

Panjab University, Chandigarh

**DIPLOMA IN PHYSICAL
EDUCATION
(D.P. Ed.)**

**Two Years Teacher Education
Programme**

(Semester System)

(I, II, III & IV Semester)

**Session:
2018-19, 2019-2020**

DIPLOMA IN PHYSICA EDUCATION (D.P.Ed) – SEMESTER SYSTEM

- 1.1 The duration of the course for the Diploma in Physical Education shall be two years.
- 1.2 The examination shall be held twice a year ordinarily in the month of December and April on such dates as may be fixed by the Syndicate.
- 1.3 The last date for receipt of examination admission form and fee without and with late fee as fixed by the Syndicate from time to time shall be notified by the Controller of examinations.
- 2.1. A candidate who has passed any one of the following examinations shall be eligible to join the course:
 - (A) Candidates with at least 50% marks in the senior secondary examination (+2) or its equivalent, are eligible for admission. For those who are position holders (1st, 2nd, or 3rd) in State Level sports /games and those who have participated in the National level sports/games competitions which are recognized by the Indian Olympic Association, the, minimum percentage of marks in the Senior secondary examination(+2) shall be at least 45%.
 - (B) Senior Secondary Certificate of any other Board recognized by the syndicate as equivalent to (A).

Provided that a candidate admitted either under clause (A) or (B) qualifies in the Standard Efficiency Test, as conducted by the Department/ College, at the time of admission to this course.

- 2.2. A student who possesses the qualification laid down in Regulation 2.1, has attended the prescribed course of instruction and training during semester in the University Department or College affiliated for the D.P.Ed course and produces the following certificates duly signed by the Head of the University Department / Principal of the college shall be eligible to appear in the Semester examination.
 - (a) of good character;
 - (b) of having attended at least 75 per cent of (i) lectures and (ii) practical separately in each paper/activity/game held during the semester preceding the examination; and
 - (c) of having taken at least 20 supervised lessons (in various physical activities, games and athletics and theory at least 10 lessons in schools and/ or colleges and 10 in the class itself) in the practice of teaching and five officiating Assignments.
 - 2.3. The Head of the University Department of Physical Education /Principal of the college shall have the authority to condone the shortage up to 10% of the delivered lectures.

A candidate who having completed the prescribed course does not appear in the examination or having appeared in the examination fails and is recommended by the Head of the Department/ Principal of his college, shall be eligible to appear in the examination within gap period of three years from the date of completion of the course.
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3. The amount of examination fee to be paid by a candidate shall be prescribed by the syndicate from time to time.
 4. The examination shall consist of three parts, as under, according to the syllabus prescribed for each part: Part-A (Theory), Part-B (Skill and Prowess), Part-C (Teaching Practice).
 5. Medium of Examinations shall be English / Hindi/ Punjabi.
 - 6.1. The minimum number of marks required to pass the examination in each part shall be 40 per cent in each theory paper, 40 % in each practical, and 40% in the aggregate of each Part.
 - 6.2. Every candidate shall be required to pass in each part of the examinations separately, i.e. Theory, Practical and Skill and Prowess.
 - 6.3. A candidate who fails in any part of the examination shall be permitted to appear in any subsequent examination in the part in which he fails on payment on each occasion of the same fee as prescribed for the whole examination, without being required to attend to the course. If a candidate fails in one theory paper, he/she can seek admission in the next semester as compartment case. Three chances will be given to clear the compartment.
 - 7.1. The Controller of Examinations shall publish the result four weeks after the termination of the examination or as soon thereafter as is possible.
 - 7.2. Successful candidates shall be classified for each Part as follows:
 - (a) Those who obtain 75% or more of the aggregate marks ...First Division with Distinction
 - (b) Those who obtain 60% or more but less than 75% of ... First Division the aggregate marks.
 - (c) Those who obtain 50% or more but less than 60% of ... Second Division the aggregate marks.
 - (d) Those who obtain less than 50% of the aggregate marks. Third Division
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D.P. Ed. — Semester – I

Part-A (Theory)	-	350 (Marks)
Part-B (Activity – Skills and Prowess)	-	250 (Marks)
Total	-	600 (Marks)

Part-A (Theory) 350 (Marks)

Paper	Title of the Subjects with Code	Mark	Project Work	Internal Assessment
Paper-I	English and Communication Skills (ECS)	70	20	10
Paper-II	Punjabi (C) PBI / History and Culture of Punjab(HCP)	45 marks for each subject	--	5
Paper-III	Foundations of Physical Education (FPE)	70	20	10
Paper-IV	History of Physical Education (HPE)	70	20	10

