Physical fitness and playing ability test related to hockey, nutritional requirement of the players. (**Book-4, Ch-2 & 15, Book-3, Ch-10**)**9 Hours**

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each.

The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

PRACTICALS (28 Hours)

1. Umpire's Signals
2. Score sheet
3. Construction of a hockey field
4. Teaching of basic skills
5. Conduct of a hockey tournament
6. Evaluation of Team/Player

Essential Readings

Book-1:- International Hockey Federation (2013) Rules of the Game of Hockey with guidance for players umpires international Hockey Federation .India.

Book-2:- Singh. G(1995) Modern Hockey the Rules.

Book-3:- Shepherd. J (2007) Sports Training, the complete Guide.

Book-4:- Kansal. D. (1996) Test Measurement in Sports Physical Education.

Book-5:- Subramanian R. Thirumalais (2010) organization administrate of Physical Education & Sports.

SUGGESTED READINGS

- Dubey HC (1999). Hockey. Discovery Publishing House. New Delhi.
- International Hockey Federation (2003). Rules of the Game of Hockey with Guidance for Players and Umpires. International Hockey Federation. India.
- Jain D (2003). Hockey Skills & Rules. khel Sahitya Kendra . New Delhi.
- Narang P (2003). Play & Learn Hockey. Khel Sahitya Kendra. New Delhi.
- Thani Yograj (2002). Coaching Successfully Hockey. Sports Publication. Delhi.

Theory 100 Marks (75 + 25 Internal Assessment).**Practicals = 50 Marks**

Semester V

Paper-14 (ix): GAME OF SPECIALIZATION – JUDO

Max. Marks =150

(42 Hours)

UNIT-I		
Latest changes and developments in rules and regulations. (Book-1, Ch-1, Page-1-22)		8 Hours
UNIT-II		
Qualifications, qualities and responsibilities of a coach. (Book-2, Ch-3)		8 Hours
UNIT-III		
Qualifications and responsibilities/functions of technical officials, judges, technical officials (Book-1 & 2, Ch-5)		8 Hours
UNIT-IV		
Means, methods and process of classroom teaching, Preparation of teaching lesson-plans. (Book-3, Page 18-66)		9 Hours
UNIT-V		
Guidelines for preparing a coaching lesson in Judo, Preparation of coaching lesson-plans.(Book-3, Page 22-48)		9 Hours

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each.

The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

PRACTICALS (28 Hours)

1. Preparation of Teaching lesson plan.
2. Preparation of coaching lesson plan.
3. Officiating for Judo bards.

ESSENTIAL READING:

Book-1 : Jain, D. (2003). Play & Learn Judo, Khel Sahitya Kendra, Delhi.

Book-2 : Kamlesh M. (1994) Action Judo, Sports Publications, Delhi.

Book -3:- Kamlesh M.L. (2005) Methods in Physical Education. Friends Publication.

SUGGESTED READINGS

- Caffary B (1992). Skilful Judo. A & C Black London.
- Dando J (1994). Play The Game Judo. Blandford Great Britain.
- Harrison EJ (2002). Coaching Successfully Judo. Sports. Delhi.
- Harrison J (1998). Teaching & Coaching Judo. Sport Pub. New Delhi.
- Holme P (1995). Get to Gripe With Judo. Blandford. London.
- Holme P (1996). Competition Judo. Ward Lock. London.
- Jain D (2003). Play and Learn Judo. Khel Sahitaya Kendra. New Delhi.
- Kumar Mukesh (1994). Action Judo. Sport Publication. Delhi.
- Marwood D (1995). Critical Judo. A.I.T.B.S. Pub. New Delhi.

Theory 100 Marks (75 + 25 Internal Assessment).

