

## Semester IV

## Paper-8 (i): GAME OF SPECIALIZATION – ATHLETICS

Max. Marks =150

(42 Hours)

**Unit-I**

Introduction to athletics, Olympics and non- Olympics events

Structure, Constitution and functions of IOC (International Olympic Committee) AAA (Athletics Association of Area) OCA (Olympic Council of Area) (Book-1, Page 1-36)

Marking of various areanas of field events –long jump, triple jump, shot put and discuss throw (Book-2, Page 65-97).

8 Hours

**Unit-II**

Protocol and procedure of athletics championship

Organisation and management of athletics meet

Ceremonies – Opening Ceremony, victory and closing ceremony (Book-5, Page 153-156)

8 Hours

**Unit-III**

Brief background techniques, training and important motor-components of the following events:

Middle and long distance running , Javelin throw and Hammer throw, High Jump and Pole Vault, Relay races (4x100m, 4x400m)

(Book-2, Page 65-113)

8 Hours

**Unit-IV**

Tactics and strategies of the concern events, Athletics training for children and women, Psychological and social factors of athletics performance (Book-4, Page 123-138)

9 Hours

**Unit-V**

Athletics training load, form of load, factors of load, load and adaptation

Various training methods- continuous, interval, repetition, slow-fast and descending and ascending training methods

(Book-3, Page 22-47 &amp; 54-56)

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. Middle and long distance running
3. Javelin throw and Hammer throw
4. High Jump and Pole Vault
5. Relay races (4x100m, 4x400m)

**ESSENTIAL READINGS:****Book-1:** Shrivastav AK (1997). Athletics. S & S Parkashan. Amravati.**Book-2:** Gothi E (1997). Teaching and Coaching Athletics. Sports Pvt.. New Delhi**Book-2:** Genwick GR (2001). Play Better Athletics. Sports Pub, Delhi..**Book-3:** Singh, H. (1995). Science of Sports Training. DVS Pub. Delhi.**Book-4:** Rosen & Rosen (1986). Sports Illustrated Track. Harper & Row Publisher.**SUGGESTED READINGS**

- Gupta, Rakesh, Kumar, Pardeep & Tyagi, Sarita (2009), Text Book on Teaching Skill & Prowess , Friends Publications (India).
- Bosen, K.O. (1996) Fundamentals of Track & Field, NSNIS Publications, Patiala.
- Govindarajulu, P. & Gupta, Rakesh (2004) layout and Marking of Track & Field, Friends Publications (India), New Delhi.
- Chauhan BS (1999). Khel Jagat Mein Athletics. A.P. Pub, Jalandhar.
- Fox EL (1998). Physiological Basis of Physical Education and Athletics Brown Pub.
- Frost RB and others (1992). Administration of Physical Education and Athletics. Universal Book, Delhi.
- Grant, S. and Lloyd, E. (2006). Training and Performance in difficult environments : A Guide for competitive Athletes. Crowood Press, USA.
- Knight T and Troop N (1988). Sackville Illustrated Dictionary of Athletics, Jackvillie,
- Singh Granth (1998). Track and Field Athletics. Ashoka, Delhi.

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

## Semester IV

## Paper-8 (ii): GAME OF SPECIALIZATION – BADMINTON

Max. Marks =150

(42 Hours)

<b>UNIT-I</b>	Important motor components- Structure and process for improvement of performance. Training for beginners, Training for intermediate players - advanced sportspersons ( <b>Book-1, Ch.-3, Page 24-41</b> )	<b>8 Hours</b>
<b>UNIT-II</b>	Various training methods and principles of training load, Causes and symptoms of overload, Management of overload ( <b>Book-2, Page 22-47</b> )	<b>8 Hours</b>
<b>UNIT-III</b>	Long term and short term planning for competition, Cyclic process of training : micro, meso and macro cycles Preparation of training schedules, Tactical efficiency ( <b>Book-2, Ch.-15,16,17 &amp; 18 Page 253-300</b> )	<b>8 Hours</b>
<b>UNIT-IV</b>	Anatomical considerations, Physiological considerations, Biomechanical considerations and Psychological consideration. ( <b>Book-4, Ch-3</b> )	<b>9 Hours</b>
<b>UNIT-V</b>	Introduction, importance of test, measurement and evaluation in badminton, Fitness tests, Skill tests ( <b>Book-3, Page No.346-354 and 291-295</b> )	<b>9 Hours</b>

