

Proposed Syllabus
 Bachelor of Physical Education
 (B.P.Ed.) - Two Year
 Programme-Semester System
 Admission Criteria

Eligibility	Has passed +2 examinations from the CBSC/ Punjab School Education Board or any other examination recognized as equivalent to with at least 50% Marks and 5% relaxation for SC/ST students. Age should not be more than 24 years with one year relaxation to SC/ST students
Entrance test	Written test - 50 Multiple Choice Questions (MCQ) Physical Proficiency Test - Canadian Fitness Test
Sports Achievement	As per the Sports Policy of Ministry of Sports, Govt. of India
NCC/NSS	As per the policy of concern university

Scheme of Study

DIPLOMA IN PHYSICAL EDUCATION (D.P.ED) TWO YEAR COURSE
 PART-I (SEMESTER-I, II, III & IV)

Notes:

1. Syllabi of every course should be revised according to the NCTE.
2. Revised syllabi of each semester should be implemented in a sequential way.
3. In courses, where minor topics related to governmental provisions, regulations or that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
4. All formalities for revisions in the syllabi should be completed before the end of the Semester for implementation of the revised syllabi in the next academic year.
5. During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulty in the examinations of revised syllabi.
6. In case, the syllabus of any course is carried forward within any revision, it shall not be counted as revised in the revised syllabi.

Syllabus Diploma in Physical Education - Two Year (Semester System)

Part	Particular	Marks
Part-A	Theory	1600 Marks
Part-B	Practical	1380 Marks
Part-C	Teaching Practice	200 Marks
Part-D	Project Meet	20 Marks
Part-E	Internship	Compulsory
Total		3200 Marks

**DIPLOMA IN PHYSICAL EDUCATION (D.P.ED) TWO YEAR COURSE
PART-I (SEMESTER-I, II, III & IV)**

Semester-I

Paper	Title of the Papers	Total Hours	Internal Marks	Project Work	External Marks	Total Marks
1.	Officiating Coaching	70	20	10	70	100
2.	History, Principles and Foundation of Physical Education	70	20	10	70	100
3.	Educational and Sports Psychology	70	20	10	70	100
4.	Anatomy and Physiology	70	20	10	70	100
Paper	Title of the Papers	Total Hours	Internal Marks	Project Work	External Marks	Total Marks
1	Track & Field (Sprints-100,200,400, Long Jump and Triple Jump)	15				50
2	Gymnastic ✓	15	5		45	50
3	Football	15	5		45	50
4	Volleyball ✓	15	5		45	50
5	Basketball ✓	15	5		45	50
6	Softball	15	5		45	50
7	Lead-up Games	15	4		16	20
8	Lezujim	15	2		8	10
9	National Anthem	15	2		8	10
10	Picnic	15	2		8	10
11	Movement Lesson (Action Song and Motion Song) ✓	36	25		25	50

* Students will visit Elementary Schools for Teaching Practice at least for 7 days (36 hours).

**DIPLOMA IN PHYSICAL EDUCATION (D.P.ED) TWO YEAR COURSE
PART-I (SEMESTER-I, II, III & IV)**

Semester-II

Paper	Title of the Papers	Total Hours	Internal Marks	Project Work	External Marks	Total Marks
1.	Officiating Coaching	70	20	10	70	100
2.	Recreation and Yoga	70	20	10	70	100
3.	Methods of Teaching value education in physical education	70	20	10	70	100
4.	Sports Training	70	20	10	70	100
Paper	Title of the Papers	Total Hours	Internal Marks	Project Work	External Marks	Total Marks
1	Track & Field- (Hurdles(110-M, 100-G), Relay (4X100, 4X400), Shot-put and Discus)	15				50
2	Gymnastic	15	5		45	50
3	Handball	15	5		45	50
4	Cricket	15	5		45	50
5	Badminton	15	5		45	50
6	Table Tennis	15	5		45	50
7	Folk Dance	15	4		16	20
8	Dumbbell	15	2		8	10
9	Flag Hosting	15	2		8	10
10	Game Lesson	36	25		25	50

* Students will visit Secondary Schools for Teaching Practice at least for 7 days (36 hours).