Practicals = 50 Marks

Semester V**Paper-14 (x): GAME OF SPECIALIZATION – KABADDI**

Max. Marks =150

(42 Hours)

UNIT-I	
Selection of a team and conduct of a camp, construction and maintenance of Kabaddi court, Conduct of a tournament, Short-term and long - term planning for organization of a competition. (Book-1, Ch-1, 16 &14)	8 Hours
UNIT-II	
Evaluation of players performance during matches, Assessment of prospective opponents. (Book-1, Ch-15)	8 Hours
UNIT-III	
Duties and responsibilities of officials, Mechanism of officiating and scoring. (Book-1, Ch-17)	9 Hours
UNIT-IV	
Information and publicity concerning the competition, Office management – correspondence and maintenance of records. (Book- 2, Ch-6)	8 Hours
UNIT-V	
Facility management – quality control of equipment and player’s kit, Risk management - medical check up, medical aid. (Book-2, Ch-7)	9 Hours

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each.

The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

PRACTICALS (28 Hours)

1. Training means for development of different components of physical & motor fitness Speed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility.
2. Game officiating.

ESSENTIAL READINGS

Book -1: Rao EP (1994). Modern Coaching in Kabaddi. D.V.S.Pub

Book-2 : Chakraborty (1998) Sports Management . Sports Publication.

SUGGESTED READINGS:

- Rule Book of AIKF

Theory: 100 (75 + 25 Internal Assessment.)

Practicals = 50 Marks

Semester V

Max. Marks =150

(42 Hours)

Paper-14 (xi) : GAME OF SPECIALIZATION- KHO –KHO**UNIT-I**

Construction and maintenance of Kho-Kho court, conduct of a camp, Short-term and long-term planning for organization of a competition, Report writing, analysis and commentary. **(Book-1, Ch-2)**

8 Hour)**UNIT-II**

Methods to evaluate player's performance during matches , Assessment of prospective opponents. **(Book-1, Ch-6 & 9)**

8 Hour)**UNIT-III**

Officiating and coaching- Duties and responsibilities of officials, Mechanism of officiating and scoring, philosophy of coaching and coaching lesson plan. **(Book-1, Ch-9)**

9 Hour)**UNIT-IV**

Managing during competitions- Information and publicity concerning the competition, Office management – correspondence and maintenance of records, Facility management – quality control of equipment and player's kit, Risk management - medical check up, medical aid and insurance, personal management-interpersonal communication skills. **(Book-3, Ch-7)**

8 Hour)**UNIT-V**

Event identification and event profile development, Projection of the event and marketing strategy (pamphlets, door - door, newspaper, electronic media, Writing press release and reports) Sponsor identification, fund raising, Building of player portfolio. **(Book-2, Ch-1-2)**

9 Hours

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each.

The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

PRACTICALS (28 Hours)

1. Training means for development of different components of physical & motor fitness (Speed, Strength, Endurance, Flexibility, Coordination, Core stability, Agility) with specific reference to Kho-Kho
2. Advance skills
3. Construction of kho-kho court
4. Game officiating

ESSENTIAL READINGS

1. Chakrabarty G (2002). Kho – Kho Aveloken. Khel Sahitya Kendra. Delhi.
2. Neal Brown (1982) Newswriting & Reporting, Surjeet Publications.
3. Chakraborty . S. (1998) Sports Management, Sports Pub.

SUGGESTED READINGS:

- Rule Book of Kho-Kho Federation of India

Theory: 100 (75 + 25 Internal Assessment.)

Practicals = 50 Marks

Semester V

Paper-14 (xii) :GAME OF SPECIALIZATION – VOLLEYBALL

Max. Marks =150

(42 Hours)

UNIT-I

Selection of a team and conduct of a camp, Playfield technology - planning, construction and maintenance of the Volleyball court
 Conduct of a tournament, Short-term and long-term planning for organization of a competition, Report writing and commentary
(Book-1, Page-14-23 & 121-122)

8 Hours**UNIT-II**

Techniques of coaching – pep talk, coaching- pre match, during and post match, individual and group coaching
 Evaluation of player's performance during matches. **(Book-3)**

8 Hours**UNIT-III**

Duties and responsibilities of officials, Mechanism of officiating and scoring. **(Book-2, Ch-10)**

8 Hours**UNIT-IV**

Managing during competitions, Information and publicity concerning the competition, Facility management – quality control of equipment and player's kit, Risk management- medical check up, medical aid and insurance, Personnel management – interpersonal communication skills. **(Book-4, Ch-10)**

9 Hours**UNIT-V**

Teaching progression, Coaching points, Event identification and profile development of the event, Writing press release and reports
(Book 5)

9 Hours

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each.