D.P. Ed. — Semester – I

Part-B (Activity – Skills and Prowess) 250 (Marks)

Paper	Contents of Games and Sports	Mark	Internal Assessment
Athletics	Teaching of Fundamentals, Rules and Regulations and Measurements of Track & Fields/ respective Playfields/ Ground	45	5
Gymnastics	-do-	45	5
Football	-do-	45	5
Basketball	-do-	45	5
Swimming	-do-	45	5

Note:

- Each student is required to procure 40 % marks to pass separately in theory, practical component and respective assessment.
- Eight hours per day will be devoted for theory and practical work.
- Practical Examination in Athletics and Games (Activities) will be conducted two week before the commencement of Panjab University Semester Examination.
- The Examination will be conducted by a set of three Internal Examiners appointed by the College Principal in Consultation with the HoD
- Project work will be evaluated by the concerned subject teacher and awards will be submitted to the University separately like continues assessment marks.
- English and Communication Skills will be given nine period per week, i.e., 6+3
- Conditioning is compulsory and one hour per day will be devoted for this activity.

8. The compulsory subject of Environment Education would be offered by the students in the First Semester of Undergraduate Classes in all streams (Arts, Commerce, Science, Computer Application, Biotechnology, Education etc.)

Theory Part A- D.P.Ed English and Communication Skills (ECS) Paper-I Semester-I	
Max Marks: 100 Time- Three Hours	Theory/Written Marks: 70 Project Work Marks: 20 Internal Assessment: 10 Minimum Pass Marks: 40% in each aspect
Unit-I	
<ul style="list-style-type: none"> • Poems: The Last Ride Together (Robert Browning) (30 Marks) All the World is a Stage (William Shakespeare) • Story: The Grief (Anton Chekov) The Last Leaf (O' Henry) The Canterbury Ghost (Oscar Wilde) • Essays: Self Reliance (Ralph Waldo Emerson) Of Studies (Francis Bacon) Of Friendship (Francis Bacon) • Poetry: Summary (one out of two with internal choice) (5Marks) Paraphrase/ Explanation of a Stanza (one out of two with internal choice) (5 Marks) • Story: 5 short questions to test student's grasp (10 Marks) • Essay: One essay type question on Summary/Character/Incident (one out of two with internal choice). (10 Marks) 	
Unit-II: - Language through Literature (10 Marks)	
<ul style="list-style-type: none"> • Antonyms • Synonyms • Comprehension based on literature mentioned above. 	
Unit-III: - Grammar (20 Marks)	
<ul style="list-style-type: none"> • Parts of Speech • Forms of Verb 	
Unit-IV: - Visual study (10Marks)	
<ul style="list-style-type: none"> • Paan Singh Tomar <p>(Examiners are instructed to ask questions like theme, character, incident and anything regarding their experience of watching the film)</p>	
Project Work	
Subject teacher will give project work to the student related to the subject. The project will be evaluated by concerned teacher. The award will be submitted separately like continuous internal assessment marks.	
References:	
(A JAICO Enterprise) G-2, 16 Ansari Road, Darya Ganj New Delhi-110002	
<ol style="list-style-type: none"> 1. Complete Stories of Oscar Wilde – Crest Publishing House 2. Emerson's Essays – Books Inc. New York 3. Fifteen Poets – Oxford University Press 4. Francis Bacon Selected Essays – Dr. S. Sen 5. Longfellow Poetical Works – London Oxford University Press 	

ਪੰਜਾਬੀ ਲਾਜਮੀ
(ਦੇ ਸਾਲਾ ਡਿਗਰੀ ਕੋਰਸ ਦੇ ਪਹਿਲੇ ਸਾਲ ਲਈ ਨਿਰਧਾਰਤ)
ਸਮੇਸਟਰ –ਪਹਿਲਾ
Paper-II
(Punjabi compulsory – Semester 1st)

