

FACULTY OF PHYSICAL EDUCATION

SYLLABUS

FOR

BACHELOR OF PHYSICAL EDUCATION
(ONE YEAR COURSE)

EXAMINATION: 2013



GURU NANAK DEV UNIVERSITY
AMRITSAR

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PAPER-1: FOUNDATION OF PHYSICAL EDUCATION**Time: 3 Hours****Max. Marks: 100****Instructions for the Paper Setters:****Question paper will be divided into three sections as follows:**

- Section A:** The candidates are required to attempt all the ten questions in not more than five lines each and carrying two marks each. **10x02= 20 Marks**
- Section B:** The candidates are required to attempt eight out of twelve questions in not more than two pages each carrying six marks each. **08x06=48 Marks**
- Section C:** The candidates are required to attempt two out of four questions in not more than five pages each and carrying sixteen marks each. **16x02=32 Marks**

Unit-I**Introduction:**

1. Introduction, Meaning, definition of Physical Education
2. Aims and Objectives of Physical Education
3. Professional Qualifications and Personal Qualities of Physical Educator.
4. Write about Narrow and Broader Concept of Physical Education.
5. Scope of Physical Education in Modern Arena.
6. Role of Physical Education in General Education, Health Education and recreation
7. Physical Education: Discipline or Profession

Unit-II**Biological Foundation:**

1. Principles of Exercise Normal Load, Over Load, Crest Load
2. Meaning of Use, Disuse and Overuse in Physical Education
3. Growth and development of Curriculum in Physical Education.
4. Effect of heredity and environment on growth and development.
5. Body types and Performance
6. Structural and Functional differences in male or female
7. Physical Education as a Biological Science
8. Identification of Chronological, Physiological and Anatomical Ages

Unit–III**Psychological Foundation:**

1. Learning, Characteristics of Learning, Factors Influencing the Learning.
2. Domains of Learning – Cognitive Learning, Affective Learning, Psychomotor Learning, Methods of Learning.
3. Theories of Learning – Trial and Error, Insight of Gestalt Theory, Classical Condition Theory, Operant Conditioning.
4. Laws of Learning and Implication in Sports Situation. Transfer of Training.
5. Meaning of Play, Theories of Play.
6. Reflexes and Conditioned reflexes.

Unit–IV**Physiological Foundation:**

1. Sense and kinesthetic sense and performance.
2. Effects of exercise on Digestive Systems
3. Effects of Exercise of Nerves Systems
4. Effects of Exercise on Endocrine and Excretory Systems
5. Effects of exercise on Respiratory Systems

Unit–V**Sociological Foundation**

1. Social nature and learning of man. Social change, social value, social groups
2. Sociological aspects of Physical Education.
3. Social institutions and their influence.
4. National integration Through Physical Education
5. Leadership and qualities of good leader
6. Group dynamics, Influence of the Group on Individual and Vice Versa
7. Influence of the Group on Individual and Vice Versa
8. Competition and Co-operation.

Unit–VI**Philosophical Foundation:**

1. Realism and Physical Education
2. Idealism and Physical Education
3. Pragmatism and Physical Education
4. Naturalism and Physical Education
5. Existentialism and Physical Education
6. The Philosophical Approach of Physical Education

Unit–VII**Historical Foundation:**

1. Physical Education in Ancient and Modern India
2. Physical Education in Ancient Greece
3. Physical education in Sparta and Athens.
4. Physical education in Ancient Rome.
5. Physical Education In USSR
6. Physical Education in Europe
Germany, Spain, France, Great Britain, Sweden, Denmark
7. Physical Education in China and Japan

Unit–VIII**Major Sports Events**

1. Olympics Games, Winter Olympics, Para Olympics
2. Asian Games
3. SAF Games
4. Common Wealth Games.

*BACHELOR OF PHYSICAL EDUCATION***Unit–IX****Promotional Organizations Schemes:**

- 1 NSNIS
- 2 Teaching and Training Institutes of physical education
- 3 National Sports Awards (Rajiv Gandhi Khel Ratan Award, Arjuna Award, Daronacharya Award, Major Dhyan Chand Award, Maka Trophy)
4. YMCA and YWCA and its contribution in Physical Education.
5. SAI; Its Schemes and Contribution in Promoting Physical Education
6. Renowned Sports Personalities–Major Dhyan Chand (Hockey) , Milkha Singh (Athletics), Jarnail Singh (Football), Sachain Tendulkar (Cricket).
7. Indian Olympic Association.