**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. Practical applications of tactics and strategies
2. Training means for development and measurement of strength, speed, endurance, flexibility and coordinative abilities
3. Observing and assessing the video/tournament recording/movie and preparing a report
4. Shadow practice and pressure training

**ESSENTIAL READINGS**

**Book-1 :** Talbot Derlk (1989). Top Coach Badminton. Britain. Q.A. Press.

**Book-2 :** Singh, H. (1995). Science of Sports Training . DVS Pub., Delhi.

**Book-3 :** Kansal, D.K. (2013). Test, Measurement & Evaluation. SSS Publications, New Delhi.

**Book-4 :** Ryan & Allman. Sports Medicine (1989). Academic Press Inc. London.

**SUGGESTED READINGS**

- Bloss M.V & Hales RS (1994). Badminton. WC Brown
- Downey J (1990). How to Coach Badminton. Collins Pub. London.
- Grice, T. (2007). Badminton : Steps to Success : 2<sup>nd</sup> Ed. Human Kinetics, USA.
- Jain D (2001). Teaching and Coaching –Badminton. Khel S.K. Delhi
- Kumar A (2003). Badminton. Discovery, New Delhi.
- Narang P (2005). Play and Learn Badminton. Khel Sahitaya Kendra
- Seaman, J. (2009). Badminton Revisited. J.R. Books Ltd.
- Singh MK (2006). A to Z Badminton. Friends Pub. New Delhi.
- Singh MK (2007). Comprehensive Badminton. Friends Pub. New Delhi.
- Talbot Derlk (1989). Top Coach Badminton. Britain: Q.A. Press

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

**Practicals = 50 Marks**

**Semester IV**

**Paper-8 (iii) : GAME OF SPECIALIZATION – BASKETBALL**

Max. Marks =150

**(42 Hours)**

<b>UNIT-I</b>	Principles and objectives of coaching, Techniques of coaching – pep talk, coaching- pre match, during and post match, individual and group coaching ( <b>Book-2, Ch.5, 9 /Book-3, Ch.10</b> )	<b>8 Hours</b>
<b>UNIT-II</b>	Psychological qualities and preparation of a basketball player, Team system and tactical training, Offensive system in play, Defense system in play ( <b>Book-1, Ch.9, 10, Book-2, Ch.3, Book-3, Ch.2,3,4,5,6</b> )	<b>8 Hours</b>
<b>UNIT-III</b>	Individual, Diet and nutrition for a basketball player. Construction of basketball court ( <b>Book5, Ch.1,2,3,4,5,6.</b> )	<b>8 Hours</b>
<b>UNIT-IV</b>	Principles of load and adaptation, Fatigue, recovery and super compensation, Overload and its management ( <b>Book-6, Ch.2</b> )	<b>9 Hours</b>
<b>UNIT-V</b>	Ankle sprain, jammed thumb, shoulder dislocation, wrist twist, rib injuries, Preventive and safety measures, Rehabilitation ( <b>Book-4, Ch.18.19, 3,1</b> )	<b>9 Hours</b>

**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. Dribbling Drill
2. Speed work
3. Endurance Training
4. Match Practice

**ESSENTIAL READINGS**

- Book-1 :** Wissel Hal (2004). Basketball step to Success. Human Kinectics.  
**Book-2 :** Kathy McGee(2007). Coaching Basketball Technical & Tactical Skills. Human Kinectics.  
**Book-3 :** William F. Stier, Jr. (1997). Coaching Modern Basketball. Allyn and Bacon.  
**Book-4 :**Stuart B. Porter (2003). Tidy’s Physiotherapy. Butterworth Heinemann.  
**Book-5 :** Leslie Bonci (200()). Sport Nutrition for Coaches. Human Kinectics.  
**Book-6 :** Uppal A. (2001). Principles of Sports Training. Friends Publication (India.)