ਕੁਲ ਅੰਕ-50,
ਲਿਖਤੀ-45ਅੰਕ,
ਇੰਟਰਨਲ ਅਸੈਸਮੈਂਟ-05ਅੰਕ,
ਸਮਾਂ –ਤਿੰਨ ਘੰਟੇ।

ਪਾਠ ਕ੍ਰਮ

- (1)ਆਧੁਨਿਕ ਪੰਜਾਬੀ ਕਵਿਤਾ ਦਾ ਅਧਿਐਨ
- (2) ਪੰਜਾਬੀ ਕਹਾਣੀਆਂ ਦਾ ਅਧਿਐਨ
- (3)ਸਵੈ ਜੀਵਨੀ ਦਾ ਅਧਿਐਨ
- (4) ਉਪਰੋਕਤ ਤਿੰਨ ਪੁਸਤਕਾਂ ਦੇ ਆਧਾਰ ਉਤੇ ਲਘੂ ਉੱਤਰਾਂ ਵਾਲੇ ਪ੍ਰਸ਼ਨ
- (5)ਵਿਆਕਰਣ -ਲੇਖ ਰਚਨਾ ,ਸੰਖੇਪ ਰਚਨਾ,
- (6)ਪ੍ਰਬੰਧਕੀ ਸ਼ਬਦਾਵਲੀ(ਕੁਲ 200 ਤਕਨੀਕੀ ਸ਼ਬਦਾਂ ਵਿਚੋਂ ਪਹਿਲੇ 100ਸ਼ਬਦ) ਸ਼ਬਦਾਵਲੀ ਨਾਲ ਨੱਥੀ ਹੈ।

ਕੋਰਸ

- 1.ਕਾਵਿ ਸੁਮੇਲ(ਸੰਪਾਦਕ) ਡਾ ਕਰਮਜੀਤ ਸਿੰਘ,ਪਬਲੀਕੇਸ਼ਨ ਬਿਉਰੇ, ਪੰਜਾਬ ਯੂਨੀਵਰਸਿਟੀ ਚੰਡੀਗੜ੍ਹ (1 ਤੋਂ 6 ਤਕ ਕਵੀ)
- 2 ਕਥਾ ਕਹਾਣੀ (ਸੰਪਾਦਕ) ਡਾ: ਧਨਵੰਤ ਕੌਰ,ਪਬਲੀਕੇਸ਼ਨ ਬਿਉਰੇ,ਪੰਜਾਬ ਯੂਨੀਵਰਸਿਟੀ ਚੰਡੀਗੜ੍ਹ (1ਤੋਂ6ਤਕ ਕਹਾਣੀਆਂ)
- 3 ਗਲੀਏ ਚਿਕੜੂ ਦੂਰਿ ਘਰੁ ਡਾ:ਸੋਹਿੰਦਰ ਸਿੰਘ ਵਣਜਾਰਾ ਬੇਦੀ,ਕਸਤੂਰੀ ਲਾਲ ਐਂਡ ਸੰਨਜ,ਅੰਮ੍ਰਿਤਸਰ (1ਤੋਂ6ਤਕ ਕਾਂਡ)
- 4 ਉਪਰੋਕਤ ਤਿੰਨ ਪੁਸਤਕਾਂ ਦੇ ਆਧਾਰ ਉਤੇ ਲਘੂ ਉੱਤਰਾਂ ਵਾਲੇ ਪ੍ਰਸ਼ਨ।

ਯੂਨਿਟ ਅਤੇ ਥੀਮ

- 1 ਕਾਵਿ ਸੰਗ੍ਰਹਿ ਵਿਚੋਂ ਕਵਿਤਾ ਦਾ ਵਿਸਾ ਵਸਤੂ/ਕੇਂਦਰੀ ਭਾਵ ਦਸ ਕੇ ਸਾਰ ਲਿਖੋ।(ਦੇ ਵਿਚੋਂ ਇੱਕ) ਅੰਕ 7
- 2 ਕਹਾਣੀ ਸੰਗ੍ਰਹਿ ਵਿਚੋਂ ਕਿਸੇ ਇੱਕ ਕਹਾਣੀ ਦਾ ਸਾਰ(ਦੇ ਵਿਚੋਂ ਇੱਕ) ਅੰਕ 7
- 3 ਸਵੈ ਜੀਵਨੀ ਵਿਚੋਂ ਕਿਸੇ ਇੱਕ ਕਾਂਡ ਦਾ ਸਾਰ(ਦੇ ਵਿਚੋਂ ਇੱਕ) ਅੰਕ 7