Unit–X**Modern Arena of Physical Education:**

1. Professionalism in Physical Education
2. Yoga in Modern Living
3. Scientific Promotion of Physical Education
4. Changing Trends in Physical Education
5. Scientific Apparatus in Physical Education.

References:

1. Bucher Charles A. 1983 "Foundation of Physical Education"
The CV Mosby Company, Missouri.
2. Barrow M. Harold- 1973 " Man & Movement: Principles of Physical Education"
Henry Kimpton Publisher.
3. Felson Janet -1967 "Perspective & Principle of Physical Education"
John Wiley & Sons, New York.
4. Frost B. Reuben 1975 "Physical Education Foundation Principles"
Addison- Wesley Publishing Company.
5. Freeman H. William 1982 "Physical Education & Sports in Changing Society"
SS Chabra for Surjeet Publications, Kohlapur.
6. Harrison M. Joyce 1983 "Instructional Strategies for Physical Education"
Wm. C. Brown Company Publisher.
7. Khan Ahmed Araj 1964 "Histort of Physical Education"
Bhargava Bhushan Press, Varanasi.

PAPER-II: ANATOMY, PHYSIOLOGY AND HEALTH EDUCATION**Time: 3 Hours****Max. Marks: 100****Instruction for the Paper Setters:****Question paper will be divided into three sections as follows:**

- Section A:** The candidates are required to attempt all the ten questions in not more than five lines each and carrying two marks each. **10x02= 20 Marks**
- Section B:** The candidates are required to attempt eight out of twelve questions in not more than two pages each carrying six marks each. **08x06=48 Marks**
- Section C:** The candidates are required to attempt two out of four questions in not more than five pages each and carrying sixteen marks each. **16x02=32 Marks**

Unit-I**Introduction:**

- Introduction, Meaning and Definition of Anatomy and Physiology
- The role of Anatomy and Physiology in Physical Education
- Introduction to Human body, Basic Constituents of the living body- Cells, Tissues, Organs and Systems

Unit-II**Skeletal System:**

- Introduction of Skeletal System
- Bones and Joints of Skeletal System
- Types and Functions of Joints
- Classification of Joints

Unit-III**Muscular System:**

- Meaning and Types of Muscle, Voluntary, Involuntary and Cardiac
- Micro-scopic Structure of Muscle fiber
- Effect of Exercise on Muscular System
- Physical Changes during Muscle Contraction

Unit-IV**Circulatory System:**

- Heart ; Structure and Function
- Composition and Functions of Blood
- Mechanism of Blood Circulation
- Changes during Exercise in Heart beat, Stroke Volume, Cardiac Out-put and Blood pressure

Unit–V**Respiratory System:**

- a. Structure and Function Respiratory Systems
- b. Mechanism of Respiration, Vital Capacity, Exchanges of Gases
- c. Dynamic of Pulmonary Ventilation
- d. Effect of Training on Respiratory System

Unit–VI**Digestive System:**

- a. Organs and Mechanism of Digestion
- b. Structure and Function of Digestive System
- c. Digestion Absorption and Assimilation of food, metabolism
- d. Function of the liver and pancreas

Nervous System:

- a. Nervous System- Organs- Location and Function
- b. Brain and Its Part
- c. Central Nervous System and Peripheral Nervous System
- d. Autonomous Nervous System and Structure of Neuron

Unit–VII**Excretory System:**

- a. Excretory System -Organs of Excretory system , Structure of Function
- b. Structure and Function of Kidneys
- c. Acid base Balance- Skin Structure and Function
- d. Sweat Glands -Temperature Regulation

Unit–IX**Health Education:-**

- a. Meaning and definition of health education
- b. Meaning and concept of health
- c. Factors influencing-Health-Exercise, diet, climate, age, surrounding, occupation and heredity
- d. Guiding Principles of Health and Health Education

