

Ordinance, Syllabus and Scheme of Examinations Faculty of Physical Education and Sports

Courses offered

1. B.P.E.S. (Three Year Programme)
2. Diploma in Sports Management (One Year Programme)
3. M.P.E.S (Two Year Programme)
4. M.A. Yoga (Two Year Programme)
5. Certificate Course in Yoga (Six Months Programme)
6. Diploma in Yoga (One Year Programme)
7. P.G. Diploma in Yoga (One Year Programme)

Scheme of Examination

Course Title:	Bachelor of Physical Education and Sports
Abbreviation:	B.P. E.S.
Type of Course:	Three Year Degree Course
Pattern:	Yearly
Award of Degree:	Bachelor of Physical Education and Sports Degree will be awarded for those who successfully complete all the components and declared pass in the programme after three Years.

Scheme of Examination B.P.E.S. (Pass Course) Part - I

Scheme of Examination

1. It is a three year degree programme. Examination shall be conducted at the end of each year / semester as per academic calendar notified by the university.
2. Each course shall carry two components: Internal Assessment and term-end examination.
3. The minimum marks required to pass any paper in an examination shall be 36% in theory and Practical separately wherever applicable.
4. Students must pass in both internal evaluation and term –end examination separately. The internal assessment will be of 20% and term-end examination will be of 80% marks allotted for the papers. There shall be no internal assessment in practical papers.
5. Students who do not obtain the required minimum percentage shall be declared fail and will be eligible for reappear next year / next semester with even or odd semester as the case may be. However they will have the option to retain the marks in the papers in which they have secured pass marks i.e. 36% or more. There will be no supplementary examination.
6. In case of re- appearance the result will be prepared on the basis of the candidate's current performance.
7. Re-appearance in passed practical is not permitted.
8. The duration of the under graduate degree programme is 3 years and post graduate examination is 2 years. The time span period to complete the course shall be t+2 years from the year of admission. Where t is the minimum period of the programme.
 - a. **The term-end examination papers will be divided into 3 sections:**
9. Section- A (10x1=10) consists of 10 questions. Each question carries one mark. Attempt all questions.
10. Section- B (5x8 =40) consists of five questions with internal choice in each unit. Attempt all questions. Each question carries 8 marks. Word limit (300 -500 words & more)
11. Section- C (2x 15 = 30) consists of 5 questions one from each unit. Students are required to attempt any 2 questions. Each question carries 15 marks. (Word limit 500 words & more)

12. The number of papers and the maximum marks for each paper together with the minimum marks required for a pass are shown against each subject separately in the table given below.
13. First Division 60% and Second Division 48% of the aggregate marks prescribed at Examinations. Division will be awarded at the end of final year examinations (a) Part I (b) Part II Examination, (c) Part III examination, taken together.
14. However the marks obtained in compulsory papers will not be counted while awarding the division. All the rest shall be declared to have passed the examination, if they obtain the minimum pass marks in each subject viz. 36% of marks.
15. No division shall be awarded at the Part I and Part II of the under graduate Examination and M.A. (P) examination

Compulsory Qualifying Subjects in undergraduate Programme: (B.P.E.S. Pass course)

1. General Hindi
2. General English
3. Elementary Computer Applications
4. Environmental Studies

DISTRIBUTION OF MARKS
Compulsory Subjects/papers for B.A./B.Sc./B.Com/B.P.E.S.

S.No.	Name of the No. of Compulsory Subjects	Duration Hours	Marks Internal		Maximum Marks Term-End Exams		Total Marks	
			Max.	Min	Max	Min	Max	Min
1	General Hindi	3	20	8	80	28	100	36
2	General English	3	20	8	80	28	100	36
3	Elementary Computer Application	2	20	8	80	28	100	36
4	Environmental Studies	2	20	8	80	28	100	36

Compulsory Subjects

1 सामान्य हिन्दी

यह प्रश्न पत्र सभी प्रथम वर्ष के विद्यार्थियों के लिए अनिवार्य है। अधिकतम अंक 100 मुल्यांकन आंतरिक मुल्यांकन 20 सत्रांत परीक्षा 80 अंक

नोट— इस प्रश्न पत्र के प्राप्तांक सत्रांत परीक्षा के उपरांत क्षेणी की गणना हेतु सम्मिलित नहीं किये जायेगे। विद्यार्थियों को अनिवार्य पेपर अधिकतम तीन वर्ष में उर्तीण करने होंगे। परीक्षा में सम्मिलित नहीं होने अथवा अनुपस्थित रहने को भी प्रयास माना जायेगा।

गद्य भाग इकाई – 1

इकाई – 1

1. भारतवर्ष की उन्नति कैसे हो – भारतेन्दु हरिश्चन्द्र
2. आचरण की सभ्यता – अध्यापक पूर्णसिंह
3. मेघदूत – महावीर प्रसाद द्विवेदी
4. भारतीय संस्कृति की देन – हजारी प्रसाद द्विवेदी
5. गिल्लू – महादेवी वर्मा
6. सवालियों की नोक पर – मोहन राकेश
7. निन्दा रस – हरिशंकर परसाई
8. नेता नहीं नागरिक चाहिए – रामधारी सिंह दिनकर
9. हमारा समय और विज्ञान – गुणाकर मुले

10. साफ माथे का समाज – अनुपम मिश्र

इकाई – 2

1. कर्मवीर – अयोध्या सिंह उपाध्याय हरिऔध
2. भू-लोक का गौरव – संदेश यहाँ मैं नहीं स्वर्ग का लाया – भारत भारती मैथिलीशरण गुप्त
3. बीती विभावरी जागरी | अरुण यह मधुमय देश हमारा – जय शंकर प्रसाद
4. तोड़ती पत्थर – सूर्यकांत त्रिपाठी निराला
5. पथ की पहचान – हरिवंश राय बच्चन
6. प्रेत का बयान – नागार्जुन 7. जब-जब मैंने उसको देखा | धरती उस किसान की – केदारनाथ अग्रवाल
8. गीत फरोश –भवानी प्रसाद मिश्र
9. देश की नस्लें, बात करो, अपने – सरल विशारद

इकाई – 3

1. संक्षेपण
2. पल्लवन
3. शब्द युग्म
4. लोकोक्ति
5. शुद्धिकरण – शब्द , वाक्य मुहावरें

इकाई – 4

1. अनुवाद – अर्थ और सिद्धान्त, महत्त्व, आदर्श, अनुवाद की विशेषताएं
2. राजस्थानी एवं अंग्रेजी से हिन्दी अनुवाद एक अनुच्छेद

इकाई – 5

1. किसी एक विषय पर निबंध
2. पत्र-प्रारूप

परीक्षकों के लिए निर्देश:-

1. प्रश्न-पत्र इकाइयों में विभक्त हों।
2. प्रत्येक इकाई से निर्देशानुसार व्याख्यात्मक एवं आलोचनात्मक प्रश्न पूछे जाएंगे।
3. प्रश्न-पत्र वर्तमान में निर्धारित पाठ्यक्रमानुसार हो।

2. General English

Compulsory in 1st year for all streams at undergraduate level

Max. Marks: 100 Internal Evaluation 20 Marks Term-End Examination 80Marks

Note.

1. The marks secured in this paper shall not be counted in awarding the division to a candidate.
2. The candidate has to clear compulsory paper in three years.
3. Non appearing or absent in the examination of compulsory paper will be counted a chance.
4. It is essential to pass in both internal as well as external evaluation separately by securing 36% marks in each.

The syllables and scheme of examination is as under:

A. Grammar

Determiners

Tenses and Concord

Auxiliaries

Prepositions

Basic Sentence Patterns

B. Transformations

Active to Passive Voice

Simple to Compound / Complex

Declarative into Negative/ Interrogative

Direct to Indirect Speech

C. Comprehension

Comprehension of an Unseen Passage

Comprehension (from the following Texts): Comprehension based Questions of 10 Marks each will be asked from Prose, Short Stories, One Act Play and Poetry [40 Marks]

Prose

Digital India

A.P.J. Abdul Kalam: The Power of Prayer

Martin Luther King: I have a Dream

Albert Einstein: The World as I see it

Short Stories

Leo Tolstoy: The Three Questions

Nachiketa

One Act Play

Cedric Mount: The Never Never Nest

Poetry

R.N. Tagore : Heaven of Freedom

John Donne : Death be not Proud

Swami Vivekanand : Kali the Mother

Required Readings: *Emerald* (Macmillan)

D. Written Composition

Precis Writing

Paragraph Writing

Letter Writing(Formal and Informal)

Report Writing.

Suggested Readings:

Murphy, Raymond: *Intermediate English Grammar* (OUP)

Huddleton, Rodney: *English Grammar: An Outline* (OUP)

Greenbaum, Sidney: *The Oxford English Grammar* (OUP)

3. ELEMENTARY COMPUTER APPLICATIONS

Compulsory in 1st year for all streams at undergraduate level

Max. Marks: 100 Internal Evaluation 20 Marks Term-End Examination 80Marks

Note.

1. The marks secured in this paper shall not be counted in awarding the division to a candidate.
2. The candidate has to clear compulsory paper in three years.
3. Non appearing or absent in the examination of compulsory paper will be counted a chance.
4. It is essential to pass in both internal as well as external evaluation separately by securing 36% marks in each.

The syllables and scheme of examination is as under:

Introduction to Information Technology, Generation of Computers, Types of computers: Micro, Mini, Mainframe, Super, Architecture of Computer System: CPU, ALU Primary Memory: RAM, ROM, Cache memory, Secondary Memories, Input/Output device, Pointing device.

Number System (binary, octal, decimal and hexadecimal) and their conversions, Logic gates,

Languages: machine, assembly and high level languages including 3GL, 4GL,

Concept of Operating System, need and types of operating systems: batch, single user,

Multiprocessing, and time sharing, introduction to Windows.

Internet: Concept, email services, www, web browsers, search engines, simple programs in HTML,

type of HTML document, documents structures: element, type and character formatting, tables,

frames and forms, Styli sheet

Computer Networking: Type of networks, LAN, MAN and WAN, concept of topology, bridges, routers, gateways, modems, ISDN leased lines, teleconferencing and videoconferencing.

E-Commerce: Concept of e-commerce, benefits and growth of e-commerce, e-commerce categories,

e-Governance, EDI, electronic funds transfer on EDI networks Electronic payment system.

Suggested Books :

1. Computer Fundamental By P.K. Sinha (BPB Publications)
2. Computer Made Easy For Beginners (in Hindi) By Niranjana Bansal, Jayshri Saraogi
3. IT Tools and Applications By Satish Jain, Shashank Jain, Dr. Madhulika Jain (BPB Publication).
4. Rapidex computer Course, Vikas Gupta, Pustak Mahal.

4. ENVIRONMENTAL STUDIES

Compulsory in 1st year for all streams at undergraduate level

Max. Marks: 100 Internal Evaluation 20 Marks Term-End Examination 80Marks

Note.

1. The marks secured in this paper shall not be counted in awarding the division to a candidate.
2. The candidate has to clear compulsory paper in three years.
3. Non appearing or absent in the examination of compulsory paper will be counted a chance.
4. It is essential to pass in both internal as well as external evaluation separately by securing 36% marks in each.

The syllables and scheme of examination is as under:

SCHEME OF EXAMINATION

1. The term-end paper will be of 80 marks.
2. There will be no practical/Field work, instead student should be aware of ecology of local area; the question related to field work of local area can be asked by paper setter.
3. There will be 80 questions in the paper of multiple choice, each question of 1 mark.
4. There will be no negative marking in the assessment. Core Module syllabus for Environmental Studies for Under Graduate Courses of All Branches of Higher Education

Unit-1 : The multidisciplinary nature of environmental studies.

- Definition scope and awareness.
- Need for public awareness.

Unit-2 : Natural Resources :

- Renewable and non-renewable resources
- Natural resources and associated problems.
- Forest resources.
- Use and over-exploitation.
- Deforestation.
- Timber exploitation.
- Mining
- Dams and their effects on forests and tribal people.
- Water resources.
- Use and over utilization of surface and ground water.
- Floods
- Drought
- Conflicts over water
- Dams benefits and problems.
- Mineral resources.
- Use and exploitation.
- Environmental effects of extracting and using mineral resources.
- Food resources.
- World food problems.
- Changes caused by agriculture and overgrazing.
- Effects of modern agriculture.
- Fertilizer, pesticide problems.

- Water logging.
- Salinity

Energy resources :

- Growing energy needs.
- Renewable and non-renewable energy resources.
- Use of alternate energy resources.

Land resources :

- Land as a resource.
- Land degradation.
- Man induced land slides.
- Soil erosion & desertification.

Role of an individual in conservation of natural resources. Equitable use of resources for sustainable system.

Unit-3 : Ecosystem:

- Concept of an ecosystem.
- Structure and function of an ecosystem.
- Producers, consumers and decomposers.
- Energy flow in the ecosystem.
- Ecological succession.
- Food chains, food webs and ecological pyramids.
- Introduction types, characteristic features, structure and function of the following ecosystems.
- Forest ecosystem.
- Grassland ecosystem
- Desert ecosystem.
- Aquatic ecosystems (ponds, streams lakes, rivers, oceans estuaries).

Unit-4 : Biodiversity and its conservation:

- Introduction, definition and diversity at genetic, species and ecosystem level.
- Biogeographically classification of India.
- Value of biodiversity, consumptive use productive use, social, ethical, aesthetic and option values.
- Biodiversity at global, national & local levels.
- India as a mega-diversity nation.
- Hot-spots of biodiversity.
- Threats to biodiversity - habitat loss poaching of wild life, man-wild life conflicts.
- Endangered and endemic species of India.
- Conservation of biodiversity – In situ and Ex-situ conservation of biodiversity.

Unit-5 : Environmental Pollution :

- Definition, causes, effect and control measures of
- Air pollution.
- Water pollution
- Soil pollution.
- Marine pollution
- Noise pollution
- Thermal pollution
- Nuclear hazards.
- Solid waste management : Causes, effects and control measures of urban industrial wastes.
- Role of an individual in prevention of pollution.
- Disaster management : Flood, earthquake, cyclone and land slides.

Unit-6 : Social issues and the environment :

- From unsustainable to sustainable development
- Urban problems related to energy.
- Water conservation, rain water harvesting, water shed management.