Syllabus Diploma in Physical Education - Two Year (Semester System)

**DIPLOMA IN PHYSICAL EDUCATION (D.P.ED) TWO YEAR COURSE
PART-I (SEMESTER-I, II, III & IV)**

Semester-III

Paper	Title of the Papers	Total Hours	Internal Marks	Project Work	External Marks	Total Marks
1.	Officiating Coaching	70	20	10	70	100
2.	Health Education	70	20	10	70	100
3.	Applied Physiotherapy and Rehabilitation	70	20	10	70	100
4.	Organization and Administration	70	20	10	70	100

Paper	Title of the Papers	Total Hours	Internal Marks	Project Work	External Marks	Total Marks
1	Track & Field (Middle Distance-800 and 1500 and Long Distance-10000 and 5000, Pole Vault, High Jump)	15	5		45	50
2	Gymnastic	15	5		45	50
3	Hockey	15	5		45	50
4	Kabaddi	15	5		45	50
5	Kho-Kho	15	5		45	50
6	Wrestling	15	5		45	50
7	Indian Club	15	2		8	10
8	Drill and March	15	4		16	20
9	Mass PT Table	15	4		16	20
10	Theory lesson and General lesson	36	25		25	50

* Students will visit High Schools for Teaching Practice at least for 7 days (36 hours).

**DIPLOMA IN PHYSICAL EDUCATION (D.P.ED) TWO YEAR COURSE
PART-I (SEMESTER-I, II, III & IV)**

Semester-IV

Paper	Title of the Papers	Total Hours	Internal Marks	Project Work	External Marks	Total Marks
1.	Officiating Coaching	70	20	10	70	100
2.	Nutrition and Balance Diet	70	20	10	70	100
3.	Test, Measurement and Evaluation in Physical Education	70	20	10	70	100
4.	Sociology, Leadership and Social Welfare	70	20	10	70	100

Paper	Title of the Papers	Total Hours	Internal Marks	Project Work	External Marks	Total Marks
1	Track & Field (Decathlon and Heptathlon, Javelin and Hammer Throw)	15	5		45	50
2	Gymnastic	15	5		45	50
3	Judo	15	5		45	50
4	Boxing	15	5		45	50
5	Swimming	15	5		45	50
6	Yoga	15	5		45	50
7	Aerobic	15	4		16	20
8	Hoops	15	2		8	10
9	Trekking	15	2		8	10
10	Athletics lesson	36	25		25	50

* Students will visit Secondary Schools for Teaching Practice at least for 7 days (36 hours).

DIPLOMA IN PHYSICAL EDUCATION (D.P.ED)
TWO YEAR COURSE
Semester - I
Theory - Part A

Sr. No.	Title of the Papers	Total Hours	Total Marks
1.	Officiating Coaching	70	100
2.	History, Principles and Foundation of Physical Education	70	100
3.	Educational and Sports Psychology	70	100
4.	Anatomy and Physiology	70	100

Semester-I
Paper-I
Officiating and Coaching

Total Marks	:	100
Theory	:	70
Internal Assessment	:	10
Project Work	:	20

Note: Nine questions will be set. Question number one will be compulsory of 20 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting two from each unit and each question will carry 12½ marks.

UNIT-I

Introduction of Officiating and Coaching

- Concept of officiating and coaching
- Importance and principles of officiating
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

UNIT-II

Rules and Regulations of Games and Athletic events:

- Track & Field (Sprints-100,200,400, Long Jump and Triple Jump)
- Gymnastic, Football, Volleyball, Basketball and Softball
- Score sheets and officials of different games and athletics.

Specifications of different Play Field :

- Gymnastic
- Football
- Volleyball
- Basketball

Students' Performance in Physical Education (Two Year Semester System)

A. Students	
Offered for 3 yrs 4 sems:	
• Department	
• Physical	
• Aerobic	
• Prolonged	
• Softball	

Students are required to submit a project report on officiating any of the above mentioned game. The same project will be submitted to the teacher concerned and evaluated by the Committee of three Teachers of the Department including HOD of the department. The awards will be submitted separately like Seasonal Marks.

Paper-II

History, Principles and Foundation of Physical Education

Total Marks	:	100
Theory	:	70
Internal Assessment	:	10
Project Work	:	20

Note: Nine questions will be set. Question number one will be compulsory of 20 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting two from each unit and each question will carry 12½ marks.