The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

PRACTICALS (28 Hours)

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness
 Speed, Strength, Endurance, Flexibility, Coordination, Agility
3. Game officiating

Essential Readings

Book-1:- Cox RH. (1995). Teaching Volleyball. Surjeet Publications.

Book-2: Dhanraj H.(1991). Modern Volleyball. NSNISP. India.

Book-3 : ASEP (1996). Coaching Youth Volleyball. Human Kinetics.

Book-4: Reynaud (2011). Coaching Volleyball Technical and Tactical Skills. Human Kinetics.

Book -5: Gupta R. R. Sharma and Sharma S. (2004). Professional Preparation and Curriculum Design in Physical Education and Sports Sciences, friends Publications. New Delhi

SUGGESTED READINGS

- American Volleyball Coaches Association (2005). Volleyball: Skills & Drills. Human Kinetics. Champaign. U.S.A.
- FIVB (1996). Backcourt Spiking in Modern Volley Ball. FIVB. Chennai.
- Saggar SK (1994). Cosco Skills Stactics - Volley Ball. Sport Publication. Delhi.
- Scates AE (1993). Winning Volley Ball. WC Brown

Theory 100 Marks (75 + 25 Internal Assessment).**Practicals = 50 Marks**

Semester V

Max. Marks =150

(42 Hours)

Paper-14 (xiii) : GAME OF SPECIALIZATION – YOGA

UNIT-I	
Yoga as a Sports at School, College:- State, National, International, SGFI, AIU level etc. (Book-5, Page -109-112)	8 Hours
UNIT-II	
Qualifications, qualities and responsibilities of a coach, Duties/responsibilities of technical official, Scoring system and judgment criteria, Protocols for referees, judges and officials. (Book-4, Page -9-60)	8 Hours
UNIT-III	
Structure and organization of yoga competition, Preparation, execution and closing of the competition, Protocols and ceremonies. (Book-3, Page -287-300)	9 Hours
UNIT-IV	
Different techniques of meditation prekha, vipashyana and meditation on different chakras. (Book-2, Page -107-109, Book-2, Page-9-12)	8 Hours
UNIT-V	
Guidelines for preparing coaching lessons in Yoga, Preparation of coaching lesson-plans, Use of teaching aids (Book-1, Page -18-6)	9 Hours

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each.

The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

PRACTICALS (28 Hours)

1. Planning for a Yoga competition
2. Organisation of a Yoga competition
3. Project on researches in Yoga
4. Officiating in Yoga competitions
5. Coaching lessons

ESSENTIAL READINGS:

Book 1 : Kamlesh ML(2005), Methods in Physical Education Friends Publications.

Book 2: Sharma & Shankar (2007): Yog Kala ek Parichay, Friends Publication.

Book 3 : Singh H (1991) Science of Sports Training, DVS Pub. Delhi.

Book 4: Vanaik A & Khalon S. officiating & coaching in Physical Educations, Friends Publications (2005)

Book 5 : Yadav & Rachna (1998). Art of Yoga, Friends Publications.

Book 6 : Swami Sivananda (1977) Yoga Practice. D.B. Taraporevala Sons & Co. Pvt. Ltd.

SUGGESTED READINGS

- Anand OP (2001). Yog Dawra Kaya Kalp, Kanpur. Sewasth Sahitya Perkashan
- Sarin N (2003) Yoga Dawara Ragoon Ka Upchhar. Khel Sahitya Kendra
- Sri Swami Rama, (2001). Breathing. Sadhana Mandir Trust. Rishikesh.
- Swami Ram (2000). Yoga & Married Life. Sadhana Mandir Trust. Rishikesh.
- Swami Veda Bharti (2000). Yoga Polity. Economy and Family. Sadhana Mandir Trust. Rishikesh.
- Sharma Jai Parkash, Shayal Madhu, (2006) योग शिक्षा, Friends Publication India.

Theory: 100 (75 + 25 Internal Assessment.)

Practicals = 50 Marks