- Settlement and rehabilitation of people, its problem of concerns.
- Environmental ethics-issues and possible solutions. Ozone layer depletion, nuclear accidents.
- Wasteland reclamation.
- Consumerism and waste products.
- Environmental protection Act.
- i. Air () prevention and control of pollution Act
- ii. Wild life protection Act
- iii. Forest conservation Act.
- Issues involved in enforcement of environmental legislation.
- Public awareness.

Unit-7 : Human Population and the Environment :

- Population growth, variation among nations.
- Population explosion-Family welfare programme.
- Environment and Human health.
- Human rights.
- Value education.
- HIV/AIDS
- Women & child welfare.
- Role of information technology in environment and human health.

Field Work

- Visit to a local area to document environmental assets-river/forest/grassland/ hill/ mountain.
- Visit to local polluted site- Urban/rural/industrial/agricultural.
- Study of common plants, insects. Birds.
- Study of simple ecosystem-Pond, river, hill slope etc.

Suggested Books:

- 1 पर्यावरण अध्ययन – वर्मा, गैना, खण्डेलवाल, रावत
- 2 पर्यावरण विज्ञान – पी.सी. त्रिवेदी, गरिमा गुप्ता
- 3 पर्यावरण अध्ययन – सुरेश आमेता, शिप्रा भारद्वाज
- 4 म्दअपतवदउमदजंस`जनकपमे . च्तांजंचैपदहीए छणैण तंजीवतमए ।णछण डंजीनत
- 5 पर्यावरण अध्ययन – बाकरे, बाकरे वाधवा
- 6 पर्यावरण अध्ययन – मनोज यादव, अनूपमा यादव ।

1. BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S.) FIRST YEAR Syllabus

DISTRIBUTION OF MARKS

Scheme of Examination

Paper	Subjects	External Marks	Internal Marks	Total
I	Foundation of Physical Education and Sports (BPES-101)	80	20	100
II	Anatomy & Physiology (BPES-102)	80	20	100
III	Health and Safety Education (BPES-103)	80	20	100
IV	First Aid and Rehabilitation (BPES-104)	80	20	100
Practical				
	Athletics	70	30	100
	Game Skill	70	30	100
	Teaching Practice	70	30	100
	Other Activity	70	30	100
	Total			800
BPES Ist Year Practical Lesson Plan				
1.	Athletics	Sprints, Discuss Throw,		
2.	Game Skill	Football, Cricket		
3.	Teaching Practice	Class Room Teaching Lesson Plan		
4.	Other Activity	Action song or Motion Story		

PAPER – I FOUNDATION OF PHYSICAL EDUCATION AND SPORTS (BPES-101)

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

The Candidates are required to 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each units, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

Unit – I Meaning, Importance of Physical Education. Need of Physical Education Scope of Physical Education and Sports Relation of Physical Education to General Education and Recreation.

Unit – II Aim and Objectives of Physical Education and Sports. Physical, Mental, Social, Emotional Developments, Neuro Muscular Co-ordination, Development of Good Citizenship, Worthy Use of Leisure time.

Unit – III A Brief Historical Review of Physical Education and Sports Activities of Indian Heritage, History of Asian and Modern Olympic Games, History of Phy.Edu. of Greace.

UNIT – IV National Programme of Physical Education and Sports National Institutes of Physical Education & Sports Sports Talent Search Scholarship

References

1. Khan, E.A, History of Phy.Edu;Patna Scientific Corporation (1964).
2. Kamlesh, M.L.Physical Education Facts and Foundation; Faridabad P.S publication (pvt) Ltd.(1988).
3. Kamlesh, M.L.Principles& History of Phy.Edu., Prakash Bros., Patiala,1991.

PAPER – II ANATOMY & PHYSIOLOGY (BPES-101)

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

The Candidates are required to 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each units, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

UNIT – 1 Concept of Anatomy & Physiology and their implications. Description of Cell, tissue, Structure and functions of the Cell Properties of living Cell.

UNIT – II Structure and Functions of Skelton System **Bones-** composition, Classification and Function of Bones Features of Different Bones of the Body i.e. Scapula, Radius, Ulna, Humorous, Hip Bone, Femur, Tibia, Ribs and Bones of the Skull. **Joints** – Definition and Classification of Joints, Structure of a Synovial Joints.

UNIT – III Planes & Axis of Movements and Terminology of Movement around the Joints. Respiratory System . Structure of Lungs. Mechanism of Respiration. Second wind and Oxygen Debt.

UNIT – IV Cardiovascular System : Structure of Heart and Major Blood Vessels in different Part of the Body. Process of blood circulation in the body. **Excretory System :** Structure of Kidney and Urinary Tract. Various Channels of Excretion such as Kidney, Skin and Rectum.

Reference Books.

1. Pearee Evelyn, C Anatomy and Physiology for Nurses, London, Faber and Fabe Ltd., 1962.

PAPER – III HEALTH AND SAFETY EDUCATION (BPES-103)

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

The Candidates are required to 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each units, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

UNIT-I Meaning of Health. Relationship of physical mental emotion &social health with each other Importance of health for individual, family, community and Nation. Meaning of Health Education. Its needs, scope ,aim & objectives Principles of health education and Programme for health education

UNIT- II World health Organization and other voluntary Agencies. Effort to reduce ill effect of environment on health. Health Problems of college students, use of leisure time , recreation and traveling. Meaning and importance of personal hygiene, care of skin, eyes, ears, nose, feet hands and hairs.

UNIT-III Meaning of importance of safety education. Prevention of accidents. Needs of safety education in physical education & sports. Safe environment health careers available in India

UNIT-IV Principles of safety with respect of building & play fields. Equipments, dress etc. safety in water , Safety during floods, hurricane. Thunder lighting, air raids , Safety of roads , camps, picnics & tours

Books recommended for further study:

- Bauer, W.W(Editor) Today' Health Guide, American, Medical Association, Revised Edition 1968.
- Harg jossie Helen, School Health Programme New York, Holt Reinehart Nad Winston, Inc, 1965.
- Ariderson, CL school Health Practice., ed.4, saint laduies, the C.V. Maby Com., 1968
- Health Education by Moss and other (National Education on Association at UTA)
- Turner et al: school Health Education, Harper st. louis , The V.C Mosby Co. 1976.

PAPER – IV FIRST AID AND REHABILITATION

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

The Candidates are required to 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each units, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

UNIT-I: Meaning scope aim and objectives of first aid. Importance of first aid in physical education and sports Types of First Aid. First aid box and its articles.

UNIT-II: Causes of sports injuries. Principles of First Aid. Qualities and functions of First Aider First Aid and emergency treatment of various cases-drowning, dislocation, fracture, burns, electric shock, snake bite& poison

UNIT-III: Rehabilitation procedures of sport injuries. Principles of Rehabilitation of injuries and Exercises for rehabilitation Balanced diet and its constituents. Massage and its types

UNIT-IV: Meaning and types of Disability. Causes of Disability. Problems of the Disabled persons

- Preventive measures of Disability

Books recommended for further study:

1. Armstrong and Tuckler; Injuries in sports, London, Staples Press, 1964
2. Bolan J.P : Treatment and prevention of Athletic injuries.
3. Rasch, P.J inters state printer and publisher, 1967.

**BACHELOR OF PHYSICAL EDUCATION AND SPORTS
(B.P.E.S.) SECOND YEAR**

Syllabus

DISTRIBUTION OF MARKS

Paper	Subjects	External Marks	Internal Marks	Total
I	History, Principles And Foundation of Physical Education (BPES-201)	80	20	100
II	Health Education And Environmental Studies (BPES-202)	80	20	100
III	Officiating And Coaching (BPES-203)	80	20	100
IV	Organization And Administration (BPES-204)	80	20	100
Practical				
	Athletics (BPES-PR)	70	30	100

	Game Skill (BPES-PR)	70	30	100
	Teaching Practice (BPES-PR)	70	30	100
	Other Activity (BPES-PR)	70	30	100
	Total			800
BPES II Year Practical Lesson Plan				
1.	Athletics	High Jump, Long Jump		
2.	Game Skill	Kabaddi, Kho-Kho,		
3.	Teaching Practice	Class Room Teaching Lesson Plan		
4.	Other Activity	Dumble Exercise, Opening closing Ceremony of Athletic Meet		

PAPER – I HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION (BPES-201)

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

The Candidates are required to attempt 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each units, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

UNIT-I

Physical Education: Introduction, Scope, Aims and Objectives of Physical Education, Relationship of Physical Education with Health Education and Recreation. Misconceptions about Physical Education. Modern Trends in Physical Education.

1. Physical education as Profession: Introduction to the Profession of Physical Education, Contribution of Physical Education to the achievement of the Aims and Objectives of Education.

2. Philosophies of Education as Applied to Physical Education: Idealism, Naturalism, Realism, Pragmatism and Existentialism.

UNIT-II

1. Biological Basis of Physical Education: Biological Activities, Nature and Need, Use, Disuse and Overuse. Growth and Development, Age and Sex difference between Boys and Girls, Classification of Physique, General Principles of Growth and Development.

2. Psychological Basis of Physical Education: Learning, Types of Learning, Laws of Learning, Learning Curve, Play and its theories, Transfer of Training.

❖ **Sociological Basis of Physical Education:** Socialization Process, Social Nature of man and Physical Activity, Sports as Cultural Heritage of Mankind, Traditions and Sports, Competition and Cooperation, Leadership Qualities.

UNIT-III

❖ **Physical Education in Ancient Period:** Greek-Homeric age, Period of Greek civilization, its cities and states.

❖ **Spartan and Athens:** Education System, the Origin and Development of Ancient Olympic Games.

❖ **Physical Education in Various Countries:** Germany, Russia, Denmark, U.S.A. China, Australia and U.K

UNIT-IV

❖ **Physical Education in India:** History of Physical Education in Ancient India, Pre and Post-Independence developments of physical education. Contribution of G.D Sondhi and Padam Shree Dr. P. M. Joseph in the field of Physical Education in India.

❖ **Organizations and Institutes:** All India Council of Sports (AICS), Sports department Haryana (SDH), Sports Authority of India (SAI), Indian Olympic Association (IOA), Young Men Christian Association (Y.M.C.A.), Laxmibai National Institute of Physical Education(LNIPE),

❖ **Awards, Honors and Eminent Personalities:**

National Awards: Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award, MAKA Trophy, Youth Services and Scouts and Guides.

Contribution of Eminent Educationist in Physical Education: Johan Basedow, Salims, Guts Muths John, Spiess, Nachategall, Ling.

References

- ❖ Charles, A. Bucher Harold M. Borrow Foundations of Physical Education, 1968.
- ❖ M.L. Kamlesh & :Principles and History of Physical Education, 1971.
- ❖ M.S. Sangral Van Dalen & Bonnet :A World History of Physical Education, 1971.

**PAPER – II HEALTH EDUCATION AND ENVIRONMENTAL STUDIES
(BPES-202)**

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

The Candidates are required to attempt 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each units, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

UNIT-I

Health : Introduction, Concept, Dimensions, Spectrum and Determinants of Health, Health Education, Health Instruction, Health Supervision. Health Education : Introduction, Aims, Objectives, Principles of Health Education and Methods of Communication in Health Education. Types of Health : Personal Health, Mental Health, Environmental Health, Occupational health.

UNIT-II

Health Problems : Communicable and Non-Communicable Diseases, Health Hazards of Modern Age - Obesity, Malnutrition, Adulteration in Food, Environmental Sanitation and Explosive Population. Health Problems in India and their control.

Personal and Environmental Health and Hygiene : Introduction, School Health Programme, School Health Services, Health Instruction. Healthful school Living (Healthy School Environment) valuation in Health Education. Role of nutrition and environment in promoting Health. Hygiene and Sanitation : Personal Hygiene, Nutritional Services, Health Appraisal, Health Record, Disease caused due to Poor Hygiene and sanitation, their prevention and treatment. First- Aid and Emergency Care.

UNIT-III

Environment Science : Introduction, Scope, Need and Importance of Environmental Studies. Environmental Education : Introduction, Concept of Environmental Education, Historical background of Environmental Education, Celebration of various days in relation with Environment. Recycling : Introduction, Plastic Recycling & Probation of Plastic bag/cover. Role of School in Environmental conservation and Sustainable

UNIT-IV

Natural Resources and Environmental Issues : Water Resources, Food Resource, Forest Resources, Wildlife Conservation and Species Ectinction and Energy Resources. Their Issues regarding Use and Over Exploitation. Environmental issues in India and their solutions.

Effects and Control : Measures for Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution, Radioactive Pollution, Population growth and environmental quality. arbon footprint and Consumerism.

Issues and Management : Climate Change. Global Warming, Acid Rain, Ozone Layer Depletion, solid and E-Waste management nuclear waste management, deforestation and Holocaust, their Management, Government policies, Role of Pollution Control Board. Eco friendly meaning and concept.

References

- Aggarwal, K.C. (2001), Environmental Biology, Bikaner : Nidhi Publication Ltd.
Frank, H. & Walter H. (1976), Turners school health education, Saint Louis : The C.V. Mosby Company.
Nemir, A. (n.d.) The School health education, New York : Harber and Brothers, Odum. E.P.
(1971) Fundamental of Ecology. USA : W.B. Saunders Co.
G.S. Kang & N.S. Deol "Health and Physical Education", 21st Century Publication, Patiala

PAPER – III OFFICIATING AND COACHING (BPES-203)

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

The Candidates are required to attempt 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each units, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

Unit-I

Officiating: Introduction, Nature, Principles and Scope of officiating and coaching. **Coach:** Introduction, Characteristics, Qualities of a Good Coach, Relationship of a Coach with Athlete/ Player, Qualifications (Educational and Professional) of a coach. **Coaching:** Introduction, Psychological aspect of Coaching, Philosophy of Coaching and Bench Coaching.

Unit-II

Referee: Introduction, Conditions for a good Referee / Umpire and Measures for Improving the Standard of Referee / Umpire. **Officials:** Officials required for conducting a Standard Athletic Meet, their Duties and Responsibilities, Equipments required for Conducting each Event, Dress code for Officials. **Duties of Officials:** Mechanism of Officiating, their Positions and Signals in games (Football, Basketball, Badminton, Kabaddi, Volleyball, Handball, Hockey, Kho-Kho, Wrestling, Tennis).