UNIT-I

Introduction

- Meaning, Definition and Scope of Physical Education
- Aims and Objective of Physical Education
- Importance of Physical Education in present era
- Misconceptions about Physical Education
- Relationship of Physical Education with General Education
- Physical Education as an Art and Science
- Indus Valley Civilization Period. (3250 BC 2500 BC)
- Vedic Period (2500 BC 600 BC)
- Early Hindu Period (600 BC 320 AD) and Later Hindu Period (320 AD 1000 AD)
- British Period (Before 1947)
- Physical Education in India (After 1947)
- Philosophical Foundation
 - Idealism
 - Pragmatism
 - Naturalism
 - Realism
 - Humanism and Existentialism

UNIT-II

- Definition, aims and objectives of physical education.
- Importance of physical education in the modern age.
- Relationship of physical education with Health Education and Recreation.
- Meaning of terms Physical Culture, Physical Training, Drills, Games and Sports Gymnastics.
- Brief History of Physical Education in Ancient Greece.
- Modern Olympic Games-A comparison with Ancient Olympics.
- Asian Games.
- Awards and Incentives: Arjuna Award, Daronacharya , Maharaja Ranjit Singh Award.
- Sports Schemes in India.
 - a) Sports Authority in India.
 - b) Punjab Sports Department.
 - c) Punjab State Sports Council.

Project Work

Project on the history of Major Tournament in India after Independence. The same project will be submitted to the teacher concerned and evaluated by the Committee of Three Teachers of the Department including HoD of the department. The awards will be submitted separately like Sessional Marks.

Paper-III
Educational and Sports Psychology

Total Marks	:	100
Theory	:	70
Internal Assessment	:	10
Project Work	:	20

Note: Nine questions will be set. Question number one will be compulsory of 20 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting two from each unit and each question will carry 12½ marks.

UNIT-I

Introduction

- Meaning, Importance and scope of Educational and Sports Psychology.
- General characteristics of Various Stages of growth and development.
- Types and nature of individual differences; Factors responsible-Heredity and environment
- Meaning, Definition and importance of sociology in physical education and sports
- Nature of learning, theories of learning, Laws of learning
- Plateau in Learning; & transfer of training
- Meaning and definition of personality, characteristics of personality

UNIT-II

Sports Psychology

- Dimension of personality, personality and sports performance.
- Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance.
- Mental Preparation Strategies: Attention focus, Self-talk, Relaxation, Imaginary
- Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety
- Meaning and nature of stress; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance

Project Work:

Students under the supervision of teacher will prepare a Personality profile of outstanding sports person. The same project will be submitted to the teacher concerned and evaluated by the Committee of Three Teachers of the Department including HoD of the department. The awards will be submitted separately like Sessional Marks.

REFERENCE

1. Blair, J. & Simpson, R. (1962). Educational psychology, New York:McMillan Co.
2. Cratty, B. J. (1968). Psychology and physical activity. Eaglewood Cliffs. Prentice Hall.
3. Kamlesh, M.L. (1998). Psychology in physical education and sport. New Delhi:Metropolitan Book Co.
4. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). Sport and social system. London: Addison Wesley Publishing Company Inc.
5. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). Sports culture and society. Philadelphia: Lea &Febiger.

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- 6 Mathur, S.S. (1962) Educational psychology. Agra VinodPustakMandir
- 7 Naimner, C.E. (1984) Educational psychology New Delhi: Prentice Hall of India.
- 8 William, F.O & Nevet, F.N (1979) A handbook of sociology. New Delhi: Eurasia Publishing House Pvt Ltd

Paper-IV
Anatomy and Physiology

Total Marks	100
Theory	70
Internal Assessment	10
Project Work	20

Note: Nine questions will be set. Question number one will be compulsory of 20 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting two from each unit and each question will carry 12½ marks.

UNIT - I

Anatomy and Physiology:

- Meaning and its Importance.
- Human Cell: Structure and its function.
- Tissue: Structure and its types.
- Bones: General structure of the bone, various kinds of bones, function of bones.
- Structure of Bones: Scapula, Upper limbs, Lower limbs, Sternum and Ribs.
- Joints: Its types, structure and movement.
- Muscles: Meaning and Structure of various kinds of Muscles and their functions.
- Classification of muscles: Classification of muscles according to their structure.

UNIT-II

Respiratory System:

- (a) Organs of Respiration and their structure.
- (b) Mechanism of respiration.
- (c) Exchange of gases.
- (d) Oxygen debt.

Digestive System:

- (a) Organs, Structure and Functions of Digestion.
- (b) Structure of stomach, small intestine and large intestine and their function.
- (c) Absorption and assimilation of food.
- (d) Metabolism.