- 4 ਕਾਵਿ ਸੰਗ੍ਰਹਿ, ਕਹਾਣੀ ਸੰਗ੍ਰਹਿ ਅਤੇ ਸਵੈ ਜੀਵਨੀ ਵਿੱਚੋਂ ਲਘੂ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ (9 ਵਿੱਚੋਂ 6) = 6x1=6 ਅੰਕ
(ਹਰ ਪੁਸਤਕ ਵਿੱਚੋਂ ਤਿੰਨ ਤਿੰਨ ਪ੍ਰਸ਼ਨ ਪਾਏ ਜਾਣ)
- 5 ਲੇਖ ਰਚਨਾ (500 ਸ਼ਬਦਾਂ ਵਿੱਚ) ਪੰਜਾਬ ਦੇ ਸਮਾਜਿਕ, ਇਤਿਹਾਸਕ, ਸਭਿਆਚਾਰਕ ਅਤੇ ਚਲੰਤ ਮਸਲਿਆਂ ਨਾਲ ਸਬੰਧਿਤ ਹੋਣ। (ਚਾਰ ਵਿਸਿਆਂ ਵਿੱਚੋਂ ਇੱਕ ਹੱਲ ਕਰਨਾ ਹੈ) ਅੰਕ 8
- 6 ਸੰਖੇਪ ਰਚਨਾ ਅੰਕ 5
- 7 ਪ੍ਰਬੰਧਕੀ ਸ਼ਬਦਾਵਲੀ-1 ਤੋਂ 100 ਤਕ ਸ਼ਬਦ (12 ਵਿੱਚੋਂ 10 ਸ਼ਬਦਾਂ ਦਾ ਪੰਜਾਬੀ ਰੂਪ) $1/2 \times 10 = 5$ ਅੰਕ 5

ਸਹਾਇਕ ਪੁਸਤਕਾਂ:

1. ਹਰਕੀਰਤ ਸਿੰਘ (ਡਾ.), ਕਾਲਜ ਪੰਜਾਬੀ ਵਿਆਕਰਨ, ਪੰਜਾਬ ਸਟੇਟ ਯੂਨੀਵਰਸਿਟੀ ਟੈਕਸਟ ਬੁੱਕ ਬੋਰਡ, ਚੰਡੀਗੜ੍ਹ
2. ਸੁਖਵਿੰਦਰ ਸਿੰਘ ਸੰਘਾ (ਡਾ.), ਪੰਜਾਬੀ ਭਾਖਾ ਵਿਗਿਆਨ, ਪੰਜਾਬੀ ਭਾਖਾ ਅਕਾਦਮੀ, ਜਲੰਧਰ, 1997.
3. ਜੱਸਲ ਕਵਲਜੀਤ, ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਦੇ ਕੁਝ ਪੱਖ, ਰਵੀ ਸਾਹਿਤ ਪ੍ਰਕਾਸ਼ਨ, ਹਾਲ ਬਾਹਾਰ, ਅੰਮ੍ਰਿਤਸਰ, 2012.
4. ਪੰਜਾਬੀ ਸੰਚਾਰ ਯੋਗਤਾ ਅਭਿਆਸ, ਪੰਜਾਬ ਸਟੇਟ ਯੂਨੀਵਰਸਿਟੀ ਟੈਕਸਟ ਬੁੱਕ ਬੋਰਡ, ਚੰਡੀਗੜ੍ਹ।
5. ਬਰਾੜ, ਬੂਟਾ ਸਿੰਘ (ਡਾ.), ਪੰਜਾਬੀ ਵਿਆਕਰਨ, ਸਿਧਾਂਤ ਅਤੇ ਵਿਹਾਰ, ਚੇਤਨਾ ਪ੍ਰਕਾਸ਼ਨ ਲੁਧਿਆਣਾ, 2008.
6. ਧਾਲੀਵਾਲ, ਪ੍ਰੇਮ ਪ੍ਰਕਾਸ਼ ਸਿੰਘ (ਡਾ.), ਸਿਧਾਂਤਕ ਭਾਖਾ ਵਿਗਿਆਨ, ਮਦਾਨ ਪਬਲਿਕੇਸ਼ਨਜ਼, ਪਟਿਆਲਾ, 2002.
7. ਅਗਨੀਹੋਤਰੀ, ਵੇਦ, ਪਰਿਚਾਇਕ ਭਾਖਾ ਵਿਗਿਆਨ, ਦੀਪਕ ਪਬਲਿਕੇਸ਼ਨਜ਼, ਜਲੰਧਰ, 1981.