Unit-III Rules and Regulations of Games:

Football, Basketball, Badminton, Kabaddi, Volleyball, Handball, Hockey, Kho-Kho, Wrestling, Tennis. Rules and their interpretation. **Track and field:** Construction of Standard Track and Throwing Sectors, Relay races. **Throws and Jumps:** Rules and Regulations of High jump, Long jump, Triple jump, Pole Vault, Shot Put, Discus throw, Javelin throw, Hammer Throw.

Unit-IV

Ethics: Introduction, Ethical issues in Officiating and Coaching, Integrity and Values of Sports.

Performas: Preparation of TA/DA bills and Eligibility Performa, Knowledge of eligibility rules of A.I.U and S.G.F.I. **Score Sheet:** Preparation of Score Sheets for different Games and Athletics Events, Awards of Points/ Scores in Score Sheet.

PAPER – IV ORGANIZATION AND ADMINISTRATION (BPES-204)

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

The Candidates are required to attempt 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each units, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

UNIT-I

Organization and Administration: Introduction, Need, Principles and Characteristics of Organization and Administration. **Qualification and Responsibility:** Personal Qualification and Responsibilities of Physical Education Teacher, Pupil Leadership. **Facilities Management:**

Types of Facilities/ Infrastructure- Indoor, Outdoor, Playfields: Area, Location, Layout and Care.

UNIT-II

Equipment Management: Need, Importance, Procedure for Purchase of Sports Equipments, Equipment care and Maintenance and how to right off equipments. **Program Planning:** Introduction, Steps in Planning, Principles of Planning in Physical Education. **Time Table Management:** Need and Importance, Factors Affecting Time Table, Teacher Pupil Ratio and Teaching Load.

UNIT-III

Organization of Physical Education and Sports at different levels: Intramurals, Extramurals, School, University and National level, Sports Tour Management (Physical Education Teacher as Manager of the Team). **Instructional Program:** Introduction, Design and Management of Instructional program.

Gymnasium and Swimming Pool: Need, Location, Construction, Dimensions, Maintenance and Supervision.

UNIT-IV

Curriculum Development: Curriculum Design, Nature, Aims and Objectives, Basic Principles and Steps in Curriculum Construction. **Record Keeping:** Introduction, Importance of Keeping Record, Types of Records, Stock Register **Budget:** Introduction, Objectives and importance of Budget in Program Planning in Physical Education, Essential Qualities of a Good Budget.

References

Knapp. C & Hagm. E. P. Teaching Methods for Physical Education, New York. Mc Graw Hill Book Co Inc. 1953.

Sossing N.L. Progressive Methods & Teaching Secondary School, Mehton D, Administration of Physical Education (New York: The Ronald Press C. 1968).

Lisa Pike masteral exis, Caro A. Barr Marry A. Hums “Principles and Practice of Sports management”. Jones and Bartlett Publishers. 2005.

M. L. Kamlesh “Methods of teaching”.

Jawaid Ali Khan “Sports Management” KSK Publishers, New Delhi.

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S.) THIRD YEAR Syllabus

DISTRIBUTION OF MARKS

Paper	Subjects	External Marks	Internal Marks	Total
I	Fundamental of Computer Applications (BPES-301)	80	20	100
II	Yoga (BPES-302)	80	20	100
III	Sports Management (BPES-303)	80	20	100
IV	Recreation (BPES-304)	80	20	100
Practical				
	Athletics (BPES-PR)	70	30	100
	Game Skill (BPES-PR)	70	30	100
	Teaching Practice (BPES-PR)	70	30	100
	Other Activity (BPES-PR)	70	30	100
Total				800
BPES III Year Practical Lesson Plan				
1.	Athletics	Shot Put, Relay Races		
2.	Game Skill	Handball, Volleyball		
3.	Teaching Practice	Class Room Teaching Lesson Plan		
4.	Other Activity	March Past, Lazium Exercise		

PAPER – I FUNDAMENTAL OF COMPUTER APPLICATIONS (BPES-301)

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

The Candidates are required to attempt 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each units, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

Unit – I

Introduction to Computer: Meaning, need and importance of information and communication technology (ICT). Application of Computers in Physical Education. Components of computer, input and output device. Application software used in Physical Education and sports.

Unit – II

MS Word: Introduction to MS Word. Creating, saving and opening a document. Formatting Editing features Drawing table. Page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes.

Unit – III

MS Excel: Introduction to MS Excel. Creating, saving and opening spreadsheet. Creating formulas. Format and editing features adjusting columns width and row height understanding charts.

Unit – IV

MS Power Point: Introduction to MS Power Point. Creating, saving and opening a ppt. File. Format and editing features slide show, design, inserting slide number, picture, graph, table. Preparation of Power point presentations.

References:

Irtegov, D. (2004). *Operating system fundamentals*. Firewall Media.
Marilyn, M.& Roberta, B.(n.d.).*Computers in your future*. 2nd edition, India: Prentice Hall. Milke, M.(2007). *Absolute beginner's guide to computer basics*. Pearson Education Asia.
Sinha, P. K. & Sinha, P. (n.d.).*Computer fundamentals*. 4th edition, BPB Publication.

PAPER – II YOGA (BPES-302)

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

The Candidates are required to attempt 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each units, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

UNIT-I

Foundation of Yoga: Introduction, Aims and Objectives, Misconception about Yoga, History and Development of Yoga, Yoga in Early Upanisads. **Yoga and its Relationship with other Subjects:** Yoga with Philosophy, Yoga with Modern Education, Yoga with Physical Education and Sports.

The Yoga Sutra: General Considerations, Need and Importance of Yoga Sutra in Physical Education.

The Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahra, Dharana, Dhayan and Samadhi.

UNIT-II

Yoga in the Bhagavad-Gita: Karma Yoga, Raj Yoga, Jnana (Gayan) Yoga and Bhakti Yoga.

Asanas: Classification of Asanas with special reference to Physical Education and Sports. **Pranayam:** Introduction, Types and its Importance. Effect of Asanas & Pranayam on Various Systems of the Body.

UNIT-III

Bandhas and Mudras: Introduction, Types and Roles of Bandhas and Mudras. **Kriyas:** Introduction, Types and Roles of Kriyas. **Life of Yoga Practitioners:** Yogic Diet & Daily Routine (Din Chareya) for Yoga Practitioners. Influence of Relaxative, Meditative and Cultural Postures on Various Systems of the Body.

UNIT-IV

Research in Yoga: Basic, Applied and Action Research in Yoga. **Yogic Practices and Physical Exercise:** Differences between Yogic Practices and Physical Exercise. Contribution of Yogic Practices for the Promotion of various aspects of Health and Fitness. **Yogic System:** Yogic System of Exercise, Its broad Features, Scope and Limitations. **Treatment:** Yoga treatment for Diseases like: Blood Pressure, Obesity, Constipation & Diabetes.

References

Brown, F.Y. (2000). How to be use yoga. Delhi: Sports Publication
Gharote, M.L. & Ganguly, H (1988). Teaching methods for yogic practices. Lonawala:

PAPER– III SPORTS MANAGEMENT (BPES-303)

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

The Candidates are required to attempt 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8

questions will be set out of four units selecting two questions from each units, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

UNIT-I

Management in Physical Education and Sports: Introduction, Concept, Need and Scope of Sports Management. **Functions of Management:** Planning, Organizing, Staffing, Directing, Coordinating, Budgeting, Controlling and Evaluating. **Teacher's Preparation:** Teacher's Preparation Before Class (Lesson Plan, Markings of the Courts, Necessary Equipment, Suitable Uniform). Handling and controlling the Class.

UNIT-II

Management Skills: Personal Skills, Interpersonal Skills, Conceptual Skills, Technical Skills.

Managerial Roles: Interpersonal Roles, Informational Roles, Decision Making Roles. **Qualities and Qualifications of a Manager:** Personal Qualities, Leadership Qualities, Academic and Professional Qualities, Preparation of Administrative Leader.

UNIT-III

Personnel Management: Introduction, Principles of Personnel Management; Aspects of Personnel Management, Job Analysis, Description and Specification. **Financial Management:** Fiscal Management, Accounting – Cost Accounting, Control, Audit, Revolving Funds, Discretionary Funds. **The Budget:** Principles of Planning the Budget, Preparation of Budget, Budget preparation for Athletic Meet

UNIT-IV

Management of Facilities: Introduction, Administrative and General Principles of Planning Facilities, Types of Facilities, Facility Requirements, Construction and Management of Sports Infrastructures, Indoor Facilities-Gymnasium and Swimming pool. **Management of Equipment and Material:** Introduction, Need, Importance, Types, Principles of Purchase of Equipments, Care and Maintenance and Disposal of Equipments. **Tournaments:** Introduction, Need, Importance and Types of Different Tournaments.

REFERNCE BOOKS:

Ashton D., "Administration of **Physical** Education for Women" (1968) *The Ronal Press*, New York.

Brar,R.S. and Joshi, Rosy. "Sports Management" (2007) *Kalyani Publishers*, New Delhi.

Bucher C.A., "Administration of **Physical** Education and Athletic Programme" (1979) *The C.V. Mosby Co.*, St. Louis.

Daughtrey G. and Woods J.B., "**Physical** Education and Intramural Programms, Organisation and Administration" (1976) *W.B. Saunders Cp.*, Philadelphia.

Dheer, S and Radhika Kamal., "Organisation and Administration of Physical Education".(1991), *Friends Publications*, Delhi.

PAPER – IV RECREATION (BPES-304)

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

The Candidates are required to attempt 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each units, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks.

UNIT-1: Introduction to Recreation: Introduction, aims, objectives, scope, characteristics of recreation, and importance of recreation. **Classification:** Classification of recreation, Philosophies and Principles of Recreation. **Recreational Programs:** Criteria and Principles of selecting recreational programs.

UNIT-II

Planning for recreation: objectives of recreational facilities, planning criteria of recreational facilities, Operation of different recreation areas facilities, Maintenance of different recreation areas and facilities, Sources of Founding of recreational activities. **Recreational Activities:** Indoor and outdoor activities, Water sports activities, Cultural activities, Adventure activities. **Recreation and social institutions:** Family, educational institutions, community and religious organization.

UNIT-III

Play: Introduction, aims, objectives and importance of play, various theories of play, the significance of study of theories of play for the teacher of Physical Education. **Camping:** Introduction, aims and objectives of the camp, Need and importance of the camp, Types of camp, Uses of camping.

Organization and administration: Organization and administration of camping, Selection and layout of the camp site, Camp program, Agencies promoting camp, Educational values of camp.

UNIT-IV

Leadership Training: Meaning and definition of a leader and leadership, Characteristics of leader, Types of leaders, Qualification and qualities of leader, Need and importance of leadership in physical education.

Hobbies: Introduction, types, need and importance of hobbies. **Literary activities:** Nature and outing, Social events.

REFERNCE BOOKS:

Singh Ajmer and et al, "Essential of physical Education" (2007) 3rd edition, Kalyani Publisher B- 1/292, Rajinder Nagar Ludhiana Punjab.

Thour, Mandeep "Camping Management in Physical Education"(2006) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.

2. Diploma in Sports Management One Year Program (Annual system)

Ordinance, Syllabus and Scheme of Examinations

Course Title:	Diploma in Sports Management
Abbreviation:	DSM
Type of Course:	One Year Diploma Course
Pattern:	Yearly
Award of Degree:	Diploma in Sports Management will be awarded for those who successfully completes all the components and declared pass in the programme after one Years.

DISTRIBUTION OF MARKS Diploma in Sports Management

S.No.	Paper	Code	Theory Exam	Internal	Total Marks
1.	Sports Management	(DSM -101)	80	20	100
2.	Sports Journalism	(DSM -102)	80	20	100
3.	Sports Sociology	(DSM -103)	80	20	100
4.	Professional Preparation	(DSM -104)	80	20	100
5.	First Aid/ CPR(PPT)-Practical	(DSM-PR)	70	30	100
Total					500

PAPER- I (DSM 101) SPORTS MANAGEMENT

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

The Candidates are required to attempt 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each units, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

Unit-1

Management in Physical Education and Sports: Concept, meaning and definition, need and scope of sports management.**Functions of Management:** Planning, Organizing, Staffing, Directing, Coordinating, Budgeting, Controlling and Evaluating.

Unit - II Management Skills: Personal Skills, Interpersonal Skills, Conceptual Skills, Technical Skills,**Managerial Roles:** Interpersonal Roles, Informational Roles, decision Making Roles.**Qualities and Qualifications of a Manager:** Personal Qualities, Leadership Qualities; and Academic and Professional Qualities.

Unit-III Personnel Management: Introduction, Meaning, Definition, Principles of personnel management; Aspects of personnel management, Job Analysis, Description and specification.

The Budget: Meaning, definition and objectives of the budget, principles of planning the Budget, preparation of budget.

Unit – IV Management of Facilities: Introduction, Administrative and General Principles of Planning Facilities, Types of Facilities, Facility Requirements, Construction and Management of Sports Infrastructures, Indoor Facilities-Gymnasium and Swimming pool. **Management of Equipment and Material:** Introduction, Meanings of Equipment and Material, Need and Importance, Types, Principles of Purchase of Equipment, Care and Maintenance and Disposal 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.

PAPER- II (DISM-102) SPORTS JOURNALISM

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

The Candidates are required to attempt 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each units, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

UNIT-1: Journalism: Meaning, definition and concept of journalism, Historical background of journalism and Role of Journalism in society. **Mode of journalism:** Mass Media; Print, Electronic and Informal media and role of IT in Journalism.

UNIT-II News: Definition of news, basic news elements and values, news story, Qualities and responsibilities of sports news reporters. **News desk:** Organisation of sports news desk, Duties and responsibilities of sports sub. editor, photo journalist.

UNIT-III: Amateurism v/s professionalism: invasion of private life, emphasis on winning, sportsmanship and sports for charity. **Writing Sports Features:** Types of sports features, exclusive features, fearless writing in sports, sports personalities and their thumb nail sketches, Reviewing sports books, Writing sports editorials, Writing weekly or fortnightly column

UNIT-IV Coverage: Covering local / national sports competitions, writing of press release. **Art of Commentating and interviewing:** Commentating sports for radio and television channels, interviewing sports persons.

REFERNCE BOOKS :

Mishra, Sharad “ Text Book of Sports Journalism”(2006-07) Sports Publication, G-6,23/23B EMCA House, Ansari Road, Darya Ganj New Delhi

Sita Ram , “Text Book of Sports Journalism”, “(2004) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi

Conrad .C. Fink, Sports Wing, Surjeet Publication, 7 Kholapur Road, Kamala Nagar, Delhi.