Circulatory System:

- (a) Organs
- (b) Structure of Heart, Artery and Vein and their functions.
- (c) Blood, its constituents and functions.

Excretory System:

- (a) Organs of Excretion.
- (b) Structure of function of skin, kidney and lungs.

Nervous System:

- (a) Central Nervous System.
- (b) Structure of Brain and Spinal Column
- (c) Neuromuscular Co-Ordination.

PROJECT WORK

Students under the supervision of teacher will prepare models on different systems using charts,

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... and etc. The same project will be submitted to the teacher concerned and evaluated by the committee of Three Teachers of the Department including HoD of the department. The awards to be submitted separately like Sessional Marks.

DIPLOMA IN PHYSICAL EDUCATION (D.P.ED)
TWO YEAR COURSE
Semester - I
Practical - Part B

Sr. No.	Title of the Papers	Total Hours	Total Marks
1	Track & Field (Sprints-100,200,400, Long Jump and Triple Jump)	15	50
2	Gymnastic	15	50
3	Football	15	50
4	Volleyball	15	50
5	Basketball	15	50
6	Softball	15	50
7	Lead-up Games	15	20
8	Lezuim	15	10
9	National Anthem	15	10
10	Picnic	15	10

D.P.Ed. - Semester - I
PART-B (Activity - Skill and Prowess)
ATHLETICS (Track and Field)

Max. Marks: 50 Marks
Practical: 45 Marks
Internal Assessment: 05 Marks

Objectives:-

1. History of athletics (Track and Field) for men and women including important competitions and personalities of national and international repute.
2. Introduction of the event and its historical development with special reference to India.
3. Knowledge of equipment of international standard required in the sport/event.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of each event.
6. Importance of hygiene for an athlete.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Sprinting Events:

- Correct running style emphasizing on proper body position.

Syllabus Diploma in Physical Education - Two Year (Semester System)

- Crouch start and its variations - fixing of the starting blocks, getting off the block
- Practice of starts with blocks using proper and different commands.
- Finishing techniques - Run Through, Forward Lunge and Shoulder Shrug.
- Rules & regulation of sprinting event.

High Jump:

- Techniques:- Hang and Running in the Air Techniques.
- Teaching Stages: Approach run, take off, flying phase and landing.
- Measurement of Long Jump Arena.
- Rules & Regulations for Competition.

Triple Jump:

- Teaching Stages: Approach run, take off and landing for hop, step & jump, Flying phase and landing
- Measurement of Triple Jump Arena
- Rules & Regulations for Competition

Evaluation Plan (Equal distribution of marks)

- Performance Test,
- Oral/ written Test.
- Professional Attitude, and
- Assignments.

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D.P.Ed. - SEMESTER - I
PART-B (Activity - Skill and Prowess)
GYMNASTICS (Men and Women)

Max. Marks: 50 Marks
Practical: 45 Marks
Internal Assessment: 05 Marks

Objectives:-

1. History of Gymnastics for men and women including important competitions and personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to India.
3. Knowledge of equipment of international standard required in the game/sport.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of each event/item of gymnastics.
6. Importance of hygiene for a gymnast.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS
(MEN SECTION)

Developmental Exercises

- Exercises on wall bars, exercises on heavy beam, rope climbing, exercises with medicine ball, pyramid formations and stunts.

Floor Exercises

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- Forward roll, backward roll, sideward roll, cart wheel, hand stand and forward roll, backward roll to hand stand, Diving forward roll, side split, head stand, different kind of scale, dive roll from best board and round off.

FUNDAMENTAL SKILLS
(WOMEN SECTION)

Floor Exercise

- Rolls-forward and backward, hand stand and roll forward, cartwheel and cat leap.

Evaluation Plan: (Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

D.P.Ed.-SEMESTER - I
PART-B (Activity – Skill and Prowess)
FOOTBALL

Max.Marks:50 Marks
Practical: 45 Marks
Internal Assessment: 5 Marks

Objectives:-

1. History of football including important tournaments and distinguish personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to India.
3. Knowledge of equipment of international standard required in the game/sport.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of the game.
6. Importance of hygiene for a football player.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Kicks:

- Kicking with the inside of the foot.
- Kicking with the instep of the foot.
- Kicking with the outer instep of the foot.
- Lofted kick.