ਨੋਟ:	1. ਟੈਕਸਟ ਲਈ ਹਦਤੇ ਦੇ ਛੇ ਪੀਰੀਅਡ।	
	2. ਕੰਪੋਜ਼ੀਸ਼ਨ ਲਈ 2530 ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਗਰੁੱਪ ਅਤੇ ਹਦਤੇ ਦੇ ਤਿੰਨ ਹੋਰ ਪੀਰੀਅਡ।	
	3. ਹਦਤੇ ਦੇ $6+3=9$ ਪੀਰੀਅਡ।	

1.	Ability	ਯੋਗਤਾ
2.	Absolute	ਪੂਰਨ
3.	Access	ਪਹੁੰਚ
4.	Accountable	ਉਤਰਦਾਈ, ਜਵਾਬਦੇਹ
5.	Accuracy	ਦਰੁਸਤੀ
6.	Acknowledgement	ਪਹੁੰਚ ਰਸੀਦ
7.	Action	ਕਾਰਵਾਈ
8.	Adhoc	ਤਦਅਰਥ
9.	Administration	ਪ੍ਰਭਾਸਨ
10.	Affidavit	ਹਲਦੀਆ ਬਿਆਨ
11.	Allowance	ਭੱਤਾ
12.	Amended draft	ਸੋਧਿਆ ਖਰੜਾ
13.	Amount due	ਬਣਦੀ ਰਕਮ
14.	Answerable	ਉੱਤਰਦਾਈ
15.	Appropriate	ਉਚਿਤ
16.	Attestation	ਤਸਦੀਕ
17.	Auction	ਨਿਲਾਮੀ
18.	Book of reference	ਹਵਾਲਾ ਪੁਸਤਕ
19.	Bright prospect	ਉੱਜਲ ਭਵਿੱਖ
20.	Broad details	ਮੋਟਾ ਵੇਰਵਾ
21.	Embezzlement	ਠੱਪ
22.	Capability	ਲਿਆਕਤ
23.	Catalogue	ਸੂਚੀਪੱਤਰ
24.	Ceremonial	ਰਸਮੀ
25.	Certify	ਤਸਦੀਕ ਕਰਨਾ
26.	Circular	ਗਠਤੀ ਪੱਤਰ
27.	Claim	ਦਾਅਵਾ
28.	Classified	ਖ਼ੁਣੀਕ੍ਰਿਤ
29.	Collaboration	ਸਹਿਯੋਗ
30.	Confidential	ਗੁਪਤ
31.	Consent	ਰਾਮੰਦੀ
32.	Consumption	ਪਖਤ
33.	Context	ਪ੍ਰਸੰਗ
34.	Cordially	ਸੁਹਿਰਦਤਾ ਸਹਿਤ
35.	Correspondence	ਪੱਤਰਵਿਹਾਰ
36.	Daily diary	ਰੋਨਾਮਚਾ

37.	Decode	ਗੁਪਤਲਿਪੀ ਪੜ੍ਹਨਾ
38.	Delay regretted	ਦੇਰੀ ਲਈ ਖੇਦ ਹੈ
39.	Dependence	ਨਿਰਭਰਤਾ
40.	Determination	ਪੱਕਾ ਇਰਾਦਾ
41.	Development	ਵਿਕਾਸ
42.	Digit	ਅੰਕ, ਹਿੰਦਸਾ
43.	Eminence	ਪ੍ਰਸਿੱਧੀ, ਸ਼੍ਰੇਠਤਾ, ਮਹਾਨਤਾ
44.	Difference of opinion	
45.	Disaster	
46.	Discrepancy	
47.	Duly attested	ਯਥਾਯੋਗ ਤਸਦੀਕਿਆ
48.	Earliest possible	ਛੇਤੀ ਤੋਂ ਛੇਤੀ
49.	Easy terms	ਆਸਾਨ ਖਰਤਾਂ
50.	Edit	ਸੰਪਾਦਨ ਕਰਨਾ
51.	Editorial section	ਸੰਪਾਦਕੀ ਭਾਗ
52.	Employment exchange	ਰੋਜ਼ਗਾਰ ਕੇਂਦਰ
53.	Enable	ਯੋਗ ਬਣਾਉਣਾ
54.	Enclosure	ਸਹਿਪੱਤਰ, ਨੱਥੀ
55.	Endorse	ਪਿੱਠ੍ਹਾਅੰਕਣ ਕਰਨਾ
56.	Enrolment	ਦਾਖਲਾ, ਇੰਦਰਾਜ
57.	Ensure	ਨਿਯੰਤਰ ਕਰਨਾ
58.	Entrance	ਪ੍ਰਵੇਖ, ਦਾਖਲਾ
59.	Evaluation	ਮੁੱਲ੍ਹਾਅੰਕਣ
60.	Evidence	ਗਵਾਹੀ, ਸਬੂਤ
61.	Exceptional case	ਅਸਾਧਾਰਣ ਮਾਮਲਾ
62.	Executive	ਕਾਰਜਪਾਲਕਾ
63.	Exemption	ਛੋਟ, ਮਾਫੀ
64.	False claim	ਝੂਠਾ ਦਾਅਵਾ
65.	Familiar	ਜਾਣੂ, ਜਾਣਿਆ ਪਛਾਣਿਆ
66.	Fantastic	ਕਾਲਪਨਿਕ
67.	Figures	ਅੰਕੜੇ
68.	Final decision	ਅੰਤਿਮ ਦੈਸਲਾ
69.	Flexibility	ਘੁੰਮਚਕ
70.	Float	ਚਾਲੂ ਕਰਨਾ
71.	Force	ਬਲ, ਖਕਤੀ
72.	Formal	ਰਸਮੀ
73.	Formal sanction	ਰਸਮੀ ਮਨ੍ਹੂਰੀ
74.	Founder	ਬਾਨੀ