Ahuja, B.N. and Chhabra, S.S. “Principles and Techniques of Journalism”, Surjeet Publication, 7 Kholapur Road, Kamala Nagar, Delhi

Keval. J. Kumar, “Mass Communication in India”,2004, Jaico Publishing House-121, Mahatma Gandhi Road, Mumbai-400023.

Agarwal,V.B AND Gupta, V.S Handbook of Journalism and mass comm.. 2001, Concept publishing company.

PAPER- III (DISM-103) SPORTS SOCIOLOGY

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

The Candidates are required to attempt 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each units, the candidate are required to

attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

UNIT-I

Sports Sociology: Introduction, Nature and Scope of sociology and sociology of sports.

Basic contents of sociology: Family, Society, Community, Association, Institution, State, Folks, Culture, Value and Norms. **Historical approaches to social theory:** Agency Theories (social action theory) and Structure Theories (social system theories). **History of sociology of sport:** The developmental phase of the Sociology of Sports - Reflection, Reproduction and Resistance.

UNIT-II

Sociology Modern Trends: Methodology and Future Trends in the Sociology of Sport. **Politics and sport:** Introduction of Politics, Policy and the State and Government. **The State Government:** Governor, State Legislature and High Courts. **Forms of Government:** Monarchy, Democracy and Dictatorship: Their Strengths and Weaknesses, Political Parties, Their Need and Role in Democracy, Separation of Powers and its Application to Modern Governments.

UNIT-III

The Union Executive: President and Prime Minister, their Position and Authority, The Council of Ministers.

Indian Constitution: Salient Features of Indian Constitution, Preamble and Directive Principles.

Status of Women in Sports: Women participation in the Olympic Games – (Brief History of Female Experience of Sport and Changing Trends), Gender Biasness, Empowerment of Women Through Sports. .

Sports and Economy: Sports Industry, Sponsorship, Tourism, Hotel Industry and Entertainment.

UNIT-IV

Social Exclusion: Sexually, Gender, Race, Age, Ethnicity, Disability location and Poverty.

Sports and Social System: Role of Sports in Social Situation and its Influence on Social System.

Sports and Disability: Background of Sport and Disability, Constraints of Disabled People in Participation in Physical Activity and Sports, Perspectives on Disability Sport.

The Paralympics Movement: Classification, Integration and The Paralympics.

PAPER- IV (DISM-104) PROFESSIONAL PREPARATION

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

The Candidates are required to attempt 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each units, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

UNIT-I

Professional Preparation: Introduction, Components, Contribution of physical Education in Attaining Ideals of Indian Democracy and Factors Affecting Educational Policies & Program, The purpose of Education & Physical Education, Role of Central Government in Education and Professional Preparation, Professional Association.

Under-Graduate preparation of professional personnel: Purposes, Admission

Requirements of Undergraduate Preparation, Theory, Teaching practice, practical & Professional Competencies to be Developed, Facilities and Special Resources for Library.

UNIT-II

Historical Perspective: Historical Review of Professional Preparation in India, concept of Professional leadership and Preparation, Professional Qualification and Qualities of Physical Educator, Professional Courses being Offered in Professional Preparation Colleges in India, Professional Preparation in Physical Education in USA, USSR & UK and Beginning of Professional Preparation in the world.

Post-Graduate Preparation: Purposes & Admission Requirements, Methods of instruction & Professional relations and Research Experience.

UNIT-III

Teacher and Teaching: Teaching as a Career, Basic Qualities of a Successful Teacher, Preparation of the Specialized Physical Education Teacher and Types of teaching & non-Teaching jobs.

In-Service Education: Nature, Scope, Role of Teacher Education Institutions in In-Service Education, Role of Profession in In-service Education & Course and Formal Education Experience.

UNIT-IV

Co-education in Physical Education: Integrating the Programmes for Boys & Girls, Activities suitable for Co-Educational Needs, Levels at which Co-Education is Desirable and Special Provision for Development of Girls Programme.

Evaluation: Trends in Evaluating Professional Preparation, Evaluating the Program of Professional Preparation, Relation of Evaluation to Administration and Personal Program.

Modern Trends in Professional Preparation.

REFERENCE BOOKS

Agarwal, J.C., "Education Administration school Urban Location and Supervision" (1967) Agra book depot, New Delhi.

Bucher, C.A., "Foundations of Physical Education" (Saint Louis)" (1975) *The C.V. Mosby Company*.

Bucher, Charles & Wuest, Debora A., "Foundation of Physical Education and Sports" (1987) 13th ed. *St. Louis: The C.V. Mosby Company*.

Gupta R. Sharma A & Sharma S., "Professional preparation and Curriculum Design in physical education; and sports" (2004) Friends Publications, New Delhi.

Harrison, Joyce, M & Blaekemore, Conie L., "Instructional Strategies for Secondary School Physical Education" 1989) 2nd ed. *Wm.C.Brown Publishers*, Dubuque.

3. MASTER OF PHYSICAL EDUCATION AND SPORTS (M.P.E.S.) PREVIOUS YEAR

Syllabus

Scheme of Examination

Course Title:	Master of Physical Education and Sports
Abbreviation:	M.P. E.S.
Type of Course:	TwoYear Degree Course
Pattern:	Yearly
Award of Degree:	Master of Physical Education and Sports Degree will be awarded for those who successfully complete all the components and declared pass in the programme after two Years.

The term-end examination papers will be divided into 3 sections:

- ✓ Section- A (10x1=10) consists of 10 questions. Each question carries one mark. Attempt all questions.
- ✓ Section- B (5x8 =40) consists of five questions with internal choice in each unit. Attempt all questions. Each question carries 8 marks. Word limit (300 -500 words & more)
- ✓ Section- C (2x 15 = 30) consists of 5 questions one from each unit. Students are required to attempt any 2 questions. Each question carries 15 marks. (Word limit 500 words & more)
- ✓ The number of papers and the maximum marks for each paper together with the minimum marks required for a pass are shown against each subject separately in the table given below.
- ✓ First Division 60% and Second Division 48% of the aggregate marks prescribed at Examinations. Division will be awarded at the end of final year examinations (a) Part I (b) Part II Examination examination, taken together.
- ✓ However the marks obtained in compulsory papers will not be counted while awarding the division. All the rest shall be declared to have passed the examination, if they obtain the minimum pass marks in each subject viz. 36% of marks.
- ✓ No division shall be awarded at the Part I and Part II of the under graduate Examination and M.A. (P) examination

S.No.	Papers	Code	Max Marks	External Marks	Internal Marks
1.	Sports Training	MPES-101	100	80	20
2.	Research Methods In Sports	MPES-102	100	80	20
3.	Computer Application In Physical Education	MPES-103	100	80	20
4.	Sports Management	MPES-104	100	80	20
5.	Athletics Teaching	MPES-PR	100	70	30
6.	Game Teaching	MPES-PR	100	70	30
7.	Teaching Practice	MPES-PR	100	70	30
Total			700		

MPES - Ist Year Practical Lesson Plan

1	Athletics Teaching	Sprints, Discuss Throw,
2	Game Teaching -	Football, Cricket
3	Teaching Practice	Plan

PAPER– I (MPES-101) SPORTS TRAINING

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

The Candidates are required to attempt 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each unit, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

Unit-I

Sports Training: Meaning, Aims, Characteristics, Need and Principles. **Training Load:** Meaning, Characteristics, Principles, Symptoms, Causes and tackling of overload. **Recovery:** Recovery Phases, Means of Recovery and Factors Affecting Recovery.

Unit-II

Methods of Training: Importance, Principles, Types of training - Weight training, Circuit training, Interval training, Fartlek training, Cross-Country and Plyometric training. **Training means and methods:** Types, Classification of Physical Exercise, Basic Methods of Conditioning.

Muscular Adaptations to Aerobic and Anaerobic training: Fiber Composition, Oxygen Delivery, Energy Production.

Unit-III

Flexibility: Meaning, Importance, Types, Factors determining them, Methods of training and precautions.

Coordinative abilities: Meaning, importance, types, factors determining Coordinative abilities, methods of training and precautions. **Strength:** Types, Factors Determining Strength, Importance, Methods of training and Precautions.

Unit-IV

Endurance: Meaning, Types, Factors Determining Endurance, Importance, Methods of training and Precautions. **Speed:** Meaning, Factors Determining Speed, importance, Methods of training and precautions. **Agility:** Meaning, Factors Determining Agility, importance, Methods of training and precautions

References

Beith, P., Remedios, R. D., Smith, B., Livesey, P., Taft, J.L., Feit, A., Fleming, W., Boyle, M., Gleason, D. & Wentworth, S. (2018). *Complete Sports Training: Speed, Strength and Conditioning for Today's Athlete*. Lubbock: Chaplain Publishing, LLC.

Dabas, S. (2016). *Theory of Scientific Sports Training*. New Delhi: Sports Publication.

Dick, F. W. (1980). *Sports Training Principles*. London: Lepus Birkst.

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Mathew, D. K. and Fox, E. L. (1980). *The Physiological basis of Physical Education and Athletics*. Philadelphia: W.B. Saunders Company.

Matveyev (1981). *Fundamentals of Sports Training (Translation from Russian)*. Moscow: Mir Publishing.

Satyanarayana, V. (2016). *Sports Training*. New Delhi: Sports Publication.

Shepherd, J. (2007). *Sports Training: The Complete Guide*. Canada: Firefly Books Publisher.

Singh, A. B. & Qureshi, D. R. (2012). *Encyclopedia of Sport straining*. New Delhi: Sports Publication.

Singh, H. (1995). *Science of coaching*. New Delhi: D. V.S. Publications.

Thomas, R. and Baechle (1972). *Essentials of Strength training and conditioning*. Philadelphia: Lea and Febiger Publisher.

Uppal, A.K. (2013). *Scientific basis of Sports Conditioning*. New Delhi: Friends Publications.

PAPER –II(MPES-102) RESEARCH METHODS IN SPORTS

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

The Candidates are required to attempt 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each units, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks.

UNIT-I

Descriptive Research Methods: Survey - definition, purpose, types, scope and nature, importance, criteria and major steps; **Case Study** - objectives, basic methodology, values and limitations.

Philosophical Research Method: Meaning, nature, steps and pitfalls.

UNIT-II

Historical Research Method: Purpose and scope of history in physical education; procedure;

Sources: Historical data; Historical Criticism;

Principles: General principles of historical criticism.

UNIT-III

Experimental Research Method: Planning the experiment, principles of experimentation;

Experiment Designs: (simple and complex), Setting up a human performance laboratory.

Correlation research strategy: concept, characteristics, cause and effect.

UNIT-IV

Ethical issues in Research: Areas of scientific dishonesty; Ethical issues regarding copyright; methods for considering scientific misconduct; protecting human participation.

Writing of Research Report: Basic writing guidelines; Thesis and Dissertation format.

Mixed research approach to sport: characteristics, design and analysis.

References

- Best, J.W. (1982). *Research in Education* (4th ed.). New Delhi: Prentice Hall, Inc.
- Best, W. J. & Kahn, J.V. (1998). *Research in Education*. USA: Allyn and Bacon Publisher.
- Clarke, H. D. (1985). *Research Processes in Physical Education Recreation & Health*. New Delhi: Prentice-Hall of India Pvt. Ltd.
- John, W.B. (1959). *Research in Education*. Englewood Cliffs, N.J: USA. Prentice-Hall, Inc.
- Kamlesh, M.L. (2014). *Methodology of Research in Physical Education and Sport* (4th ed.). New Delhi: Sports Publication.
- Kothari, C.R. (2004). *Research methodology methods & techniques* (2nd ed.). New Delhi: New Age International Publishers.
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- Lipman, H. (2009). *Sports Research*. New Delhi: Friends Publications.
- Mark, F.S. (2010). *Research Methods in Sports*. BEBC Distribution, Albion Close, Parkstone.
- Scott, M.G. (1968). *Research Methods in health, physical education and recreation*. Washington: D.C., American Association for Health, Physical Education and Recreation.

PAPER CODE –MPES-103 COMPUTER APPLICATION IN PHYSICAL EDUCATION

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

The Candidates are required to attempt 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each units, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

Unit I

ICT: Concept, Elements, Process & Types of Communication, Concept & Importance of ICT Need of ICT in Education, Scope of ICT: Teaching Learning Process, Challenges in Integrating ICT in Physical, Education

Unit II

Computer: Characteristics, Types & Applications of Computers Hardware of Computer: Input, Output & Storage, Devices Software of Computer: Concept & Types, Computer Memory: Concept & Types

Unit III

MS Word: Introduction to MS Word. Creating, saving and opening a document. Formatting Editing features Drawing table. Page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes.

Unit IV

MS EXCEL: Introduction to MS Excel. Creating, saving and opening spreadsheet. Creating formulas. Format and editing features adjusting columns width and row height understanding charts.

MS Power Point: Introduction to MS Power Point. Creating, saving and opening a ppt. File. Format and editing features slide show, design, inserting slide number, picture, graph, table. Preparation of Power point presentations.

Unit -V

E-Learning

Web Based Learning

Visual Classroom

REFERENCES:

B. Ram, New Age International Publication, Computer Fundamental, Third Edition-2006 Brain under IDG Book. India (p) Ltd Teach Yourself Office 2000, Fourth Edition- 2001 Douglas E. Comer, The Internet Book, Purdue University, West Lafayette in 2005

Heidi Steel Low price Edition, Microsoft Office Word 2003- 2004

ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing-2006

Pradeep K. Sinha & Priti; Sinha, Foundations computing BPB Publications -2006. Rebecca Bridges Altman Peach pit Press, Power point for window, 1999

Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office for ever one, Second Edition-2006.

PAPER CODE –MPES-104 SPORTS MANAGEMENT

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

The Candidates are required to attempt 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each unit, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

UNIT-1

Management in Physical Education and Sports: Concept, meaning and definition, need and scope of sports management.

Theories of Management: The classical Theory, the Neo- Classical Theory and Modern Theory, Types of Management: Authoritarian management, Laissez- faire management, Democratic management and Eclectic management.

Functions of Management: Planning, Organizing, Staffing, Directing, Coordinating, Budgeting, Controlling and Evaluating.

UNIT-II

Management Skills: Personal Skills, Interpersonal Skills, Conceptual Skills, Technical Skills, and Conjoined Skills.

Managerial Roles: Interpersonal Roles, Informational Roles, decision Making Roles.