Trapping:

- Trapping rolling ball – with the inside, sole and instep of the foot.
- Trapping bouncing ball with the sole.

Dribbling:

- With the instep of the foot.
- With the inside of the foot.

- With the outer instep of the foot.

Heading:

- From standing, running and jumping.

Pointing:

- With the lower limb and with the upper part of the body.

Tackling:

- Simple and slide tackling.

Goal Keeping:

- Collection of balls.
- Ball clearance – Kicking, throwing and deflecting.

Elementary formations and systems of play

Functional training

Lead up games/ side games

ADVANCE SKILLS

Kicking:

- Chip, in-swing and out-swing.
- Volley (low drive, back volley and scissors volley).
- Half volley.

Ball Reception and Control:

- Receiving the rolling ball with inside and out side of the foot and changing direction.
- Trapping the bowling ball with the abdomen.
- Trapping the bowling ball with the lower leg.
- Receiving the bowling ball with the inside and outside of the foot and changing the direction.
- Receiving the flying ball with the inside, instep thigh, chest and head.

Dribbling:

- Controlled dribbling, fast dribbling, straight dribbling, zigzag dribbling and dribbling around/between obstacles.

Heading:

- From running and jumping, heading for long distance and downward heading.

Evaluation Plan: (Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

D.P.Ed.-Semester - I
PART-B (Activity - Skill and Prowess)
VOLLEYBALL

Max.Marks:50 Marks

Practical: 45 Marks

Internal Assessment: 05Marks

Objectives:-

1. History of Volleyball including important tournaments and distinguish personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to India.
3. Knowledge of equipment of international standard required for the game.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of the game.
6. Importance of hygiene for a volleyball player.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Player's Stance-while receiving and passing the ball.

Passes (overhead and underhand):-

The Volley (overhead pass) and the dig (underhand pass).

Serves: Under arm serve, side arm serve, tennis serve, Round arm serve, float serve and smash serve.

Spike/ Smash: Straight arm spike and round arm spikes.

Blocks: Single block.

ADVANCE SKILLS

Pass:-Back pass, Back roll volley, Back roll dig, Side roll dig and Jump and pass.

Serve: Side arm floater and overhead floating serve.

Spike:Spiking cross the court and spiking down the court.

Block:Double block and triple block.

Dive:Dive combined with dig (One handed) and dive combined with dig (Two handed).

Systems of Play: 5 - 1 and 4 -2 systems of play with rotation of serve.

NOTE: Advance skills may be taught during the specialization in the fourth year of D.P.Ed.

Lead-up Games:

Evaluation Plan:(Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments

D.P.Ed. - Semester - I
PART-B (Activity - Skill and Prowess)
BASKETBALL

Max. Marks: 50 Marks
Practical: 45 Marks
Internal Assessment: 05Marks

Objectives:-

1. History of Basketball including important tournaments and distinguish personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to India.
3. Knowledge of equipment of international standard required in the game/sport.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of the game.
6. Importance of hygiene for a basketball player.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Player/s Stance and Ball Holding.

Passing and Receiving:

- Two hand chest pass
- Two hand bounce pass
- One hand base ball pass
- Side arm pass
- Over head pass
- Hook pass

Receiving:

- Two hand receiving
- One hand receiving
- Receiving in stationery position
- Receiving while running
- Receiving while jumping

Receiving:

- Start and stop dribbling
- High and low dribbling
- Reverse dribbling
- Rolling dribbling

Shooting:

- Lay-up shot and its variations
- One hand set shot
- One hand jump shot
- Hook shot
- Free throw

Rebounding:

- Defensive rebound
- Offensive rebound
- Knock out
- Rebound organization

Individual Defense:

- Guarding the man without the ball
- Guarding the man with the ball

Pivoting:

Systems of play (defense & attack):

Evaluation Plan: (Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

D.P.Ed.-Semester - I

PART-B(Activity – Skill and Prowess)

SOFTBALL

Max.Marks:50 Marks

Practical: 45 Marks

Internal Assessment: 05Marks

Objectives:-

1. History of Softball including important tournaments and distinguish personalities of national and international repute.
2. Introduction about the game/sport and its historical development with special reference to India.
3. Knowledge of equipment of international standard required for the game.
4. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
5. International rules and regulations of the game.
6. Importance of hygiene for a Softball player.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Batting: The grip: Short, long and standard.

The stance: Parallel, open and closed.