75.	Frame work	ਢਾਂਚਾ, ਚੌਖਟਾ
76.	Generate	ਪੈਦਾ ਕਰਨਾ
77.	Genuine	ਅਸਲੀ, ਵਾਸਤਵਿਕ
78.	Glossary	ਸ਼ਬਦਾਵਲੀ
79.	Gradation	ਣਰਜਾਬੰਦੀ
80.	Impartial	ਨਿਰਪੱਖ
81.	Implementation	ਅਮਲ ਵਿਚ ਲਿਆਉਣਾ
82.	Impossible	ਅਸੰਭਵ, ਨਾਮੁਮਕਿਨ
83.	Impression	ਛਾਪ, ਨਿਖਾਨੀ
84.	Impure	ਅਭੁੱਧ, ਅਪਵਿੱਤਰ
85.	In advance	ਅਗਾਊਂ, ਪਹਿਲਾਂ ਹੀ
86.	Inauguration	ਉਦਘਾਟਨ
87.	In case of	ਦੀ ਸੂਰਤ ਵਿਚ
88.	Incentive	ਉਤਖਾਹ, ਪ੍ਰੇਰਣਾ
89.	Incident	ਘਟਨਾ
90.	Inclusion	ਭਮੂਲੀਅਤ
91.	Income tax	ਆਮਦਨ ਕਰ
92.	Incompetent	ਅਸਮਰੱਥ, ਅਯੋਗ
93.	Incomplete	ਅਧੂਰਾ, ਅਪੂਰਣ
94.	Inconvenience	ਖੇਚਲ, ਅਸੁਵਿਧਾ
95.	Incoordination	ਤਾਲਮੇਲ ਹੀਣਤਾ, ਵਿਖਮਤਾ
96.	Incorporate	ਭਾਮਲ ਕਰਨਾ
97.	Index	ਸੂਚਕਅੰਕ
98.	Indian administrative	ਭਾਰਤੀ ਪ੍ਰਭਾਸਨ ਸੇਵਾ
99.	Indication	ਇਖਾਰਾ, ਸੰਕੇਤ
100.	Indicator	ਸੂਚਕ
101.	Indirectly	ਅਸਿੱਧੇ ਢੰਗ ਨਾਲ
102.	Indiscipline	ਅਨੁਭਾਸਨਹੀਨਤਾ
103.	Individually	ਵਿਅਕਤੀਗਤ
104.	Ineffective	ਪ੍ਰਭਾਵਹੀਨ, ਬੇਅਸਰ
105.	Inflation	ਮੁਦਰਾਦੈਲਾਓ
106.	Influence	ਪ੍ਰਭਾਵ, ਅਸਰ
107.	Inform	ਸੂਚਨਾ ਦੇਣੀ
108.	Informal	ਫੈਰਸਮੀ
109.	Innovation	ਨਵੀਨਤਾ
110.	Innocent	ਨਿਰਦੋਖ, ਮਾਸੂਮ
111.	Insecure	ਅਣਸੁਰੱਖਿਅਤ
112.	Inscription	ਉਲਾਲੇਖ