Qualities and Qualifications of a Manager: Personal Qualities, Leadership Qualities; and Academic and Professional Qualities.

UNIT-III

Personnel Management: Introduction, Meaning, Definition, Principles of personnel management; Aspects of personnel management, Job Analysis, Description and specification. **Communication:** Meaning, types of communication and barriers in effective Communication. **The Budget:** Meaning, definition and objectives of the budget, principles of planning the Budget, preparation of budget.

UNIT-IV

Management of Facilities: Introduction, Administrative and General Principles of Planning Facilities, Types of Facilities, Facility Requirements, Construction and Management of Sports Infrastructures, Indoor Facilities-Gymnasium and Swimming pool.

Management of Equipment and Material: Introduction, Meanings of Equipment and Material, Need and Importance, Types, Principles of Purchase of Equipment. Important Considerations in Selecting Sports Equipment, Receiving—Stocktaking and Storing Equipment, Care and Maintenance & Conservation of Equipment, and Disposal of Equipment.

Managerial and Administrative Duties of a Physical Education Teacher: Instructional, Office, Facilities, Public Relations, Personnel, Professional, Purchases, Intra-murals, Extra-murals .

References

Zeigler, Earle F. And Bowie, Gary W.(2008).*Management Competency Development in Sports and Physical Education*.New Delhi:Sports Educational Technologies, 101, 4787/ 23 Ansari Road.

Dheer, S and Radhika,K.(1991).*Organization and Administration of Physical*.Delhi. :Friends Publications,6 Mukherjee Tower, Mukherjee Nagar.

Kamlesh,M.L.(2000).*Management Concepts in Physical Education*.New

Jenson, Clayne R.(1983).*Administrative Management of Physical Education and Athletic Program*.USA:Lea & Febiger,600 Washington Square,Philadelphia.

Roy, Sudhanshu,S.(1995).*Sports Management*. New Delhi: Friends Publications, 6, Mukherjee Tower, Mukherjee Nagar.

Brar,R and Joshi,R.(2007).*Sports Management*. New Delhi: Kalyani Publishers.

MASTER OF PHYSICAL EDUCATION AND SPORTS (M.P.E.S.) FINAL YEAR Syllabus

STRUCTURE OF THE PROGRAMME DISTRIBUTION OF MARKS (M.P.E.S.-FINAL YEAR)

S.No.	Papers	Code	Max Marks	External Marks	Internal Marks
1.	Introduction To Research Methodology	MPES-201	100	80	20
2.	Measurement and Evaluation In Physical Education	MPES-202	100	80	20
3.	Health And Wellness	MPES-203	100	80	20
4.	Foundation Of Sports Psychology	MPES-204	100	80	20
5.	Athletics Teaching	MPES-PR	100	70	30
6.	Game Teaching	MPES-PR	100	70	30
7.	Teaching Practice	MPES-PR	100	70	30
Total			700		

MPES - Final Year Practical Lesson Plan

1	Athletics Teaching	Long Jump, Shot Put
2	Game Teaching -	Handball, Kabaddi
3	Teaching Practice	Class Room Teaching Lesson Plan

PAPER –I (MPES-201) INTRODUCTION TO RESEARCH METHODOLOGY

Time allowed: 3 Hours **Max Marks: 80**

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS:

The Candidates are required to attempt 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each units, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

UNIT-I

Introduction to Research: Science and scientific method; Research - definition, the process, importance, nature and types. **Qualities and Characteristics:** Qualities and Characteristics of good research and good researcher; Need and scope of research in physical education and sports.

UNIT-II

Research Problem: Definition of and developing a research question; Identifying, locating and selecting a research problem; Characteristics of a good research problem.

Research Proposal: Structure of research proposal and methodology of preparing research proposal.

Literature Review: Purpose and importance of literature review.

Basic literature search strategies: Steps in literature search; writing literature review.

UNIT-III

Hypothesis: Definition, importance and types of hypothesis: Formulating and stating hypothesis; Characteristics of a good hypothesis; Testing the hypothesis.

Sampling: Defining population and sample and their characteristics; Sampling theory; Importance of sampling.

Technique and Designs: Sampling techniques; Sampling designs; Sample size.

UNIT-IV

Data Collection Tools: Its Use and Importance in Research.

Questionnaire: types of questionnaire; constructing and administering a questionnaire; questionnaire standardization procedure.

Interview: planning interview, preparing question schedule, conducting interview, summing up.

Observation: observational procedure, recording observation i.e. check list, score card and Rating Scale.

References

Best, W. J. & Kahn, J.V. (1998). *Research in Education*. USA: Allyn and Bacon publisher.

Clarke, H. (1958). *David Research Processes in Physical Education Recreation & Health*. New Delhi: Prentice-Hall of India Pvt. Ltd.

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Shinde, B.S. (2011). *Research Methods in Physical Education*. New Delhi: Sports Publication.

Sivaramakrishnan, S. (2004). *Research Methods in Physical Education*. India: Friends Publications.

Thomas, J.R., Nelson, J. K. & Silverman, S.J. (2001). *Research Methods in Physical Activity (6th ed.)* United State of America: Human Kinetics.

Yobu (2008). *Research Process in Physical Education and Sports*. New Delhi: Friends Publications.

PAPER –II (MPES-202) MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

The Candidates are required to attempt 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each units, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

UNIT – I

Test, Measurement and Evaluation: Meaning, Scope and Importance.

Methods: Common Methods of Test & Measurement in the Field of Physical Education and Sports.

Modern Trends: History and Modern Development in Physical Education Measurements.

UNIT – II

Test: Classification of tests, Criteria of a good test: Validity, Reliability, Objectivity, Economy, Standard and Norms, Levels of Measurement, Types and Principles of Evaluation.

Construction of Test: Physical fitness test, Knowledge tests, Sports skill tests, Organization and administration of tests results.

Test for Measuring Motor Fitness: - AAHPER Youth Physical Fitness Test, Roger Strength Test, Scott Motor Ability Test, Borrow Motor Ability Test.

UNIT – III

Endurance Test: Harvard Step Test, Cooper's 9/12 Minutes run/ walk Test.

Agility Test: - Quadrant jump, Semo test, Side step test & LSU obstacle course test.

Flexibility Test: - Sit & reach test, Side split test.

Balance Test: - Stork stand test (Static), Bass stick test (Static), Nelson balance beam test (Dynamic).

UNIT IV

Test for Measuring Sports Skill:- Basketball : Johnson Basketball Test, Knox Basketball Test, AAPHERD Basketball Test Battery

Badminton test: Lockhart and Mc Pherson Badminton Test, French Short and Long Service Test, Miller Wall-Volley Test.

Field Hockey test : Friedel Field Hockey Test, Schmithals-French Field Hockey Skills Test, SAI Hockey Skill Test, Chapman Ball Control Test.

Soccer skill test: Johnson Soccer Test, Mc. Donald Soccer Test, SAI Football Skill Test,

Volleyball skill test: Brady's Volleyball Test, Russel Lange Volleyball Skill Test, AAHPER Volleyball Test, SAI Volleyball Test.

References

Barrow, H.M. and McGee, R. and Tritschler, K. A.(1989). *Practical measurement in physical Education and Sports (14th ed.)*. London: Lea & Febiger.

Baumgartner, T.A, Jackson, A. S. & Mahar, M. T. (2003). *Measurement for Evaluation in Physical Education Exercise Science (7th ed.)*. America : McGraw-Hill.

Charles Harold McColy (2004).*Test and measurement in Health and Physical Education*. Friends publications: India.

Clake, H.H & Clarke, D.H. (1991). *Application of Measurement to Physical Education*. United States: Englewood Cliffs, NJ, Prentice Hall.

Johnson, B.L. & Nelson, J.K. (2007). *Practical Measurements for Evaluation in Physical Education(3rd ed.)*. New Delhi: Surjeet Publications.

Kansal, D.K. (1996). *Test and Measurement in Sports and Physical Education*. New Delhi: D.V.S Publications.

Kansal, D.K. (2012). *A practical approach to test measurement & evaluation*. New Delhi: Sports and Spiritual Science Publication.

Lacy, A.C,(2015) *Measurement & evaluation in physical; education and exercise science*. New York: Daryl fox.

Lipman, H. A. (2009). *Measurement and Evaluation in Physical Education*. India: Friends publications.

Marrow, J. R. & Jackson, A.W. (1995). *Measurement and Evaluation in Human Performance*. U.S.A: Human Kinetics Publisher, Urban Champaign, Illinois.

Mathews, D.K. (1973). *Measurement in Physical Education*. Philadelphia: W. B. Saunders Company.

Naidu, B. G. N. & Mohan, N. V. (2017). *Test, Measurement & Evaluation in Physical Education & Sports Sciences*. United Kingdom : LAP Lambert Academic Publishing

Yobu, A. (2010). *Test, Measurement & Evaluation in physical education and sports*. India: Friends publications.

PAPER –III (MPES-203) HEALTH AND WELLNESS

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

The Candidates are required to attempt 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each units, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

UNIT-I

Health Education: Meaning, Scope, Objectives and Spectrum, Principles and Importance of health education, Planning and evaluation in health education programmes.

Personal Hygiene: The concept of hygiene and personal hygiene. Importance of rest, sleep, diet and exercise.

Pollution: Definition, effects and control measures of Air pollution, Water pollution, Noise pollution and Radiation. Natural hazards and their mitigation.

UNIT-II

Community Health Program: Health Appraisal and Health Instructions, International and National health promoting government and private agencies.

School Health Service: History, School Health Problems. Health appraisal, healthy school environment, nutritional services, mental health, school health programmes/services, school health records, Safety measures in the playfields – first aid and emergency care

Communicable Disease: Meaning, causes, symptoms, prevention, diseases cycle, modes of disease transmission and immunization.

UNIT-III

Psychosomatic disorders/sedentary life style diseases: Causes, symptoms and prevention.

Obesity: Meaning, Obesity related health problems, body weight control and its significance on health, role of exercise, dieting and combination of exercise & dieting on weight control.

UNIT-IV

Eating Disorders: Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorders.

Posture: meaning, Concept of balance Posture & Causes of bad posture.

Postural Deformities & their Correction (Spinal deformities: Kyphosis, Lordosis, Scoliosis) (Foot deformities: Knock knee, bowlegs, Flat foot), Evaluating techniques of Posture.

References

Dheer, S., Basu, M., & Kumar, R. (2005). *Introduction to Health Education*. India: M/S Friends Publications.

Edlin Gorden & Golenty Eric. (2007). *Health and Wellness*. USA: Jones and Bartlett Publishers.

Hoeger, W.W.K. & Hoegar, S.A. (2007). *Fitness and Wellness* (7th ed.). United State of America.

Howley, E. T. & Franks, B.D. (1997). *Health Fitness Instructor's Handbook* (3rd ed.). United State of America.

Kang, G.S. & Deol, N.S. (2008). *An Introduction to Health & Physical Education* (1st ed.). Patiala, Punjab: Twenty First Century Publications.

Pandey, P.K. & Gongopadhyay, S. R. *Health Education for School Children*. Mukerjee Tower, Dr. Mukerjee Nagar-Delhi: Friends Publication.

Park, J.E. & Park, K. (1985). *Text Book of Preventive and Social Medicine*. Jabalpur: Bnasidar 91, Bhanot Publisher.

Park, J.E. and Park, K. (1982). *Text Book of Community Health for Nurses*. Jabalpur: Asrani Publisher.

Sharkey, B.J. & Gaskill, S.E. (2007). *Fitness and health* (6th ed.). United State of America.

Singh, A., Bains, J, Gill, J.S. & Brar, R.S.(2007). *Essential of physical Education* (3rd ed.). Rajinder Nagar Ludhiana, Punjab: Kalyani Publisher.

PAPER –IV (MPES-204) FOUNDATION OF SPORTS PSYCHOLOGY

Time allowed: 3 Hours

Max Marks: 80

INSTRUCTIONS FOR THE PAPER-SETTER AND STUDENTS

The Candidates are required to attempt 5 questions in all, nine questions will be set. Question no.1 (ten short questions of 2 marks each = 20) will be compulsory and will be set from the entire syllabus, 8 questions will be set out of four units selecting two questions from each units, the candidate are required to attempt four question by selecting one question from each unit. Except question no. 1 all question carry equal marks

UNIT-I

Sports Psychology: Definition, focuses and scope of sport psychology; Need for psychological training of sportspersons.

History and Development of Sport and Exercise Psychology in the world and in India.

Personality: Definition, dimensions integrity of personality; early theories and psychology models of Personality; Factors affecting personality development, Personality dynamics in sports and performance.

UNIT-II

Learning: Definition and kinds of learning; Learning Theories (Associational, Cognitive and Social), Laws of learning and their import in physical activity; Factors affecting motor learning.

Transfer of Learning: Theoretical basis of the concept of transfer of learning; and types of transfer of learning,

Goal Setting: Concept and importance of goal setting; Goal-orientation physical domain; Principles of goal setting; Interventions and mistakes in goal setting.

UNIT-III

Attention and Concentration: Meaning, and distinction between attention and concentration; Determinants of attention; Role of attention and concentration in sports; Attention-improving techniques.

Group Dynamics: Concepts and models of group dynamics; Group performance in sports; Leadership in sports.

Cohesiveness and performance: Concepts and Building up Cohesion in sports group.

UNIT-IV

Intelligence: Definition and changing concepts of intelligence: Determinants of intelligence; Emotional intelligence; Intelligence in activity and sport.

Self-perceptions: Definition of and distinctions among self-concept, self-efficacy and self-esteem; Self-esteem in athletes;

Self-Efficacy: Development of self-efficacy and self-confidence through activity and sports.

References

Cox, Richard, H. (1994).*Sport Psychology: Concepts and Applications*: Madison, Wisconsin; Brown and Benchmark.

Cratty, Bryant J(1989).*Psychology in Contemporary Sport*(3rd Edition):Englewood Cliffs, NJ; Prentice Hall.

Gill,D & Williams,L.(2008).*Psychological Dynamics of Sport and Exercise*(3rd Edition) :Champaign, IL; Human Kinetics.

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Sahni, Sanjeev,P.(2001). *Handbook of Sports Psychology*. New Delhi.

Shaw, D & Corban, M.(2005).*Sport and Exercise Psychology*. New Delhi: Viva.