**SUGGESTED READINGS**

- Ambler V (1984). How to Play Basket Ball. Paper Balls, Delhi.
- Cluck, B. (1998) Play Better Basketball : Winning Techniques and Strategies. 2<sup>nd</sup> Ed. McGraw Hill, USA.
- Jain Naveen (2003). Play and Learn Basket Ball. Khel Sahitya Kendra, New Delhi.
- Nat B. B (1997). Conditioning Coaches Association. NBA Power Conditioning, Human Kinetics.
- Sharma OP (2003). Basket Ball Skills and Rules. Khel Sahitya Kendra, Delhi.
- Thani Lokesh (1995). Skills & Tactics of Basket Ball. Sport Pub, New Delhi.
- Thani Yograj (2002). Coaching Successfully Basket Ball. Sports Publisher, Delhi.

**Theory : 100 (75+25 Int. Assessment)**

**Practical : 50**

**Semester IV****Paper-8 (iv):GAME OF SPECIALIZATION – CRICKET**

Max Marks = 150

**(42 Hours)****UNIT – I**Principles and Objectives of Coaching. **(Book 3, Page-7-40, Ch-38 & 8, Page-57-59)**, Techniques of Coaching. **(Book 1, P 8 to 105, Book 9 Ch 1,2,3,4)**, Pep-Talk, Coaching-Pre-match, during and post match, Individual and Group Coaching.**8 Hours****UNIT – II**Coaching Schedule – Seasonal., Coaching Schedule – Weekly. **(Book 2 Ch. 16)**Coaching Schedule – Monthly and Yearly., Talent Identification for Cricket. **(Book 4 Chapter 16)****8 Hours****UNIT – III**Long Term Preparation for the Decisive Cricket Competition, Short Term Preparation for the Decisive Cricket Competition, Psychological Qualities and Preparation of a Cricketer, Tactical Training. **(Book-4, Ch-12 & 17)****8 Hours****UNIT – IV**

Offensive System in Play, Defensive System in Play, The Coordination among the Coach, Doctor, Psychologist and Players.

**9 Hours****UNIT – V**Diet and Nutrition for Cricketers. **(Book 5, Page- 145-321)** Various Injuries in Cricket. **(Book-1, Page-68-71)** , Preventive and Safety Measures, First Aid and Rehabilitation. **(Book-5, Page-145 -321)****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 Practical Efficiency in Performance and Demonstration of different advanced techniques.
- 2 Advanced Drills of Batting, Bowling and Fielding.
- 3 Test, Measurement and Evaluation of Throwing Ability, Running Between the Wickets and Target Hitting.

**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.**Book-3:** Dr. Anil Vanaik & Daljinder Singh officiating Coaching in Physical Education. Friends Publication.**Book-4:** Hardayal Singh DVS Publication.**Book-5 :** American Academy of Orthopedic Surgeon Athletic Training & Sports Medicine.**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.

Kutney 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). Cricket Skill &amp; Rules. Khel Sahitya Kendra. New Delhi

I an Pont (2010). Coaching Youth Cricket. Human Kinetics.

Frank Tyson (1994). The Cricket Coaching Manual. Rupa &amp; Co.

Singh Hardyal (1991). Science of Sports Training. DVS Pub.

Dr. Rosenbery S.N. (1986). The Johnson &amp; Johnson First Aid Book. Graft on Book P8 to 129.

**Theory : 100 (75+25 Int. Assessment)****Practical : 50**

## Semester IV

## Paper-8 (v): GAME OF SPECIALIZATION – FOOTBALL

Max. Marks =150

(42 Hours)

**UNIT-I**

Principles and objectives of coaching, Techniques of coaching – pep talk, coaching- pre match, during and post match, individual and group coaching, Coaching schedule – seasonal, daily, weekly, monthly and yearly, Talent identification to select the winning combination. (Book-1, Ch.7,8, Book-6, Ch-1 & 3)

**8 Hours****UNIT-II**

Long - term and short - term preparation for the decisive football competitions, Psychological qualities and preparation of a football player. (Book-2, Ch.17,18).