113.	Insignia	ਚਿੰਨ੍ਹ
114.	Insist	ੳੋਰ ਦੇਣਾ, ਅੳਨਾ
115.	Inspection	ਨਿਰੀਖਣ
116.	Instability	ਅਸਥਿਰਤਾ
117.	Instinct	ਪ੍ਰਵਿਰਤੀ, ਬਿਰਤੀ
118.	Institute	ਸੰਸਥਾ
119.	Instruct	ਹਦਾਇਤ ਕਰਨਾ
120.	Insurance	ਬੀਮਾ
121.	Insurance premium	ਬੀਮਾ ਕਿੱਖਤ
122.	Isolate	ਵੱਖ ਕਰਨਾ, ਅਲੱਗ ਕਰਨਾ
123.	Joint director	ਸੰਯੁਕਤ ਡਾਇਰੈਕਟਰ
124.	Judicial	ਅਦਾਲਤੀ, ਨਿਆਂਇਕ
125.	Judgement	ਦੈਸਲਾ, ਨਿਰਣਾ
126.	Knowledge	ਗਿਆਨ, ਜਾਣਕਾਰੀ
127.	Laboratory	ਪ੍ਰਯੋਗਖਾਲਾ
128.	Land tax	ਕ੍ਰੋਂਕਰ
129.	Land mark	ਸੀਮਾਚਿੰਨ੍ਹ
130.	Language department	ਭਾਖਾ ਵਿਭਾਗ
131.	Lawful	ਕਾਨੂੰਨ ਅਨੁਸਾਰ
132.	Lay out	ਪਾਕਾ
133.	Leave allowance	ਛੁੱਟੀ ਭੱਤਾ
134.	Ledger	ਪਾਤਾ ਵਹੀ
135.	Ledger folio	ਪਾਤਾ ਪੰਨਾ
136.	Length of service	ਸੇਵਾ ਕਾਲ
137.	Letter of acceptance	ਪ੍ਰਵਾਨਗੀ ਪੱਤਰ
138.	Legal Aid	
139.	Legal Document	
140.	Lexicography	ਕੋਖ ਵਿਗਿਆਨ
141.	Liberal	ਉਦਾਰ, ਖੁਲ੍ਹਦਿਲਾ
142.	Library science	ਪੁਸਤਕ ਵਿਗਿਆਨ
143.	Long term	ਲੰਮੀ ਮਿਆਦ ਦਾ
144.	Lower court	ਹੇਠਲੀ ਅਦਾਲਤ
145.	Mail transfer	ਡਾਕ ਤਬਾਦਲਾ
146.	Lowest rate	ਘੱਟੋ ਘੱਟ ਦਰ
147.	Mandatory	ਤਾਕੀਦੀ ਹੁਕਮ ਸੰਬੰਧੀ
148.	Manpower	ਜਨ੍ਹਕਤੀ
149.	Manual work	ਦਸਤੀ ਕੰਮ
150.	Manufacture	ਨਿਰਮਾਣ ਕਰਨਾ

151.	Manuscript	ਹੱਥਲਿਖਤ
152.	Marginal	ਘੱਟ ਤੋਂ ਘੱਟ
153.	Marked	ਅੰਕਿਤ, ਚਿੰਨ੍ਹਿਤ
154.	Matter of controversy	ਵਿਵਾਦ ਪੂਰਣ ਮਾਮਲਾ
155.	Medical aid	ਡਾਕਟਰੀ ਭੱਤਾ
156.	Memory test	ਯਾਦਖਕਤੀ
157.	Mentality	ਮਾਨਸਿਕ, ਦਿਮਾਗੀ
158.	Mentioned	ਵਰਣਿਤ
159.	Miscellaneous	ਦੁਟਕਲ
160.	Misprint	ਛਪਾਈ ਦੀ ਭੁੱਲ
161.	Mobile library	ਚਲਦੀ ਫਿਰਦੀ ਲਾਇਬਰੇਰੀ
162.	Moderation	ਸੰਤੁਲਨ, ਨਿਯੰਤਰਣ
163.	Morality	ਨੈਤਿਕਤਾ, ਇਪਲਾਕ
164.	Necessary action	ਲੋੜੀਂਦੀ ਕਾਰਵਾਈ
165.	Norm	ਮਾਪਦੰਡ, ਪ੍ਰਤਿਮਾਨ
166.	Negotiation	
167.	Net income	
168.	Non transferable	ਨਾ ਬਦਲਣਯੋਗ
169.	Not competent	ਸਮਰੱਥ ਨਹੀਂ
170.	Notified	ਅਧਿਸੂਚਿਤ
171.	Oblige	ਅਹਿਸਾਨ ਕਰਨਾ, ਧੰਨਵਾਦੀ ਬਣਾਉਣਾ
172.	Occasional	ਕਦੇ ਕਦਾਈਂ
173.	Office bearer	ਅਹੁਦੇਦਾਰ
174.	On probation	ਅਜਮਾਇਓ ਅਧੀਨ
175.	Opportunist	ਮੌਕਾਪ੍ਰਸਤ
176.	Ordinary	ਸਾਧਾਰਨ
177.	Original	ਮੌਲਿਕ
178.	Penalty	ਦੰਡ
179.	Pending case	ਰੁਕੇ ਹੋਏ ਮਾਮਲੇ
180.	Performance	ਪ੍ਰਦਰਖਨ
181.	Permit	ਇਜਾਜ਼ਤ ਦੇਣਾ, ਆਗਿਆ ਦੇਣਾ
182.	Postal charges	ਡਾਕ ਪਰਚ
183.	Proposal	ਤਜਵੀਹ, ਪ੍ਰਸਤਾਵ
184.	Public authority	ਸਰਕਾਰੀ ਅਧਿਕਾਰੀ
185.	Qualified	ਯੋਗਤਾ ਪ੍ਰਾਪਤ
186.	Quantity	ਮਿਕਦਾਰ, ਮਾਤਰਾ
187.	Recognised	ਮਾਨਤਾ ਪ੍ਰਾਪਤ
188.	Reconsider	ਪੁਨਰ ਵਿਚਾਰ