Unit–X**School Health Programme:**

- a. School Hygiene–School Building Ventilation and Light, Seating Arrangements, Water Supply Facilities and Play Grounds
- b. School Health Programme–Health Instruction, Health Supervision, Health Services and Medical Examination of Students

References:

1. Davis Andrew : Human Physiology, Horcouth Publisher, 2001.
2. E.W. April : Anatomy, Harwal Publishing Company, Pennsylvania, 1984
3. Frank. J. Cermey and Harold. W. Burton: Exercise Physiology for Health Care Professional, Human Kinetics New Zealand, 2001.
4. Mojumdar. Ram Mohan (Dr.): Anatomy and Physiology, Sports Publication, New Delhi, 2009.
5. Rod. R. Suley: Anatomy and Physiology, Idaho State University Philip Tata, U.S.A. 2003.
6. Singh, Inderbir, Textbook of Anatomy with Colour Atlas (3rd Edition), Jaypee Brothers, New Delhi, 2003.

PAPER–III: KINESIOLOGY & BIOMECHANICS**Time: 3 Hours****Max. Marks: 100****Instructions for the Paper Setters:****Question paper will be divided into three sections as follows:**

- Section A:** The candidates are required to attempt all the ten questions in not more than five lines each and carrying two marks each. **10x02= 20 Marks**
- Section B:** The candidates are required to attempt eight out of twelve questions in not more than two pages each carrying six marks each. **08x06=48 Marks**
- Section C:** The candidates are required to attempt two out of four questions in not more than five pages each and carrying sixteen marks each. **16x02=32 Marks**

UNIT–I

1. Meaning of Kinesiology, Aims and objectives of Kinesiology.
2. Origin and History of Kinesiology, Importance of Kinesiology in Physical education and coaching.

UNIT–II**Structure and Classification of Bones and their Functions.**

1. Meaning, Structure and Chemical composition of bones.
2. Functions and types of bones.
3. Meaning and types of joints.
4. Fundamental movement around the joints and Terminology.
5. Important Characteristics of movement.
6. Structure of following major bones.

I. Upper Extremities

- a. Clavicle
- b. Sternum
- c. Skull
- d. Scapula
- e. Humorous
- f. Radius
- g. Ulna

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- II. Bones of lower extremities
 - a. Femur
 - b. Patella
 - c. Hip Bone
 - d. Pelvic girdle
 - e. Tibia
 - f. Fibula
- 7. Plane and axis

UNIT–III

- 1. Cartilage and Types of Cartilage
- 2. Injuries, Types of Injuries, Causes of Injuries
- 3. Causes and Treatment of following injuries.
 - a. Sprain
 - b. Strain
 - c. Fracture
 - d. Muscle Cramp
 - e. Abrasion
 - f. Contusion
- 4. Strength, Endurance, Flexibility, Factors affecting the strength, Endurance and Flexibility.

UNIT–IV

- 1. Meaning and types of Muscles.
- 2. Functions and Properties of Muscles.
- 3. Types of Muscle Contraction.
- 4. Structure of skeleton muscle, sliding filament theory of muscle contraction.
- 5. Techniques of studies of Muscular analysis.

UNIT–V**Muscle of the lower Extremities:**

1. Gluteus group, Quadriceps group, Hamstring group Sartorius.
2. Muscle of the Thigh. Vastus lateralis, Vastus Medialis, Vastus Inter Medius, Biceps Femoris, semi membranous, Semitendinosus, Rectus femoris, gastrocnemius
3. Muscle of Ankle and Foot Peroneus, Peroneus longus Flexor digitorum longus, Flexor, Hallucis longus Tibialis anterior and Posterior, extensor Digitorum

UNIT–VI**Kinesiology of Posture:**

1. Posture, causes and correction of poor posture.
2. Common Deformities, their causes and treatment
 1. Kyphosis 2. Scoliosis 3. Lordosis 4. Flatback 5. Knockknee
 6. Flatfoot 7. Bowl legs.
3. The selection and evaluation of exercise for conditioning and corrective purpose

UNIT–VII**BIOMECHANICS:**

1. Meaning of Biomechanics, Role of Biomechanics in Physical Education.
2. a. Motion, Types of Motion, Newton's Laws of Motion
 - b. Distance, Displacement (Linear and Angular).
 - c. Speed and Velocity (Linear and Angular).
 - d. Acceleration and deceleration. (Linear and Angular).
 - e. Movement of inertia.