**8 Hours****UNIT-III**

Team system and tactical training-Offensive system in play, Defense system in play, Dribbling and reception pattern, Individual , group and team tactics.(Book-3, pg 92-210, Book-5, Ch.3)

**8 Hours****UNIT-IV**

Psychological training importance and methods of Psychological training Philosophical aspects of training and coaching. (Book-2, pg51-53, Book-2, Ch.18)

**9 Hours****UNIT-V**

Ankle sprain, finger injuries, shoulder dislocation, knee displacement and head injuries, Preventive and safety measures, First-aid and Rehabilitation.(Book-5, Ch.1, 3, 18, 19)

**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. Tackling the ball – basic, slide, shoulder charge
2. Feinting – with the ball, without the ball, with an opponent behind and alongside the dribble
3. Correct skill of throw in – throwing a ball, faults occurring, required instruction
4. Goal keeping - throwing a ball with one hand, rolling the ball along the ground, ground kick, air kick
5. Penalty kick

**ESSENTIAL READINGS:**

**Book-1:** Vanaik, A. & Kahlon (2005). Officiating & Coaching in Phy. Edu.

**Book-2:** Hardy Singh (1991). Science of Sports Training.

**Book-3:** Dubey, H.C. (1999). Football. Discovery Publication.

**Book-4:** N. Kumar (2003). Play & team Football. Khel Sahitya Kendra.

**Book-5:** Stuart B. Porter (2003). Tidy's Physiotherapy. Butherworth Heinemann.

**Book-6:** Hargreaves & Bate (2010) Skill & Tactics for coaching soccer. Human Kinetics.

**SUGGESTED READINGS**

- Kumar N (2003). Play and Learn Football. K.S.K. New Delhi.
- Lau SK (1995). Encyclopedia of Football. Sport Pub. Delhi.
- Reilly T (1988). Science and Football. E.N. Sport Ltd. London.
- Shellito K (1988). Personal Best Football. William Collins & Sons. London.
- Thani Y(2002). Coaching Successfully Football. K.S.K. New Delhi.
- Williams J (1988). The Roots of Football. London.
- Wirhed R (1992). Training to Win Football. Wolfe Pub. London.

Theory 100 Marks (75 + 25 Internal Assessment).

Practicals = 50 Marks

## Semester IV

## Paper-8 (vi): GAME OF SPECIALIZATION – GYMNASTICS

Max. Marks =150

(42 Hours)

**UNIT-I**

Psychological preparation of a gymnast-Factors influencing the psychological preparation of a Gymnast.  
Children training in gymnastics-Aims and objectives, Principles and procedure of training, Construction of an exercise/routines for various levels of competitions ( **Book 1, Ch.8**)

**8 Hours****UNIT-II**

Nutrition in gymnastics-Meaning, definition and classification of nutrition, Basic components of nutrition, Factors influencing- Energy requirements - Role of diet in pre-competition, during competition and off-session phases.

(Book 2, ch 26, 24)

**8 Hours****UNIT-III**

Fluid – Water Fluid Balance, Risk of Dehydration, Monitoring Hydration Status.  
Electrolytes – Introduction, Fluid Replacement – Before Activity, During Activity and After Activity.

(Book 2, Ch. 26, 24)

**8 Hours****UNIT-IV**

Sports Aerobics Gymnastics-Group-A : Dynamic strength, Group-B : Static strength, Group-C : Jumps and leaps, Group-D : Balance and flexibility, - Sports Acrobatic Gymnastics-Mixed, Men double, Women double, Quadrap – four men

(Book 3, Ch., 13, 14)

**9 Hours****UNIT-V**

Professional preparation in Gymnastics - Outline a proposal of starting gymnastics in school, college and club, -Prepare a conducting orientation/clinic/workshop in gymnastics. (Introduction, Need, Aims and objectives, outcomes of the Program, Brief contents, time schedule, Proposed expenditure etc. )

(Book 4, Ch.1-9)

**8 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. Sports Aerobics Gymnastics-Group-A : Dynamic strength, Group-B : Static strength, Group-C : Jumps and leaps
2. Group-D : Balance and flexibility
3. Assignment/Project-Professional preparation in gymnastics - Outline a proposal of starting gymnastics in school, college and club, Prepare a detailed orientation/clinic/workshop in gymnastics, Observing and assessing the video/tournament recording/movie and preparing a report
4. Teaching lessons (preparation, stages of teaching and use of teaching aids) Internal (03 ) & External (01).