Swing and hitting

Bunting

Pitching:

The grip: Three and four finger. Windmill and figure of eight.

Base Running: Running to first base, running more than one base and base stealing.

Fielding: Fielding ground balls and Fielding fly balls.

Game Tactics: Batting strategy and Fielding strategy.

Lead-up Games.

Evaluation Plan:(Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test

- (c) Professional Attitude, and
- (d) Assignments.

D.P.Ed. - Semester - I
PART-B (Activity - Lead Up Games)

Max. Marks: 20 Marks
Practical: 16 Marks
Internal Assessment: 04Marks

Objectives:-

1. To prepare the students for demonstrations/displays on international, national or important days of the institution.
2. Knowledge of equipment required for different indigenous activities.
3. To teach Free Hand Exercises emphasizing on physical fitness, rhythmic sense and neuro-muscular co-ordination.
4. To teach and provide organized physical education activities emphasizing on skill learning, leadership, orderly behaviour and enjoyment.
5. To wear appropriate dresses.
6. Etiquette.

FUNDAMENTAL SKILLS

Lead up Games:

Minor Games:- At least 50 minor games to be taught at the end of the Period for 10-12 minutes.

Evaluation Plan :(Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

D.P.Ed. - Semester - I
PART-B (Activity - Lazium)

Max. Marks: 10 Marks
Practical: 08 Marks
Internal Assessment: 02Marks

Objectives:-

1. To prepare the students for demonstrations/displays on international, national or important days of the institution.
2. Knowledge of equipment required for different indigenous activities.
3. To teach Free Hand Exercises emphasizing on physical fitness, rhythmic sense and neuro-muscular co-ordination.
4. To teach and provide organized physical education activities emphasizing on skill learning, leadership, orderly behaviour and enjoyment.
5. To wear appropriate dresses.

Etiquette.

FUNDAMENTAL SKILLS

Content

Set of Exercises – Two Counts, Four Counts, Eight Counts, Sixteen Counts and Reverse Count
Exercises – These exercises may be carried out with or without drum.

Evaluation Plan : (Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

D.P.Ed. - Semester - I

PART-B (Activity – National Anthem)

Max. Marks: 10 Marks

Practical: 08 Marks

Internal Assessment: 02Marks

Objectives:-

1. To prepare the students for demonstrations/displays on international, national or important days of the institution.
2. To wear appropriate dresses.
3. Etiquette.

FUNDAMENTAL SKILLS

National Anthem

1. Standing position.
2. Write the words on the board. Students may know the piece, but not the exact words
3. Speaking of words focus on the enunciation of the words.
4. Just work on first three notes over and over again. Establishing the key and the first three notes will be essential to the success of the performance.
5. Breathe and don't breathe in the right places.

Evaluation Plan : (Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

Syllabus Diploma in Physical Education - Two Year (Semester System)

D.P.Ed. - Semester - I
PART-B (Activity - Picnic)

Max. Marks: 10 Marks
Practical: 08 Marks
Internal Assessment: 02Marks

Objectives:-

1. To teach and provide organized physical education activities emphasizing on skill learning, leadership, orderly behaviour and enjoyment.
2. To wear appropriate dresses.
3. Etiquette.

FUNDAMENTAL SKILLS

Picnic

- Picnic Time is a great time for children to learn the social skills of being together as a large group
- Picnic Theme Survey
- What to do on a picnic:
- What to see?
- What to hear?
- What types of food to eat?
- What type of weather is best for a picnic?

Evaluation Plan :(Equal distribution of marks)-

- (a) Performance Test,
- (b) Oral/written Test,
- (c) Professional Attitude, and
- (d) Assignments.

DIPLOMA IN PHYSICAL EDUCATION (D.P.ED)
TWO YEAR COURSE

Semester - I

Teaching Practice - Part C

Sr. No.	Title of the Papers	Total Hours	Total Marks
01	Movement Lesson (Action Song and Motion Song)	36	50

D.P.Ed.-Semester - I

PART-C (TEACHING PRACTICE)

TEACHING PRACTICE - Movement Lesson (Action Song and Motion Song)

Max. Marks: 50 Marks

Practical: 40 Marks

Internal Assessment: 10Marks

Objectives:

1. Importance of teaching practice in physical education.
2. To develop efficiency in the conduct and teaching of physical activities of formal nature.
3. To prepare the student-teacher to face the students in theory as well as activity classes.
4. To teach Free Hand Exercises emphasizing on physical fitness muscular co-ordination.
5. To teach and provide organized physical education activities emphasizing on skill learning, leadership, orderly behaviour and enjoyment.
6. To develop the skill of teaching of students of different age groups of different gender.
7. To prepare the students to handle the class of different durations.
8. To prepare the student-teacher to handle the class effectively and efficiently during the university examination in the presence of the internal examination board.