UNIT–VIII

1. Equilibrium, Stability and its Principles.
2. Spin, Rebound, Projectile, Impulse.
3. Biomechanics of Jump–Long Jump, High Jump
4. Biomechanics of throwing- Short put, Javelin, Discus
5. Biomechanics of Hitting, Catching, Pushing, Running

UNIT–IX

1. Work, Power, Energy and Types of Energy, Transformation of Energy.
2. Force, Its types, Factors determining the force.
3. Concept of centripetal and centrifugal forces.
4. Moment of force
5. Lever and Different types of lever and mechanical advantage of lever.

UNIT–X

1. Application of Kinesiology to Motor skill of Daily Living.
 - a. Walking
 - b. Stair Climbing
 - c. Lifting and Carrying
 - d. Sitting
 - e. Pushing and Pulling
2. Centre of gravity and factors affecting the center of gravity

Reference Books:

1. Barry, L. and Jack K.N.: Practical Measurements for Evaluation in Physical Education, Burger Publication, 1982."
2. Foxel and Mathews D.K.: The Physiological Basis of Physical Education and Athletics, Saunder's College Publishing, 1985."
3. Gengenbach S. Marianne: Conservative Management of Sports Injuries, Williams and Wilkins Publication, 1996.
4. Hoffman J. Shir and Harris C. Janet: Introduction to Kinesiology Studding Physical Activities, Human Kinetics Publication, 2000.
5. Oatis A. Carol: Kinesiology the Mechanics of Pathomechanics of Human Movement, Publication Lippincott Williams and Wilkins, 2004.
6. Rasch J. Philip and Burke K. Roger: Kinesiology and Applied Anatomy the Science of Human Movement, Henry Kinton Publication, 1975.
7. Uppal .A.K.: Biomechanics in Physical Education and Exercise Science, Friends Publication, 2004.
8. Zatriorsky M. Vladimis: Kinetics of Human Motion, Human Kinetics Publication, 2002.

PAPER–IV: SPORTS MANAGEMENT**Time: 3 Hours****Max. Marks: 100****Instructions for the Paper Setters:****Question paper will be divided into three sections as follows:**

- Section A:** The candidates are required to attempt all the ten questions in not more than five lines each and carrying two marks each. **10x02= 20 Marks**
- Section B:** The candidates are required to attempt eight out of twelve questions in not more than two pages each carrying six marks each. **08x06=48 Marks**
- Section C:** The candidates are required to attempt two out of four questions in not more than five pages each and carrying sixteen marks each. **16x02=32 Marks**

Unit–I**Introduction:**

- a) Introduction, Meaning and Definition of Sports Management
- b) Meaning, Definition of Organization and administration
- c) Need ,Importance and Scope of Sports Management
- d) Principles of Organization and Administration
- e) Guiding principles of Management

Unit–II**Management Organization and Structure**

- a. Management of Physical Education and Sports at:-
 - I. Schools
 - II. Colleges
 - III. Universities
 - IV. Clubs and Associations
- b. System of Management Organization
- c. Laying of Swimming-Pool and Gymnasium

UNIT–III**Management Techniques**

- a) Management Skill and Procedures: Communicating, Staff Meeting, Office Management, Policies and Procedure
- b) Financial Management
 - I. Introduction and Function
 - II. Meaning, Concept and Need of Budget
 - III. Budgeting- Types of Budget
 - IV. Criteria of good Budget Organization
 - V. Budget Report, Accounting and Audits

UNIT–IV**Curriculum:**

- a) Meaning, Definition and Modern Concept of Curriculum.
- b) Need for Change in Curriculum
- c) Principles and Techniques of Curriculum Development.
- d) Steps and Factors Effecting Curriculum Development

UNIT–V**Programme Management:**

- a) Management of Programme, Facilities, Equipments and Supplies
- b) Management of Competition and Participation
 - I. Intramural
 - II. Inter -College
 - III. Inter-School
 - IV. Handicapped Sports