**ESSENTIAL READING**

**Book-1 :** Brown and Wardell (1980). Teaching and Coaching Gymnastics for Men and Women. By John Wiley & Sons ins.

**Book-2 :** Brown & Judith (1998). Nutrition Now. An Internation Thomson Publication

**Book-3 :** Federation Int. De Gymnastics (2013). Code of Points Sports Aerobics Gymnastics

**Book-4:** Dheer. S & Kamal (1991) Organization & Administrator of Physical Education.

**SUGGESTED READINGS**

- Singh Hardyal (1991). Sciences of Sports Training. DVS Publ.

**Theory : 100 (75+25 Int. Assessment )****Practical : 50**

## Semester IV

**Paper-8 (vii) : GAME OF SPECIALIZATION – HANDBALL**

Max. Marks =150

**(42 Hours)****UNIT-I**

General and specific warm up, (cooling down and their physiological concepts) , specific motor components related to handball, their importance and development. **(Book-1, Ch-8,Book-5, Ch-6 -10)** **8 Hours**

**UNIT-II**

Introduction to sports training, its importance and characteristics, training load, over load and adaptation, principles of training load **(Book 3 Ch. 1-2)** **8 Hours**

**UNIT-III**

Officiating- Methods and importance of officiating, duties and responsibilities of officials **(Book-2, Page 172 -177)** **8 Hours**

**UNIT-IV**

Tactical preparation- Attaching & defensive tactics, different types of group tactics & their principles, game strategies and system of play **(Book 3, Ch 12)** **9 Hours**

**UNIT-V**

Psychological training- Importance and Methods of Psychological training, philosophical aspects of training and coaching **(Book-3, Ch-18 & 19)** **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. Court marking (dimensions)
2. Team (players, substitutes, coaches)
3. The officials (referee, table officials and their powers)
4. Rules of contact (practical knowledge)
5. Fast breaks
6. Second waves
7. Free throws
8. Screen (at different positions)
9. Peripheral vision
10. Training of physical fitness components
11. Exercise drill

**ESSENTIAL READINGS**

**Book-1:** Jain D (2003). Play & Learn Handball. Khel Sahitya Kendra. New Delhi.

**Book-2:** Kumar A (1999). Handball. Discovery Publishing House. New Delhi.

**Book-3:** Singh Hardyal (1991). Science of Sports Training. DVS Publications.

**SUGGESTED READINGS:**

- Rule Book of Handball Federation of India

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

**Practicals = 50 Marks**

## Semester IV

## Paper-8 (viii) - GAME OF SPECIALIZATION – HOCKEY

Max. Marks =150

(42 Hours)

<b>UNIT-I</b>	General and specific warm up, cooling down & their physiological effect, specific motor components related to hockey, their importance and development.( <b>Book-3, Ch.6, 12</b> ).	<b>8 Hours</b>
<b>UNIT-II</b>	Introduction to sports training, its importance and characteristics, training load and adaptation, principles of training load .( <b>Book-3, Ch.1, 5</b> ).	<b>8 Hours</b>
<b>UNIT-III</b>	Officiating- Definition and importance, duties and responsibilities of hockey officials ( <b>Book-1, Book-2 Ch.14</b> ).	<b>8 Hours</b>
<b>UNIT-IV</b>	Tactical preparation- Attacking & defensive tactics, their kinds & principles, game strategies- system of play .( <b>Book-4, Ch.9-14</b> ).	<b>9 Hours</b>
<b>UNIT-V</b>	Psychological training- Methods and importance of Psychological training, philosophical aspects of training and coaching ( <b>Book-5, Ch.1,4</b> )	<b>9 Hours</b>

**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. Drills to improve basic skill-hitting, receiving, shooting at goal post passing
2. Attacking tactics- Attacking move from right and left side, interchange position, heading and shooting at goal
3. Defensive tactics- Positioning of defenders, interchange position, man to man and zonal defense, defensive attack
4. General and specific exercise for warming up and cooling down

**ESSENTIAL READINGS**

**Book-1 :** International Hockey Federation (2003). Rules of the Game of Hockey with Guidance for Players and Umpires. International Hockey Federation. India.