4.M.A. (Previous)YOGA Syllabus

Scheme of Examination:

Paper. No	Subject	Duration Hrs.	External	Internal	Theory Marks
पेपर I	पंतजल योगसूत्र	3	80	20	100
पेपर II	योग के आधारभूत तत्व	3	80	20	100
पेपर III	सामान्य मनोविज्ञान	3	80	20	100
पेपर IV	शरीर की संरचना एवं क्रिया विज्ञान	3	80	20	100
पेपर V	प्रायोगिक परीक्षा	3	80	20	100
कुल योग					500

निर्देश:- विद्यार्थियों द्वारा दो सत्रीय कार्य प्रत्येक 1000 शब्दों में लिखकर जमा करायेगा। जिसका मूल्यांकन 20 अंकों से किया जायेगा। प्रायोगिक लिखित कार्य 40 अंक फाइनल 20 अंक मौखिक परीक्षा 20 अंक व 20 अंकों का सत्रीय कार्य होगा। प्रायोगिक कार्य 100 अंकों का होगा।

नोट:- 20 विद्यार्थियों के प्रत्येक छात्र समूह का 12 घंटों का प्रायोगिक अध्यापन प्रत्येक सप्ताह में उपलब्ध कराया जायेगा।— प्रत्येक सैद्धान्तिक प्रश्न पत्र हेतु प्रत्येक में 6 घंटे अध्यापन कार्य उपलब्ध कराया जायेगा। साप्ताहिक संगोष्ठी पूर्वार्द्ध व उत्तरार्द्ध के विद्यार्थियों के लिए आयोजित की जायेगी। नोट— यह प्रश्न पत्र तीन खण्डों में विभाजित होगा।

पेपर – I पंतजल योग सूत्र

इकाई –1. योग सूत्र का परिचय, परिभाषा 2.चित्त, चित्त की भूमियां 3.चित्त वृत्तियां 4.चित्त वृत्ति निरोध का उपाय।

इकाई –2 1.योगन्तराय। 2.चित्त प्रसादन के उपाय 3.क्रिया योग 4.पंच क्लेश।

इकाई –3 योग के अंग 1.यम-नियम 2.आसन, प्राणायाम 3.प्रत्याहार, धारणा 4.ध्यान।

इकाई –4 1.समाधि 2.संयम जन्म विभूतियां 3.अष्ट सिद्धियाँ 4.जन्मादि पंच सिद्धियाँ।

इकाई –5 1.आहार संयमन 2.हठप्रदीपिका एवं घेरण्ड संहिता की विशेषताएँ। 3.आसन और व्यायाम में अंतर।

सन्दर्भ ग्रन्थ :- पातजल योग सूत्र, हठप्रदीपिका, घेरण्ड संहिता।

पेपर . II योग के आधारभूत तत्व

इकाई –1 योग का अर्थ, परिभाषा, योग का स्वरूप, योग का महत्व व आधुनिक युग में योग की उपयोगिता।

इकाई – 2 विभिन्न ग्रंथों में योग का स्वरूप।वेद, उपनिषद, गीता, योग विशिष्ट, जैन व बौद्ध।

इकाई – 3. योग पद्धतियाँ 1. राजयोग 2. ज्ञानयोग 3. भक्तियोग 4. कर्मयोग 5. अष्टांगयोग 6. हठयोग 7. मन्त्रयोग।

इकाई – 4. योग ग्रंथों का सामान्य परिचय—पंतजली योग सूत्र :- श्रीमद्भागवत गीता, हठयोग परदीपिका, घेरण्ड संहिता।

इकाई – 5. योग दर्शन के अनुसार व तैत्तिरीय, उपनिषद,साख्य के अनुसार व्यक्तित्व की संकल्पना बताइये।योग साधना के लिए आदर्श स्थानयोग साधना में साधना में साधक एवं बाधक तत्व।

सन्दर्भ ग्रन्थ :-

श्रीमद्भागवत गीता, शंकरभाष्य, पंतजली योग सूत्र— गीता प्रेस गोरखपुर

योग विशिष्ट – गीता प्रेस गोरखपुर, वेदों में योग विधा—स्वामी दिव्यानंद

कल्याण – (योग तत्वांक) गीता प्रेस गोरखपुरकल्याण – (योगांक) गीता प्रेस गोरखपुर

भारतीय दर्शन – आचार्य बलदेव उपाध्याय।

पेपर. III सामान्य मनोविज्ञान

इकाई – 1 अनुप्रायोगिक मनोविज्ञान मनोविज्ञान का अर्थ, परिभाषा क्षेत्र व उद्देश्य।

इकाई – 2 मनोविज्ञान एवं व्यक्तित्व मनोविज्ञान एवं व्यक्तित्व वर्गीकरण, व्यक्तित्व का अर्थ, परिभाषाएं एवं कारक, क्रेस्मर व शैल्डन का वर्गीकरण।

इकाई –3 मनोविज्ञान एवं मानसिक स्वास्थ्य मानसिक स्वास्थ्य के बिगड़ने के कारण। निराशा समायोजन किया योग।

इकाई – 4 बुद्धि का अर्थ व परिभाषाएं बुद्धि एवं इसके सिद्धान्त बुद्धि परीक्षण व मापन की विधियाँ

इकाई – 5 मनोविज्ञान एवं योग प्रार्थना प्रसमान्यता द्वन्द्व। आसन एवं प्राणायाम।

सन्दर्भ ग्रन्थ :- एस.आर.जायसवाल: व्यक्तित्व मनोविज्ञान। ओझा, आर.के. : व्यवहारिक मनोविज्ञान। सीताराम जायसवाल : व्यक्तित्व का मनोविज्ञान। एस.एस. माथुर : सामान्य मनोविज्ञान। प्रो. आर. आर. भोगल योग और मानसिक स्वास्थ्य। योग व मानसिक स्वास्थ्य प्रो. आर. एस. भोगल।

पेपर . IV शरीर की संरचना एवं क्रिया विज्ञान

- इकाई- 1 (1) मानव शरीर संरचना- कोशिका ऊतक के प्रकार व कार्य अस्थियों की संरचना प्रकार व कार्य।
 इकाई- 2 परिसंचरण तंत्र रक्त परिसंचरण तंत्र हृदय की संरचना व कार्य धमणी संरचना व कार्य
 इकाई- 3 पाचन तंत्र व उत्सर्जन तंत्र पाचन तंत्र की संरचना व कार्य उत्सर्जन तंत्र की संरचना व कार्य उत्सर्जन व पाचन तंत्र पर योगिक प्रभाव।
 इकाई- 4 अन्तःस्त्रावी: तंत्र और तंत्रिका तंत्र अन्तःस्त्रावी ग्रन्थियों व उन पर योगिक प्रभाव मेरुरज्जू मानव मष्तिष्क
 इकाई- 5 अनुकम्पी तंत्र व श्वसन तंत्र परानुकम्पी व अनुकम्पी तंत्रिका तंत्र। तंत्रिका तंत्र पर योगिक प्रभाव श्वसन तंत्र संरचना व कार्य।

सन्दर्भ:- शरीर रचना व क्रिया विज्ञान – डॉ. अन्नत प्रकाश गुप्ता।

M.A. in YOGA

सैद्धान्तिक सत्रीय कार्य – 100 अंक (25+25)

फाईल कार्य $\frac{10}{P} + \frac{40}{W} + \frac{30}{V} + \frac{20}{F}$ त्र100

- 1.पीठ के बल लेटकर – उतानपादासन, पवनमुक्तासन, सर्वांगासन
- 2.पेट के बल लेटकर – भुजंगासन, शलभासन, धनुरासन
- 3.बैठकर – शशांकासन, योग मुद्रा, जानुशिरासन, पर्वतासन
- 4.खड़े होकर- ताड़ासन, तीर्थक ताड़ासन, कटिचक्रासन
- 5.प्राणायाम – सूर्यभेदी, शीतली प्राणायाम
- 6.जालन्धर बन्ध।
- 7.मुद्रा – ज्ञान मुद्रा, वीतराग मुद्रा
- 8.क्रिया – मेरुदण्ड की क्रियाएँ।

M.A. (Final) YOGA Syllabus

Scheme of Examination

Paper. No	Subject	Duration Hrs.	External	Internal	Theory Marks
पेपर I	योग उपनिषद्	3	80	20	100
पेपर II	योग एवं स्वास्थ्य	3	80	20	100
पेपर III	अनुप्रायोगिक मनोविज्ञान	3	80	20	100
पेपर IV	योग चिकित्सा	3	80	20	100
पेपर V	प्रायोगिक परीक्षा	3	80	20	100
			कुल योग		500

पेपर प्रथम- योग उपनिषद्

अध्याय – प्रथम श्वेता वेतरोपनिषद्—द्वितीय अध्याय – ध्यानयोग की विधि और उसका महत्व, ध्यान के लिए उपयुक्त स्थान, प्राणायाम का क्रम और उसकी महत्ता, योगसिद्धि के पूर्व लक्षण, योगसिद्धि का महत्व, तत्त्वज्ञ। अष्टोध्याय – परमे वर का स्वरूप और उसकी महिमा, भगवत प्राप्ति के उपाय, मोक्ष की प्राप्ति।

अध्याय – द्वितीय योग कुण्डल्युपनिषद् – प्राणायाम सिद्धि के उपाय, प्राणायाम के भेद, ब्रह्म प्राप्ति के उपाय।
योगचुडामण्युपनिषद्— योग के छः अंगों का वर्णन एवं प्रत्येक के फल और उनके क्रम।

अध्याय तृतीय त्रिलिखतब्राह्मणोपनिषद्— अष्टांगयोग, कर्मयोग, ज्ञानयोग का वर्णन योग तत्वोपनिषद्— मन्त्रयोग, लययोग, हठयोग एवं राजयोग तथा इनकी अवस्थाएं, आहार एवं दिनचर्या, योग सिद्धि के प्रारम्भिक लक्षण एवं सावधानियाँ।
अध्याय चतुर्थ ध्यानबिन्दुपनिषद् — ध्यानयोग का महत्त्व, प्रणव का स्वरूप, ओमकार की 12 मात्राओं तथा उनके साथ प्राणों के विनियोग का फल, नाद के प्रकार तथा नादानुसंधान साधना का स्वरूप, मनोलय स्थिति।
 नादबिन्दुपनिषद् — हंस विद्या, उनके विभिन्न अंगोपांगों का वर्णन, ओमकार की 12 मात्राओं तथा उनके साथ प्राणों के विनियोग का फल, नाद के प्रकार तथा नादानुसंधान साधना का स्वरूप, मनोलय स्थिति।
अध्याय — पंचम योगराजोपनिषद्—मन्त्रयोग, लययोग, हठयोग, राजयोग, नौ चक्र, उनमें ध्यान की प्रक्रिया एवं फलश्रुति।

पेपर – द्वितीय योग एवं स्वास्थ्य

समय – 3घण्टे

पूर्णांक – 100

अध्याय – प्रथम

डबल्यू.एच.ओ. के अनुसार स्वास्थ्य की परिभाषा एवं महत्त्व। स्वास्थ्य के आयाम : शारीरिक, मानसिक समाजिक एवं आध्यात्मिक
अध्याय – द्वितीय पंच महाभूत, पंचप्राण एवं स्वास्थ्य और चिकित्सा में उनकी भूमिका पंचकोष एवं षटचक्र की अवधारणा तथा स्वास्थ्य और चिकित्सा में उनकी भूमिका।

अध्याय – तृतीय यौगिक आहार – आहार का सामान्य परिचय, मिताहार की अवधारणा, योग ग्रन्थों के अनुसार यैगिक आहार का वर्गीकरण, शरीर के अनुसार आहार वात, पित्त, रूफ और गुणों के अनुसार (सात्विक, राजसिक व तामासिक)

अध्याय – चतुर्थ घेरण्ड संहिता, हठ प्रदीपिका और भगवद्गीता के अनुसार आहार की अवधारणायें पश्य और अपश्य।

अध्याय – पंचम स्वस्थ जीवन शैली के यौगिक सिद्धान्त, आहार, विहार,आहार, स्वस्थ जीवन शैली हेतु योग के सकारात्मक दृष्टिकोण (मैत्री, करुणा, मुदिता) की भूमिका।

पेपर –तृतीय अनुप्रयोगिक मनोविज्ञान

समय – 3घण्टे

पूर्णांक – 100

अध्याय – प्रथम निद्रा – निद्रा की अवस्थाएं, निद्रा विकार

अध्याय द्वितीय व्यवहार के विज्ञान के रूप में मनोविज्ञान, व्यवहार की परिभाषा, व्यवहार का मनोवैज्ञानिक आधार।

अध्याय तृतीय व्यक्तित्व का स्वरूप एवं प्रकार, व्यक्तित्व के निर्धारक तत्व – आनुवंशिक एवं वातावरणीय, व्यक्तित्व विकास के विभिन्न रूप एवं अवस्थाएं।

अध्याय चतुर्थ संवेदन, प्रत्यक्षण, अवधान, स्मृति, अधिगम की परिभाषा एवं प्रकार

अध्याय पंचम मानसिक द्वन्द्व एवं कुण्ठा के कारण एवं परिणाम, सामान्य मानसिक विकारों का परिचय – अनिद्रा, अवसाद, तनाव एवं चिंता।

पेपर– चतुर्थ योग चिकित्सा

समय – 3घण्टे

पूर्णांक – 100

अध्याय – प्रथम स्वास्थ्य शिक्षा और योग स्वास्थ्य की अवधारणा, स्वास्थ्य के अवयव– शारीरिक एवं मानसिक स्वास्थ्य पर्यावरण और स्वास्थ्य स्वास्थ्य शिक्षा

अध्याय – द्वितीय शारीरिक अनियमितताएं एवं रोग का सामान्य परिचय शारीरिक दौर्बल्य, वायु विकार, उच्च रक्तचाप, जुकाम अम्लता (एसीडीटी) टांसिल, ज्वर, कमर दर्द पाचन दौर्बल्य, नेत्ररोग, अनिद्रा, स्मृति दौर्बल्य

अध्याय – तृतीय शारीरिक अनियमितताएं एवं रोग का सामान्य परिचय नाडी तंत्र दौर्बल्य, यकृत दोष, गर्दन का दर्द, हार्निया साइटिका, बवासीर, कैंसर, हृदय रोग गठिया, एड्स, मिर्गी, मधुमेह

अध्याय – चतुर्थ शारीरिक अनियमितताएं एवं रोग का सामान्य परिचय पोष्टिक अल्सर, रक्ताल्पता, दया माइग्रेन, तनाव, सिरदर्द शराब, धूम्रपान एवं नशीली दवाओं की लत