UNIT–VI**Supervision in Managements:**

- a) Meaning and Importance of Supervision.
- b) Need and Concept of Supervision
- c) Principles of Supervision
- d) General Methods of Supervision

Unit–VII**Class Managements:**

- a) Importance of Class Management
- b) Principles of Class Management
- c) Meaning and Steps in Class Management
- d) Important Considerations for Good Class Management

Unit–VIII**Teaching methods and lesson Planning**

- (a) Teaching Methods : Meaning and Importance
- (b) Scope of Teaching Methods
- (c) Factors effecting teaching methods
- (d) Lesson plan: Importance and need of Lesson plan
- (e) Types of lesson plan

Unit–IX**Classification:**

- a) Meaning and Importance of Classification
- b) Method of Classification
- c) Factors effecting classification
- d) Classification of Physical Activities

Unit-X**Time-Table Management:**

- (a) Need and Importance of Time-Table Management .
- (b) Principles of preparing a time-Table
- (c) Factors effecting Time-Table
- (d) Teacher Pupils Ratio and Teaching load

REFERENCES:

1. Allen, L.A.: Management & Organization, Koga Kusha Co. Tokyo.1988.
2. Bucher, Charles A.: Administration of Physical Education & Athletic Programs, C. V. Mosby Company, London, 1983.
3. Chakraborty, S.: Sports Management, New Delhi, Sports Publication, 1995.
4. Daughtrey & Woods: Physical Education and Intramural Programs; Organization and Administration, W.B. Saunders Company, Toronto, 1976.
5. Harrison, Joyce M: Instructional Strategies for Physical Education, Wm. C. Brown Company Publishers Dubuque, Iowa, 1983.
6. Horine, Larry: Administration of Physical Education and Sports Program (Second Edition) Wm. C. Brown Publisher, 1991.
7. Kamlesh, M. L.: Management Concept in Physical Education and Sports, New Delhi, Metropolitan Book Co. Pvt. Ltd., 2000.
8. Metzler, Michael W.: Instructional Supervision for Physical Education, Human Kinetics Books Publishers, Champaign, Illinois, 1952.
9. Penman, Kenneth A.: Planning Physical Education & Athletic Facilities In School, John Wiley & Sons Publishers, New York, 1977.
10. Sivia G.S.: Sports Management in Universities, New Delhi, A.I.U. Deen Dyal Upadhyaya Marg.1991.

PAPER-V: OFFICIATING AND COACHING**Time: 3 Hours****Max. Marks: 100****Instructions for the Paper Setters:****Question paper will be divided into three sections as follows:**

- Section A:** The candidates are required to attempt all the ten questions in not more than five lines each and carrying two marks each. **10x02= 20 Marks**
- Section B:** The candidates are required to attempt eight out of twelve questions in not more than two pages each carrying six marks each. **08x06=48 Marks**
- Section C:** The candidates are required to attempt two out of four questions in not more than five pages each and carrying sixteen marks each. **16x02=32 Marks**

Unit-I

1. Importance and Principles of Officiating.
2. Qualities of good Officials.
3. Relation of Officials with Managements, Players, Coaches and Spectators.

Unit-II

1. Duties of Officials
 - a. Pre-game
 - b. During Game
 - c. Post Game
2. Measures for Improving the Standard of Officials

Unit-III

Rules of Different games and Dimensions of Play fields:-

- a. Badminton
- b. Basketball
- c. Cricket
- d. Football
- e. Handball
- f. Hockey
- g. Kabaddi
- h. Kho-Kho
- i. Softball
- j. Volleyball

Unit–IV

1. Number of Officials and their Specific Duties in Different Games
 - a. Athletics (Track and Field Events)
 - b. Basketball
 - c. Cricket
 - d. Football
 - e. Handball
 - f. Hockey
 - g. Kabaddi
 - h. Kho-Kho
 - i. Softball
 - j. Volleyball
2. Preparation of Score Sheet

Unit–V

1. Lay out of Standard Athletic Track. Points to keep in mind while Laying out Track,
2. Dimension and Marking of Standard Track.
3. Meaning of Doping and Its Interpretation