Review of the syllabus taught in D.P.ED.- First Semester under Movement Lesson (Action Song and Motion Song)

Movement Lesson (Action Song and Motion Song) : (Five lessons in Movement Lesson (Action Song and Motion Song))

Note:-D.P.Ed. - First Semester students will be engaged to conduct five lessons in Movement Lesson (Action Song and Motion Song). Proper lesson plan shall be prepared by each student-teacher. The lessons will be supervised by the faculty members, who would discuss the merits and demerits of the lesson and guide the student-teacher for the future. Each lesson should be completed as per the plan mentioned in the lesson plan.

Evaluation Plan: (Equal distribution of marks)

- (a) Performance Test,
- (b) Oral/written Test.
- (c) Professional Attitude, and
- (d) Assignments.

DIPLOMA IN PHYSICAL EDUCATION (D.P.ED)

TWO YEAR COURSE

Semester - II

Theory - Part A

Sr. No.	Title of the Papers	Total Hours	Total Marks
1.	Officiating Coaching	70	100
2.	Recreation and Yoga	70	100

Syllabus Diploma in Physical Education - Two Year (Semester System)

Methods of Teaching value education in physical education	70	100
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Sports Training	70	100
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**Semester-II
Paper-V
Officiating and Coaching**

Total Marks: 100
Theory 70
Internal Assessment 10
Project Work 20

Note: Nine questions will be set. Question number one will be compulsory of 20 marks with ten short types of answers covering the entire syllabus. Four questions are to be attempted selecting two from each unit and each question will carry 12½ marks.

UNIT-I

Coach as a Mentor

- Duties of coach in general, pre, during and post game.
- Philosophy of coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching

UNIT-II

Rules and Regulations of Games and Athletic events:

- Track & Field-(Hurdles(110-M, 100-G), Relay (4X100, 4X400), Shot-put and Discus)
- Handball, Cricket, Badminton and Table Tennis
- Score sheets and officials of different games and athletics.

Specifications of different Play Field :

- Handball
- Cricket
- Badminton
- Table Tennis

Marking and Lay Out:

- Handball
- Cricket
- Badminton
- Table Tennis

Project Work

Students are required to submit a project report on officiating any of the above mentioned game. The same project will be submitted to the teacher concerned and evaluated by the Committee of Three Teachers of the Department including HoD of the department. The awards will be submitted separately like Sessional Marks.

Paper-VI
Recreation and Yoga

Total Marks	: 100
Theory	: 70
Internal Assessment	: 10
Project Work	: 20

Nine questions will be set. Question number one will be compulsory of 20 marks with ten types of answers covering the entire syllabus. Four questions are to be attempted selecting from each unit and each question will carry 12½ marks.

UNIT-I

Introduction to Recreation

- 1 **Recreation:** Definition, its importance, characteristics and Misconceptions.
Importance of Recreation.
- 2 **Agencies Providing Recreation:**
 - (a) Municipal Agencies.
 - (b) Public Agencies.
 - (c) Private Agencies.
 - (d) Youth Serving Agencies.
 - (e) Employee Recreation.
 - (f) Commercial Recreation.
 - (g) Recreation for Handicapped.
- 4 **Programs in Recreation:**
 - (a) Criteria and Principles for community Recreation programmes.
 - (b) Classification of Recreational Activities.
 - (c) Arts and Crafts
 - (d) Dancing
 - (e) Dramatics
 - (f) Literary Activities
 - (g) Music.
 - (h) Nature and Outing.
 - (i) Social Events.
 - (j) Indoor and Outdoor sports and Games.
 - (k) Photography.
 - (l) Gardening.

UNIT-II

Introduction to Yogs

- Meaning and Definition of Yoga
- Aims and Objectives of Yoga
- Need and Importance of Yoga in Physical Education and Sports
- The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
- Yoga in the Bhagavadgita- Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga
- Types of Asanas
 - Effects of Asanas and Pranayama on various system of the body
 - Types of Bandhas and Mudras
 - Types of Kriyas