अध्याय पंचम प्राकृतिक उपचार एवं स्वास्थ्य – प्राकृतिक उपचार की अवधारणा, सिद्धान्त एवं प्रकार आकाष, वायु, अग्नि, पृष्ठी एवं जल चिकित्सा अन्य वैकल्पिक चिकित्सा पद्धतियां – एक्युप्रेषर, एक्युपंचर, चुम्बक चिकित्सा का सामान्य परिचय।

5. Certificate Course in Yoga (Six Month)

Distribution of Marks

Paper. No	Subject	External	Internal	Theory Marks
Paper-I	Fundamental of yoga	80	20	100
Paper-II	Hath Yoga	80	20	100
Paper-III	Patanjal Yoga Sutra	80	20	100
Paper-IV	Yoga Therapy	80	20	100
PR.-I	Practical -1	80	20	100
PR.-II	Practical -2	80	20	100
dqy ;ksx				600

PAPER-I FUNDAMENTAL OF YOGA

नोट—प्रश्न संख्या 1 में सम्पूर्ण पाठ्यक्रम में से 2 अंक के कुल 10 प्रश्न होंगे। इसके आलावा प्रत्येक इकाई से 1 का उत्तर देते हुए कुल चार प्रश्नों का उत्तर दें, सभी प्रश्न 20 अंक के हैं।

इकाई -1 योग का अर्थ, परिभाषाएं, उद्गम एवं विकास—वैदिक काल से वर्तमान पर्यन्त। विभिन्न शास्त्रों में योग का स्वरूप—वेद, उपनिषद्, गीता, बौद्ध, जैन, सांख्य और वेदांत में योग के स्वरूप की विवेचना।

इकाई -2 योग पद्धतियाँ—ज्ञानयोग, कर्मयोग, भक्तियोग, अष्टांगयोग, हठयोग, तंत्रयोग एवं मंत्रयोग।

इकाई -3 विभिन्न योगियों का परिचय—महर्षि पतंजलि, गोरक्षनाथ, महर्षि दयानन्द, स्वामी विवेकानंद, महर्षि अरविन्द, परमहंस योगानंद, स्वामी शिवानंद, स्वामी कुवलयाणंद।

इकाई -4 योग के ग्रन्थों का सामान्य परिचय—पातंजल योगसूत्र, श्रीमद्भगवद्गीता, हठयोग प्रदीपिका, घेरण्ड संहिता, भक्तिसागर सन्दर्भग्रन्थ—

योगविज्ञान—स्वामी विज्ञानानंद सरस्वती
वेदों में योगविद्या—स्वामी दिव्यानंद
भारतीय दर्शन—आचार्य बलदेव उपाध्याय
कल्याण योगतत्वांक—गीताप्रेस, गोरखपुर
कल्याण योगांक—गीताप्रेस, गोरखपुर
भारत के महान योगी—विश्वनाथ मुखर्जी

PAPER-II HATH YOGA

नोट—प्रश्न संख्या 1 में सम्पूर्ण पाठ्यक्रम में से 2 अंक के कुल 10 प्रश्न होंगे। इसके आलावा प्रत्येक इकाई से 1 का उत्तर देते हुए कुल चार प्रश्नों का उत्तर दें, सभी प्रश्न 20 अंक के हैं।

इकाई - 1 हठयोग प्रदीपिकारू हठयोग की परिभाषा, अभ्यास हेतु उचित स्थान, ऋतु, काल, योगाभ्यास के लिए पथ्यापथ्य निर्देश, साधना में साधक व बाधक तत्व, हठसिद्धि का लक्षण, हठयोग की उपादेयता हठयोग प्रदीपिका में वर्णित आसनों की विधि व लाभ। प्राणायाम की परिभाषा, प्रकार, विधि व लाभ, प्राणायाम की उपयोगिता,

इकाई - 2 षट्कर्म वर्णन— धौती, बस्ति, नेति, नौलि, त्राटक व कपालभाति की विधि व लाभ। बन्ध मुद्रा वर्णन— महामुद्रा, महावेध, महाबंध, खेचरी, उड्डियान बन्ध, जालन्धर बन्ध, मूल बन्ध, विपरीतकरणी, वज्रोली, शक्तिचालिनी, समाधि का वर्णन, नादानुसंधान, कुण्डलिनी का स्वरूप तथा जागरण के उपाय।

इकाई - 3 घेरण्ड संहिता सप्तसाधन, घेरण्ड संहिता में वर्णित षट्कर्म—धौति, बस्ति, नेति, नौलि, त्राटक, कपालभाति की विधि व लाभ। घेरण्ड संहिता में वर्णित आसन, प्राणायाम, मुद्राएँ, प्रत्याहार, ध्यान व समाधि का विवेचन।

इकाई -4 भक्तिसागर स्वामी चरणदास कृत भक्तिसागर के अनुसार षट्कर्म एवं अष्टांगयोग का वर्णन।

सन्दर्भ ग्रन्थ— हठयोग प्रदीपिका— प्रकाशक कैवल्यधाम लोणावाला

घेरण्ड संहिता— प्रकाशक कैवल्यधाम, लोणावाला गोरक्ष संहिता— गोरक्षनाथ भक्तिसागर— स्वामि चरणदास योगासन विज्ञान— स्वामि धीरेन्द्र ब्रह्मचारी योग परिचय— पीताम्बर झा सरल योगासन— डा० ईश्वर भारद्वाज आसन प्राणायाम— देवव्रत आचार्य आसन, प्राणायाम, मुद्रा बन्ध— स्वामी सत्यानन्द बहिरंग योग— स्वामी योगेश्वरानन्द।

PAPER-III PATANJAL YOGA SUTRA

नोट—प्रश्न संख्या 1 में सम्पूर्ण पाठ्यक्रम में से 2 अंक के कुल 10 प्रश्न होंगे। इसके आलावा प्रत्येक इकाई से 1 का उत्तर देते हुए कुल चार प्रश्नों का उत्तर दें, सभी प्रश्न 20 अंक के हैं।

इकाई -1 योग की परिभाषा, चित्त की भूमियाँ, चित्त की वृत्तियाँ, योगान्तराय, ईश्वर की अवधारणा, चित्त प्रसादन के उपाय; अभ्यास और वैराग्य, एक तत्त्व अभ्यास, धारणा, ध्यान, व्यावहारिक उपायद्वय समाधि की अवस्थाएं।

इकाई -2 क्रिया योग का स्वरूप, पंचकलेश, कर्माशय, चतुर्व्यूहवाद, ऋम्भरा प्रज्ञा और इसकी भूमियाँ, विवेकख्याति।

इकाई -3 अष्टांग योग; यम, नियम, आसन, प्राणायाम, प्रत्याहार, धरणा, ध्यान एवं समाधिद्वय की अवधारणा, महाव्रत का स्वरूप, वितर्क विवेचन। बहिरंग योग; यम, नियम, आसन, प्राणायाम एवं प्रत्याहार की अवधारणा—अर्थ, परिभाषाएं, विधि, फल एवं उपयोगिताएं। अंतरंग योग; धारणा, ध्यान एवं समाधिद्वय की अवधारणा—अर्थ, परिभाषाएं, विधि फल एवं उपयोगिता। संयम, चित्त का परिणाम, विभूति और उसके भेद, कैवल्य का स्वरूप।

इकाई -4 निर्माण चित्त, कर्म का स्वरूप, कर्म के भेद, दृष्टा और दृश्य, सिद्धि के भेद, अष्ट सिद्धियाँ, सिद्धि के पांच साधन, धर्ममेघ समाधि।

संदर्भ ग्रन्थः—

1^० योग दर्शन : स्वामी रामदेव

2^० योग सूत्र : वाचस्पतिमिश्र

3^० योग सूत्र राजमार्तण्ड : भोजराज

4^० पातंजल योग प्रदीप : ओमानन्द तीर्थ

5^० पातंजल योग विमर्श : विजयपाल शास्त्री

6^० ध्यान योग प्रकाश : लक्ष्मणानन्द

7^० योगदर्शन : राजवीर शास्त्री

8^० पातंजल योग दर्शन : स्वामी सत्यपति परिव्राजक

PAPER-IV YOGA THERAPY

नोट—प्रश्न संख्या 1 में सम्पूर्ण पाठ्यक्रम में से 2 अंक के कुल 10 प्रश्न होंगे। इसके आलावा प्रत्येक इकाई से 1 का उत्तर देते हुए कुल चार प्रश्नों का उत्तर दें, सभी प्रश्न 20 अंक के हैं।

इकाई -1

योगिक मानव संरचना एवं क्रिया विज्ञान: चक्र, पंचकोश एवं तीन शरीर की अवधारणा, इनके जागृति एवं विकृति के शारीरिक, मानसिक एवं मनोदैहिक परिणाम। योगिक विकृति निदान: 1^० स्वस्व विज्ञान, 2^० प्राण एवं 3^० श्वास का शारीरिक, मानसिक एवं मनोदैहिक दैनिक समस्याओं के साथ सम्बन्ध। सप्तचक्र का तंत्रिका जालिकाओं एवं अन्तःस्रावी ग्रन्थियों से सहसम्बन्ध। स्वास्थ्य एवं तन्दरुस्ती: अर्थ, परिभाषा, लक्षण एवं अंगों की विवेचना, योग एवं डब्ल्यू.एच.ओ. के संदर्भ में।

इकाई -2

योग चिकित्सा: अर्थ, परिभाषा, प्रयोजन, मूल सिद्धान्त, अंगों, प्रभावों स्वस्थ संवर्द्धन, रोगधाम, उपचार एवं दीर्घायु के लिए योग चिकित्सा का महत्त्व। योग चिकित्सक के गुण, योग चिकित्सा एवं एलोपैथिक चिकित्सा के बीच में अन्तर, योग चिकित्सा की समकालिन व्यापकता एवं सांदर्भिकता, योग चिकित्सा की सीमाएं।

इकाई -3

सामान्य आदि-व्याधियों के लिए योग चिकित्सा अस्थि एवं मांशपेशी तंत्र के रोग: कमर दर्द, शियाटिका, सरवाईकल स्पॉण्डलाइटिस, रियूमेटाइड एवं आस्टिओ अर्थोराइटिस, आमवात, के कारण, संकेत, लक्षण, निदान एवं योग चिकित्सा। श्वसन सम्बन्धि रोग: दमा, निमोनिया, प्रतिश्याय एवं साइनोसाइटिसएय के कारण, संकेत, लक्षण, निदान एवं योग चिकित्सा।

पाचन तंत्र सम्बन्धि रोग: कब्ज, अजीर्ण, अम्लपित्त, अल्सर, गैसट्रिक एवं ड्यूडेनल ड्यु, इरीटेबल बाउल सिंड्रोम, उदरवायु, पीलिया, कोलाइटिस, अर्श, के कारण, संकेत, लक्षण, निदान एवं योगचिकित्सा।

रक्त परिवहन तंत्र सम्बन्धि: उच्च रक्तचाप, निम्न रक्तचाप, हृदय धमनी अवरोध एन्जाइना, के कारण, संकेत, लक्षण, निदान एवं योगचिकित्सा।

इकाई -4

प्रजनन एवं उत्सर्जन तंत्र सम्बन्धि रोग: नपुंसकता, मासिक धर्म सम्बन्धि समस्याएं, ल्यूकोरिया, कटिशूल, इनपफर्टीलिटी, यू.टी.आई. यूरिनरी स्ट्रेस इनकंटीनेंसय के कारण, संकेत, लक्षण, निदान एवं योग चिकित्सा। अन्तःस्रावी ग्रन्थियों सम्बन्धि: मधुमेह, थायराइड हार्मोन वृद्धिधकमी, मोटापा, डायबेटिज मैलाइटिस, मानसिक शक्ति ह्रासय के कारण, संकेत, लक्षण, निदान एवं योग चिकित्सा।

तंत्रिका तंत्र सम्बन्धि रोग: सिर दर्द, इपीलेप्सी, हिस्ट्रिया, अवसाद, चिन्ता, अनिद्रा, माइग्रेन, तनाव, धूमपान, मद्यपानय ds dkj.k]

संकेत, लक्षण, निदान एवं योग चिकित्सा। मानसिक स्वास्थ्य: अर्थ, परिभाषा, अंग, निर्धारक, कारण, लक्षण एवं उनका योग चिकित्सा द्वारा निदान।

संदर्भ ग्रन्थः—

1. चरक संहिता : महर्षि चरक
2. सुश्रुत संहिता : महर्षि सुश्रुत
3. आयुर्वेद सिद्धान्त रहस्य : आचार्य बालकृष्ण
4. स्वस्थवृत्त विज्ञान : रामहर्ष सिंह

YOGA PRACTICAL PAPER-I

[Total Marks: 100] SELECTED KRIYAS 15 Marks 1. Jalneti 2. Sutraneti 3. Gajakarani 4. Dand Dhauti 5. Agnisara
6. Kapalbhata--Vatkram, Sheetkram

II. PRANAYAMAS 10 Marks a. In Hathyoga 1. Nadishodhan 2. Suryabhedan 3. Ujjayi 4. Sheetkari 5. Shetalee
b. In Yoga Sutra Bahyavritti 2. Abhyantaravartti 3. Stambhvritti

III. ASANAS 40 Marks 1. Surya Namaskar with Mantra 2. Pawanmuktasana series 1-2-3 3. Uttanpad Asan
4. Tadasan 5. Matsya Asan 6. Halasan 7. Bhujangasan 8. Shalabhasan 9. Naukasana 10. Viprit Naukasana
11. Makarasan 12. Dhanurasan 13. Utkatasan 14. Chakrasan 15. Janushirshasan 16. Kandharasan 17. Akarna
18. Dhanurasan 19. Siddhasan 20. Swastikasan 21. Padmasan 22. Marjariasan 23. Vyaghrasana 24. Udrakarshanasana
25. Kagasana 26. Katichakrasana 27. Parshvachakrasan 28. Vakrasan 29. Urdhva Hastottanasan
30. Konasana 31. Gaumukhasan 32. Vajrasan 33. Supt Vajrasan 34. Padhastasana 35. Uttan Kurmasan 36.
Mandukasan 37. Uttan Mandukasan 38. Ushtrasan 39. Shashankasan 40. Dandasana 41. Vrikshasan 42. Trikonasan
43. Sinhasan

IV. MUDRAS & BANDHAS 10 Marks 1. Moolabandha 2. Jalandharbandh 3. Uddiyanbandha 4. Mahabandh
5. Mahamudra 6. Mahavedha Mudra 7. Ashvani mudra 8. Tadagi mudra 9. Kaki mudra 10. Shambhavi mudra
11. Vipreetkarni mudra

V. MEDITATION - 20Minute

05 Marks

VI. Viva Voce

20 Marks

YOGA PRACTICAL PAPER-II

ASSIGNMENT / TEACHING PRACTICE / VIVA-VOCE [Total Marks: 100]

1. Assignment (Teaching Practice Note Book). Each student has to prepare and deliver 15 Lesson plans (Nine Asanas +Three Pranayams+Three Shatkriyas) during the session. **30 Marks**

2. Teaching Practice

30 Marks

3. Mantra

20 Marks

(Gayatri Mantra Sandhya Mantra, Prarthana Mantra, Mrityunjay Mantra, Sangathan Sukta, Pratah-Sayankaleen Mantra, Swasti Mantra, Shanti Path Mantra and Japa.)