Unit–VI

Method of Drawing Fixtures in the Following types of Tournaments and Competitions:

- a. Knock out
- b. League
- c. Combination

Unit–VII

1. Fundamentals of conditioning
 - a. Warming-up and Cooling down
 - b. Principles of Training
2. Methods of Conditioning and Training
 - a. Circuit Training
 - b. Interval Training
 - c. Weight Training
 - d. Fartlek Training
 - e. Plyometrics
 - f. Isotonic
 - g. Isometric

Unit–VIII

1. Meaning of Coach and Coaching
2. Principles of Coaching
3. Qualities and Qualifications of good coach

Unit–IX

1. Coaching Aids and Devices
2. Preparation of Sports Coaching lessons
3. Safety in Games and Sports
4. Difference between Teaching and Coaching

Unit–X

1. Evaluation in Coaching
2. Features of good Evaluation
3. Various Methods of Appraisal
4. Importance of Coach and Player in Evaluation
5. Values and uses of Records

References:

- 1) Brar. T.S. "Officiating Techniques in Track and Field" Gwalior Bhargave Press, 2002
- 2) Billie J. Jones, L. Janetb Wells: Guide to Effective Coaching Principles and Practice, Library of Congress Cataloging in Publication Data (Main entry under Title), Printed in the USA, Copyright,1982.
- 3) Desouza A.J. "Track Geography and Fields Sides" Chennai. DBAC Sports Envision., 1999
- 4) H.R.H. The Princess Anne: Coach Education, Preparation for a Profession, British Liabrarry Cataloging in Publication Data, 1986.
- 5) John Li. Bann: Scientfic Principles of Coaching, 1972 by Prentice- Hall, INC. Englewood Cliffe, New Jersey.
- 6) John D. Lawther: Psychology of Coaching, Prentice–Hall, INC. Englewood Cliffe, New Jersey, Copyright-1951.
- 7) Jack H. Lulewellgn, Judy A. Blucker: Psychology of Coaching, Theory and Application, Surjeet Publication.
- 8) Leonard, Richard: The Administration Side of Coaching," West Uirginia Universty, 2005.
- 9) Rawat, Ashok Kumar: Coaching in Sports “Sports Publication”, New Delhi, 2009.

PAPER–VI: YOGA

Time: 2 Hours

Max. Marks: 50

Instructions for the Paper Setters:**Note: Questions paper will be divided into three sections as follows;**

- Section A:** The candidates are required to attempt all the ten questions in not more than five lines each and carrying one marks each. **10x01= 10 Marks**
- Section B:** The candidates are required to attempt eight out of twelve questions in not more than two pages each carrying three marks each. **08x03=24 Marks**
- Section C:** The candidates are required to attempt two out of four questions in not more than five pages each and carrying eight marks each. **02x08=16 Marks**

Unit–I**1. Introduction :-**

- a. Definition of Yoga, Aims and Objectives of Yoga, Yoga as a Science and Art.
- b. Streams of yoga-Karma Yoga, Bhakti Yoga, Gyana Yoga, Raj Yoga, Hatha Yoga, Mantra Yoga, Kundalini Yoga.

2. Brief History of Yoga:-

- a. Yoga history through Indus Valley civilization, Yoga history through Pre-vedic Period and past vedic periods.
- b. Eight limbs of Astang Yoga–Yama, Niyama, Prahayama, Pratyahara, Dharana, Dhyana, Samadhi, Patanjali Yoga, Sutra.

Unit–II

- a) Surya Namaskar guiding Principles of Surya Namaskar
- b) Proper Techniques and Benefits and Applications of These Asanas for various Purpose.
 - I. Meditative Asana- Sukh Asana, Siddha Asana, Padma Asana
 - II. Relaxative Asana- Shava Asana, Makara Asana,
 - III. Culture Asana- Bhujang Asana, Chakras Asana, Dhanuras Asana, Gomuk Asana, Hal Asana, Matsya Asana, Salab Asana, Ardhamatsyendra Asana, Mayuras Asana, Virbh Asana