**Book-2 :** Narang P (2003). Play & Learn Hockey. Khel Sahitya Kendra. New Delhi.

**Book-3 :** Hardy (1997). Sciences of Sports Training. DVS Pub., Delhi.

**Book-4 :** Wein. H. (1973). The Sciences of Hockey.

**Book-5 :** Kamlesh, M.K. (2011). Psychology in Physical Education & Sports.

**SUGGESTED READINGS**

- Dubey HC (1999). Hockey. Discovery Publishing House. New Delhi.
- Thani Y(2002). Coaching Successfully Hockey. Sports Publication. Delhi.
- Donald E. & Robert J (1985). Effective Coaching, A Psychological Approach.

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

**Practicals = 50 Marks**



**Semester IV****Paper-8 (ix) : GAME OF SPECIALIZATION – JUDO**

Max. Marks =150

**(42 Hours)**

<b>UNIT-I</b> Important motor components, methods of motor components developments. <b>(Book 1, chapter-6,7,8,9,10, Pg 85, 162)</b>	<b>8 Hours</b>
<b>UNIT-II</b> Principles of training load and various training methods. <b>(Book 1, Ch-2, pg.22-47)</b>	<b>8 Hours</b>
<b>UNIT-III</b> Long term and short term panning. <b>(Book-1, ch-17, pg 278)</b>	<b>8 Hours</b>
<b>UNIT-IV</b> Fitness tests, Skill tests. <b>(Book 2 ch14)</b>	<b>9 Hours</b>
<b>UNIT-V</b> Preparation of trains schedule, tactical skills and introduction. <b>(Book 1, ch 12)</b>	<b>9 Hours</b>

**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. Practical applications of techniques and tactic.s
2. Training means for development and measurement of strength, speed, endurance, flexibility and coordinative abilities.
3. Teaching lessons.

**ESSENTIAL READING: Will be provided.**

**Book-1:** Hardyal Singh (1991). Science & Sports Training. DVS Publication.

**Book-2:** D.K. Kansal (1996). Test, Measurement & Evaluation. DVS Publication.

**SUGGESTED READINGS:**

- Rule Book of Judo Federation of India

**Theory : 100 (75+25 Int. Assessment)**

**Practical : 50**

## Semester IV

## Paper-8 (x): GAME OF SPECIALIZATION – KABADDI

Max. Marks =150

(42 Hours)

<b>UNIT-I</b>	
Tactics & strategies in Kabaddi, Individual, group and team tactics, (Book 1, ch 12, 13, Page 133 to 168)	<b>8 Hours</b>
<b>UNIT-II</b>	
Long - term and short term preparation for the decisive Kabaddi competitions, Psychological qualities and preparation of a Kabaddi player, Offensive system in play, Defense system in play. (Book 3, Ch17 Page 278: Book 1 ch 16, 6 to 13)	<b>8 Hours</b>
<b>UNIT-III</b>	
Diet and nutrition for a Kabaddi player. (Book -5, Page-394-396)	<b>8 Hours</b>
<b>UNIT-IV</b>	
Principles of load and adaptation, Fatigue, recovery and super – compensation, Overload and its management (Book 3, ch 2 Page 22-47)	<b>9 Hours</b>
<b>UNIT-V</b>	
Ankle sprain, foot injuries, shoulder dislocation, knee displacement, wrist displacement, Preventive and safety measures. (Book 4 Page 8 to 129)	<b>9 Hours</b>

**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, Core stability, Agility

**ESSENTIAL READINGS**

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

**Book-2:** Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS Publication. Patiala.

**Book-3:** Hardyal Singh (1991). Science of Sports Training. DVS Pub.

**Book-4:** Dr. Rosenbery S.N. (1986). The Johnson & Johnson First Aid Book.

**Book-5:** Park K. Banarsidas Bhanot.

**SUGGESTED READINGS:**

- Rao C V (1982). Kabaddi. Oxford Press. New Delhi.