4. Viva-Voce 20 Marks

6. DIPLOMA IN YOGA (ONE YEAR)

Distribution of Marks

Paper. No	Sub.	Mini Marks	Maxi. Marks
पेपर I	योग का स्वरूप	27	75
पेपर II	स्वप्रबन्धन एवं स्वास्थ्य	27	75
पेपर III	व्यक्तित्व विकास एवं योग	27	75
पेपर IV	शरीर विज्ञान एवं स्वास्थ्य	27	75
पेपर V	प्रायोगिक परीक्षा	40	100
Total			400

PAPER-I योग का स्वरूप

- इकाई- 1 योग का सामान्य परिचय योग शब्द की उच्युत्पत्ति एवं अर्थ योग की परिभाषाएं योग के प्रकार योग के स्रोत।
 इकाई- 2 भारतीय परम्परा में योग योग का स्वरूप योग की विविध शाखाएँ वैदिक योग अष्टांग योग।
 इकाई- 3 आसन व प्राणायाम का आध्यात्मिक, वैज्ञानिक आधार प्रयोजन व निष्पत्ति आसन का आध्यात्मिक आधार आसन का वैज्ञानिक आधार प्राणायाम का आध्यात्मिक आधार प्राणायाम का वैज्ञानिक आधार।
 इकाई- 4 मुद्रा व ध्वनि का आध्यात्मिक, वैज्ञानिक आधार, प्रयोजन एवं निष्पत्ति मुद्रा का आध्यात्मिक आधार ध्वनि का वैज्ञानिक आधार ध्वनि का आध्यात्मिक आधार ध्वनि का वैज्ञानिक आधार।
 इकाई- 5 व्यक्तित्व विकास की प्रक्रिया में योग षट्चक्र बन्ध अनुप्रेक्षा

PAPER-II स्वप्रबन्धन एवं स्वास्थ्य

- इकाई-1 स्वप्रबन्धन की प्रस्तावना स्वप्रबन्धन की अवधारणा: आधार, अर्थ एवं आवश्यकता आत्म-विकास एवं उसकी अभिवृद्धि के उपाय लक्ष्य निर्धारण और प्राप्ति का आधार।
 इकाई- 2 स्व-प्रबन्धन एवं तनाव प्रबन्धन तनाव का स्वरूप तनाव के कारक तत्व एवं प्रभाव तनाव प्रबन्धन और योग।
 इकाई- 3 समय प्रबन्धन समय प्रबन्धन एवं जीवन की विभिन्न अवस्थाएं समस्या, निर्णय एवं योजना समय प्रबन्धन एवं योग।
 इकाई- 4 स्वास्थ्य की अवधारणा एवं परिभाषाएं स्वास्थ्य के निर्धारक तत्व पर्यावरण एवं स्वास्थ्य स्वास्थ्य पर्यावरण के उपाय।
 इकाई- 5 व्यक्तित्व विकास और प्रबन्धन में नशा मुक्ति प्रबन्धन संवेग प्रबन्धन साकारात्मक सोच का विकास।

PAPER-III व्यक्तित्व विकास एवं योग

- इकाई- 1 व्यक्तित्व का विश्लेषण व्यक्तित्व का अर्थ, परिभाषा व्यक्तित्व के निर्धारक तत्व व्यक्तित्व का विकास की प्रक्रिया।
 इकाई -2 व्यक्तित्व विकास और प्रबन्धन लक्ष्य प्रबन्धन समय प्रबन्धन स्वास्थ्य प्रबन्धन।
 इकाई- 3 व्यक्तित्व विकास की प्रक्रिया : योग अध्यात्म योग का स्वरूप अध्यात्म विकास की भूमिकाएँ अध्यात्म योग के सूत्र।
 इकाई- 4 व्यक्तित्व विकास की प्रक्रिया : योग षट्कर्म एक्यूप्रेशर रंग चिकित्सा।
 इकाई- 5 योग में आहार की भूमिका आहार संयम उपवास।

PAPER-IV शरीर विज्ञान एवं स्वास्थ्य

- इकाई - 1 शरीर का रचनात्मक संगठन शरीर संगठन का प्रारूप - कोशिका, ऊतक के कार्य व प्रकार।
 इकाई- 2 शारीरिक तंत्रों का रचनात्मक-कार्यात्मक परिचय एवं रोगों का प्रबन्धन अस्थि तंत्र-परिचय, विकार-गठियां एवं गर्दन का दर्द तथा योग द्वारा प्रबन्धन। पेशी तंत्र-परिचय, विकार-गठियां एवं गर्दन का दर्द तथा योग द्वारा प्रबन्धन।
 इकाई- 3 शारीरिक तंत्रों का रचनात्मक परिचय एवं रोगों का प्रबन्धन श्वसन तंत्र पाचन तंत्र- परिचय, विकार, दमा एवं ब्रोकाइटिस, मधुमेह, हार्निया का योग द्वारा प्रबन्धन रोग-प्रतिरोधी तंत्र-परिचय रोग प्रतिरोध एवं योग द्वारा प्रबन्धन
 इकाई- 4 आहार एवं स्वास्थ्य आहार की अवधारणा एवं आवश्यकताएं आहार के घटक पोषक तत्वसंतुलित आहार की अवधारणा एवं प्रारूप आहार, चयापचय, उपवास एवं स्वास्थ्य।
 इकाई- 5 उत्सर्जन तंत्र उत्सर्जन तंत्र की संरचना व कार्य अंतःस्त्रावी ग्रन्थियां व योगिक प्रभाव मेरुरज्जू।

DIPLOMA IN YOGA

40 नम्बर का लिखित पेपर पाँच प्रश्न दिये जाएंगे कोई चार करने हैं। 20 नम्बर की फाइल 40 नम्बर का भौतिक कार्य।

1. आसन- ताड़ासन, पादहस्तासन, सूर्यनमस्कार, योग मुद्रा, शशांक आसन, उतानपादासन, सर्वांग आसन, हलासन, त्रिकोणासन, पश्चिमोतानासन, सुप्तवज्रासन, सिंहासन, उष्ट्रासन, धनुरासन, पद्मासन
2. प्राणायाम- सूर्यभेदी, चन्द्रभेदी, अनुलोम-तिलोम
3. ध्यान की पूर्ण तैयारी- व चार चरण
4. योगिक क्रियाएं- पेट एवं श्वास की दस क्रियाएं
5. बन्ध- मूल बन्ध, उड्डीयान बन्ध, जालंधर बन्ध।

7 P.G. DIPLOMA IN YOGA

Distribution of Marks

Paper. No	Subject	Mini. Marks	Maxi. Marks
Paper I	पंतजल योगसूत्र	27	75
Paper II	योग के आधारभूत तत्व	27	75
Paper III	सामान्य मनोविज्ञान	27	75
Paper IV	शरीर की संरचना एवं क्रिया विज्ञान	27	75
Paper V	प्रायोगिक परीक्षा	40	100
dqy ;ksx			400

PAPER- I पंतजल योग सूत्र

इकाई -1. 1.योग सूत्र का परिचय, परिभाषा 2.चित्त, चित्त की भूमियां 3.चित्त वृत्तियां 4.चित्त वृत्ति निरोध का उपाय।

इकाई - 2 1.योगन्तराय। 2.चित्त प्रसादन के उपाय 3.क्रिया योग 4.पंच क्लेश।

इकाई -3 योग के अंग 1. यम-नियम 2. आसन, प्राणायाम 3. प्रत्याहार, धारणा 4. ध्यान।

इकाई - 4 1. समाधि 2. संयम जन्म विभूतियां 3. अष्ट सिद्धियाँ 4. जन्मादि पंच सिद्धियाँ।

इकाई - 5 1. आहार संययन 2. हठप्रदीपिका एवं घेरण्ड संहिता की विशेषताएँ। 3. आसन और व्यायाम में अंतर।

सन्दर्भ ग्रन्थ :-

पातजल योग सूत्र, हठप्रदीपिका, घेरण्ड संहिता।

PAPER- II योग के आधारभूत तत्व

इकाई -1 योग का अर्थ, परिभाषा, योग का स्वरूप, योग का महत्व व आधुनिक युग में योग की उपयोगिता।

इकाई - 2 विभिन्न ग्रंथों में योग का स्वरूप। वेद, उपनिषद, गीता, योग विशिष्ट, जैन व बौद्ध।

इकाई - 3. योग पद्धतियाँ 1. राजयोग 2. ज्ञानयोग 3. भक्तियोग 4. कर्मयोग 5. अष्टांगयोग 6. हठयोग 7. मन्त्रयोग।

इकाई - 4. योग ग्रंथों का सामान्य परिचय - पंतजली योग सूत्र :- श्रीमद्भागवत गीता, हठयोग परदीपिका, घेरण्ड संहिता।

इकाई - 5. 1. योग दर्शन के अनुसार व तैत्तिरीय, उपनिषद, साख्य के अनुसार व्यक्तित्व की संकल्पना बताइये। 2. योग साधना के लिए आदर्श स्थान 3. योग साधना में साधना में साधक एवं बाधक तत्व।

सन्दर्भ ग्रन्थ :-

श्रीमद्भागवत गीता, शंकरभाष्य, पंतजली योग सूत्र- गीता प्रेस गोरखपुर

योग विशिष्ट - गीता प्रेस गोरखपुर, वेदों में योग विधा-स्वामी दिव्यानंद

कल्याण - (योग तत्वांक) गीता प्रेस गोरखपुर

कल्याण - (योगांक) गीता प्रेस गोरखपुर

भारतीय दर्शन - आचार्य बलदेव उपाध्याय।

PAPER- III सामान्य मनोविज्ञान

इकाई - 1 अनुप्रायोगिक मनोविज्ञान मनोविज्ञान का अर्थ, परिभाषा क्षेत्र व उद्देश्य।

इकाई - 2 मनोविज्ञान एवं व्यक्तित्व मनोविज्ञान एवं व्यक्तित्व वर्गीकरण, व्यक्तित्व का अर्थ, परिभाषाएं एवं कारक, क्रेश्मर व शेल्डन का वर्गीकरण।

इकाई -3 मनोविज्ञान एवं मानसिक स्वास्थ्य मानसिक स्वास्थ्य के बिगड़ने के कारण। निराशा समायोजन क्रिया योग।

इकाई - 4 बुद्धि का अर्थ व परिभाषाएं बुद्धि एवं इसके सिद्धान्त बुद्धि परीक्षण व मापन की विधियाँ

इकाई - 5 मनोविज्ञान एवं योग प्रार्थना प्रसमान्यता द्वन्द। आसन एवं प्राणायाम।

सन्दर्भ ग्रन्थ :-

एस.आर.जायसवाल: व्यक्तित्व मनोविज्ञान।

ओझा, आर.के. : व्यवहारिक मनोविज्ञान।

सीताराम जायसवाल : व्यक्तित्व का मनोविज्ञान।

एस.एस. माथुर : सामान्य मनोविज्ञान।

प्रो. आर. आर. भोगल योग और मानसीक स्वास्थ्य।

योग व मानसिक स्वास्थ्य प्रो. आर. एस. भोगल।

PAPER- IV शरीर की संरचना एवं क्रिया विज्ञान

- इकाई- 1 (1) मानव शरीर संरचना- कोशिका ऊत्तक के प्रकार व कार्य अस्थियों की संरचना प्रकार व कार्य ।
इकाई- 2 परिसंचरण तंत्र रक्त परिसंचरण तंत्र हृदय की संरचना व कार्य धमणी संरचना व कार्य
इकाई- 3 पाचन तंत्र व उत्सर्जन तंत्र पाचन तंत्र की संरचना व कार्य उत्सर्जन तंत्र की संरचना व कार्य उत्सर्जन व पाचन तंत्र पर योगिक प्रभाव ।
इकाई- 4 अन्तस्त्रावी: तंत्र और तंत्रिका तंत्र अन्तस्त्रावी ग्रन्थियाँ व उन पर योगिक प्रभाव मेरुरज्जू मानव मष्तिक
इकाई- 5 अनुकम्पी तंत्र व श्वसन तंत्र परानुकम्पी व अनुकम्पी तंत्रिका तंत्र। तंत्रिका तंत्र पर योगिक प्रभाव श्वसन तंत्र संरचना व कार्य ।
सन्दर्भ- शरीर रचना व क्रिया विज्ञान – डॉ. अन्नत प्रकाश गुप्ता ।

M.A. in YOGA प्रायोगिक परीक्षा

सैद्धान्तिक सत्रीय कार्य – 100 अंक (25+25)

फाईल कार्य $\frac{10}{P} + \frac{40}{W} + \frac{30}{V} + \frac{20}{F}$ त्र100

- 1.पीठ के बल लेटकर – उतानपादासन, पवनमुक्तासन, सर्वांगासन
- 2.पेट के बल लेटकर – भुजंगासन, शलभासन, धनुरासन
- 3.बैठकर – शशांकासन, योग मुद्रा, जानुशिरासन, पर्वतासन
- 4.खड़े होकर- ताड़ासन, तीर्यक ताड़ासन, कटिचक्रासन
- 5.प्राणायाम – सूर्यभेदी, शीतली प्राणायाम
- 6.जालन्धर बन्ध ।
- 7.मुद्रा – ज्ञान मुद्रा, वीतराग मुद्रा
- 8.क्रिया – मेरुदण्ड की क्रियाएँ ।