Unit–III

1. Meaning and Method of Meditations
2. Benefits of Meditations
 - a. Mantra Meditation
 - b. Breathing Meditation
 - c. Silent Meditation
3. Application of Yogic Practices in re-habilitation, Sports Physical Education
Wellness- Psycho-therapy

Unit–IV

1. Yoga and Diet–The Yogic concept classification of foods, Tamestic foods, Rajasic foods, Satic foods
2. Diet and its Importance in Cure of certain disorders, Importance of Fruit and Vegetables in Diet
3. Spiritual Yoga (Adyatma Yoga) and Applied Yoga (Lokika Yoga)

Unit–V

1. Verities of Pranayama, Techniques and Benefits of Ujjai, Bhastrika, Shitli/ Sitkri and Bhramari Pranayamas
2. Techniques of Bhadras–Jhiva, Jalandhar, Uddiyan, Mool
3. Shudhi Kriyas–Techniques and Effects of Jal neti, Sutra neti, Kapal Bhatti, Nauli and Vaman Dhauti

References:

1. Anand, Omprakash. Yog Dawra Kaya Kalp, Kanpur, Sewasth Sahitya Perkashan, 2001.
2. Aladar Kogler : Yoga for Every Athlete (Secrets of an Olympic Coach), Jaico Publishing House, Delhi, 1999.
3. Kirak Martin: Hatha Yoga Illustrated, Human Kinetics Publication, 2004.
4. Kumar Amresh (Prof.): Yoga for Health and Body, Publisher by Khel Sahitya Kendra, Delhi, 2007.
5. Kaul H. Kumar: Aspect of Yoga, B.R, Pulishing Co–Operation New Delhi, 1994.
6. Leslie Kaminoff : Yoga Anatomy, Human Kinetics, USA, 2007.
7. Rana. Asha: Yoga and Health Promotion in Schools, Sports Publications, New Delhi, 2006.
8. Sarin, N., Yoga Dawara Ragoon Ka Upchhar, Khel Sahitya Kendra, 2003.
9. Sri, Swami Rama, Breathing, Rishikesh Sadhana Mandir Trust, 2001.
10. Sumukhi. Finney: The Yoga Hand Book (A Guide to in Hencing Physical Mental and Spiritual Well Being), 2003.
11. Swami, Ram, Yoga & Married Life, Rishikesh Sadhana Mandir Trust, 2000.

PAPER–VII: RECREATION**Time: 2 Hours****Max. Marks: 50****Instructions for the Paper Setters:****Note: Question paper will be divided into three sections as follows:**

- Section A:** The candidates are required to attempt all the ten questions in not more than five lines each and carrying one marks each. **10x01= 10 Marks**
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- Section C:** The candidates are required to attempt two out of four questions in not more than five pages each and carrying eight marks each. **02x08=16 Marks**

Unit–I

- a. Meaning and definition of Recreation.
- b. Aims, Objective and Scope of Recreation
- c. Types of Recreation

Unit–II

- a. Agencies which provide Recreation in India.
- b. Recreation in India.
- c. Rural Recreation and Urban Recreation.

Unit–III

- a. Recreation Leadership
- b. Why need of Recreation leader.
- c. Duties and Qualifications of Recreation leader.
- d. Organization of Recreational activities

Unit–IV

- a. Camping
- b. Need and Function of Company.
- c. Organization of camp
- d. Types and Facilities required for camp.

Unit-V

- a. Preparation of Gardening
- b. Soil and watering.
- c. Maintenance of Garden and lawn Hobbies and their educational importance.

References:

1. Chand Shareed and Deepak Jain: Leisure and Recreation Activities, Sports Publication, 2005.
2. Mishra. S.C.: Leisure and Recreational Activities, Sports Publication, New Delhi, 2006.
3. Sharma.O.P.: Play Ground Construction and Dimension Sports Publications, New Delhi, 1997.
4. Shivers S. Jay: Introduction to Recreational Service Administration, Friends Publications, Delhi, 1997.
5. Welter .C and David Auxter: Principles and Method of Adopted Physical Education at Recreation, USA, 2001.
6. Zeigler Earle F.: Whatever Happened to the Good life (Recreation Quotients), Sports Education, New Delhi, 2007.