**Theory : 100 (75+25 Int. Assessment)**

**Practical : 50**

## Semester IV

## Paper-8 (xi) :GAME OF SPECIALIZATION- KHO –KHO

Max. Marks =150

(42 Hours)

**UNIT-I**

Principles and objectives of coaching, Techniques of coaching – pep talk, coaching- pre match, during and post match, individual and group coaching , Coaching schedule – seasonal, daily, weekly, monthly and yearly, Talent identification to select the winning combination – the offense and the defense, Team building. **(Book 5, ch 7, 8, 9,10,11,12 Book 3, ch 20)**

**8 Hours****UNIT-II**

Long-term and short-term preparation for the decisive Kho-Kho competitions, Psychological qualities and preparation of a Kho-Kho player, technical and tactical training, Offensive system in play, Defense system in play. **(Book 1, Ch-3 & 5) (Book 3, Chapter 11, 12, 17, 18)**

**8 Hours****UNIT-III**

Diet and nutrition for a Kho-Kho player. **(Book 4 pg 8 to 129)**

**8 Hours****UNIT-IV**

Principles of load and adaptation, Fatigue, recovery and super compensation , Overload, its causes, and management.

**(Book 3, Ch. 2 , Page 22-47)**

**9 Hours****UNIT-V**

Common injuries in Kho-Kho - Ankle sprain, shoulder dislocation, knee displacement, Preventive and safety measures, Rehabilitation

**(Book 4, pg 8 to 129)**

**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 (Book 1 : ch8)
2. 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.
3. Game officiating

**ESSENTIAL READINGS**

**Book-1:** Chakrabarty G (2002). Kho – Kho Aveloken. Khel Sahitya Kendra. Delhi.

**Book-2:** Panday L (1982). Kho – Kho Sarvaswa. Metropolitan. New Delhi.

**Book-3:** Hardyal Singh (1991). Science of Sports Training, D.V.S. Publications.

**Book-4:** Dr. Roesnbery S.N. (1986). The Johnson & Johnson.

**Book-5:** Vanaik & Kahlon (2005). Officiating & Coaching in Physical Education.

**SUGGESTED READINGS:**

- Rule Book of Kho-Kho Federation of India

**Theory : 100 (75+25 Int. Assessment)**

**Practical : 50**

**Semester IV**

**Paper-8 (xii) : GAME OF SPECIALIZATION – VOLLEYBALL**

Max. Marks =150

**(48 Hours)**

- UNIT-I**  
Development of motor components with specific reference to volleyball, Development of volleyball specific fitness components (speed, explosive strength, strength, flexibility, muscular endurance and cardio-respiratory fitness)  
Principles of load and adaptation, Fatigue, recovery and super compensation, Overload and its management  
**(Book 2, Ch 6 to 10, 2, Page-85-161)** **8 Hours**
- UNIT-II**  
Injuries and its management: Ankle sprain, finger injuries, shoulder dislocation, knee displacement, Preventive and safety measures, Rehabilitation  
**(Book 3, pg 8 to 129)** **8 Hours**
- UNIT-III**  
Psychological preparation, psychological qualities of volleyball players, training to improve psychological qualities.  
**(Book 2, Ch 18, Page-294-296)** **8 Hours**
- UNIT-IV**  
Basic skills and techniques: Attacking and Blocking. Drills for perfection of forearm and overhead pass.  
**(Book 1 Ch 1,2,3,4, Page-3,10 & 21)** **9 Hours**
- UNIT-V**  
Long - term and short - term preparation for the decisive volleyball competitions, Offensive system in play, Defense system in play, Service and reception pattern , Individual, group and team tactics, Diet and nutrition for a volleyball player, Coordination among the coach, doctor, psychologist and players  
**(Book 2 Ch 17, Page-278)** **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. Testing for speed (50 yard Dash), Strength (Vertical Jump test), Endurance (Harvard step test), flexibility (sit and reach test), Agility (Semo agility test)
2. Training means for development of different components of physical & motor fitness  
Speed, Strength, Endurance, Flexibility, Coordination, Agility,
3. Game officiating

**ESSENTIAL READING:**

**Book-1:** Cecile Reynaud (2011). Coaching Volleyball Technical and Tactical Skill. Human Kinetics. Champaign. U.S.A.

**Book-2:** Hardy Singh (1991). Science of Sports Training.

**Book-3:** Dr. Raosenbery S.N. (1986). The Johnson & Johnson.

**SUGGESTED READINGS**

- American Volleyball Coaches Association (2005). Volleyball: Skills & Drills. Human Kinetics, USA.
- Biddle Stuart et al. (1989). Get ready for Volleyball A complete training Programme. The Crowood Press, Great Britain.
- Cecile Reynaud (2011). Coaching Volleyball Technical and Tactical Skill. Human Kinetics. Champaign. U.S.A.
- FIVB Coaches course Level I and Level II (1996).. Lausanne: FIVB (www.fivb.com)

**Theory : 100 : (75+25 Int. Assessment)**

**Practical : 50**

## Semester IV

## Paper-8 (xiii) : GAME OF SPECIALIZATION – YOGA

Max. Marks =150

(42Hours)

<b>UNIT-I</b>	
Types of Yoga:- Hatha yaga, laya yoga, mantra yoga, bhakti yoga, karma yoga, jnana yoga, raj yoga (Book 3, Ch. 1)	<b>8 Hours</b>
<b>UNIT-II</b>	
Patanjali yoga sutras- yama, niyama, asana, pranayama Pratyahar- Benefits & utilities of these. Astanga yoga- Definition, objectives, dharna, dhyana, Samadhi & their psychological impact. (Book 2, Ch-4)	<b>8 Hours</b>
<b>UNIT-III</b>	
Meaning of personality and its Development through Yogic Therapy, yogic management of psycho-somatic ailments: frustration, anxiety, depression ( <b>Internet References in suggested readings</b> )	<b>8 Hours</b>
<b>UNIT-IV</b>	
Corporate yoga, Yoga for healthy lifestyle, yoga & sports, education value of yoga, relevance of yoga in 21 <sup>st</sup> century (Book 1, Book-6, Ch-2)	<b>9 Hours</b>
<b>UNIT-V</b>	
Yoga – teaching methodology, Teaching practice, techniques and modules, Preparing teaching lessons in yoga (Book 4, Ch-3, Book-5)	<b>9 Hours</b>

**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. Repetition of syllabus of Semester-I
2. Tests of flexibility, concentration, VO<sub>2</sub> max., balance
3. Observing and assessing the video/tournament recording/movie and preparing a report
4. Teaching lessons

**ESSENTIAL READINGS**

**Book-1:** Swami Ram (2000). Yoga & Married Life. Sadhana Mandir Trust. Rishikesh. Unit 4

**Book-2:** Sharma Jai Parkash, Rathore Bhupender Singh (2007) योग के तत्व Friends Publication (India). Unit 2

**Book-3:** Sharma J.P. & Prakesh Sehgal (2006) Yoga-Shiksha. Friends Publication.

**Book-4:** Kamlesh (2005) Methods in Physical Educaiton Friend Publicationns.

**Book-5:** Shaw & Kaushik (2001) Lesson Planning Teaching Methods.

**Book-6:** Joshi (1995) Speaking of Yoga and Nature cure therapy.

**SUGGESTED READINGS:****Internet References**

- [www.huffington.com/2011/07/06/6-Yoga-poses-for-depression.n.890836.html](http://www.huffington.com/2011/07/06/6-Yoga-poses-for-depression.n.890836.html)
- [www.artofliving.org/in-en/yoga/health-and-wellness/yoga-foranxiety](http://www.artofliving.org/in-en/yoga/health-and-wellness/yoga-foranxiety)
- [www.gyanunlimited.com/health/article/yoga-personality.php](http://www.gyanunlimited.com/health/article/yoga-personality.php)
- [www.ijst.com/issue/418.pdf](http://www.ijst.com/issue/418.pdf)

**Theory : 100 (75+25 Int. Assessment)**

**Practical : 50**