189.	Relief fund	ਸਹਾਇਤਾ ਢੰਡ
190.	Sanction	ਮਨਤੂਰੀ
191.	Service benefits	ਸੇਵਾ ਲਾਭ
192.	Transcript	ਉਤਾਰਾ
193.	Visitor book	ਮੁਲਾਕਤੀ ਰਜਿਸਟਰ
194.	With consent	ਰਾਮੰਦੀ ਨਾਲ
195.	Withdrawal	ਵਾਪਸ ਲੈਣਾ

HISTORY AND CULTURE OF PUNJAB
6 credit course

SEMESTER I

Paper-II

INSTRUCTIONS FOR THE PAPER –SETTER AND CANDIDATES: (FOR PAPER in semester 1 AND 2)

1. The syllabus has been divided into four Units.
There shall be 9 questions in all. The first question is compulsory and shall be short answer type containing 15 short questions spread over the whole syllabus to be answered in about 25 to 30 words each. The candidates are required to attempt any 5 short answer type questions carrying 05 marks i.e. 1 marks of each. Rest of the paper shall contain 4 units. Each Unit shall have two essay type questions and the candidate shall be given internal choice of attempting one question from each Unit-IV in all. Each question will carry 10 marks.
2. For private candidates, who have not been assessed earlier for internal assessment, the marks secured by them in theory paper will proportionately be increased to maximum marks of the paper in lieu of internal assessment.
The paper-setter must put note (2) in the question paper.
3. One question from Unit-IV shall be set on the map.

Explanation:

1. Each essay type question would cover about one-third or one-half of a topic detailed in the syllabus.
2. The distribution of marks for the map question would be as under:

Map	:	06 Marks
Explanatory Note	:	04 Marks

In case a paper setter chooses to set a question of map on important historical places, the paper setter will be required to ask the students to mark 6 places on map of 1 marks each and write explanatory note on any two of 2 marks each.

3. The paper-setter would avoid repetition between different types of question within one question paper.

Paper 1:	Max. Marks	:	50
	Theory	:	45
	Internal Assessment	:	05
	Time	:	3 Hours

Objectives: To introduce the students to the history of Punjab region.

Pedagogy: Lectures, library work and discussions.

UNIT I

1. Harappan Civilization: extent and town planning; socio-economic life.
2. Vedic Age: socio-economic life; development of caste; position of women.
3. Religion: vedic religion; impact of Buddhism and Jainism on the region.

UNIT II

4. Society and Culture c. 1000 A.D.: Socio-economic life; religious life; education
5. Cultural Reorientation: main features of Bhakti; origin and development of Sufism
6. Society and Culture c. 1500A.D: socio-economic life under the Lodhis; religious beliefs and practices- Vainavism, Shaivism, Shaktism, Islam.

UNIT III

7. Sikhism: new ideology of Guru Nanak; evolution of Sikh community-guruship,manji,masand; new institutions-gurdwara, sangat-pangat.
8. Transformation of Sikhism: martyrdom of Guru Arjan; martyrdom of Guru Tegh Bahadur; impact.
9. Institution of Khalsa: new baptism; significance

UNIT IV

10. Changes in Society: social unrest; emergence of new rulers-rakhi, gurmata, dal khalsa.
11. Society and Culture under Maharaja Ranjit Singh: social mobility; painting and architecture; literature.
12. MAP: Major Historical Places: Harappa, Mohenjodaro, Sanghol, Ropar, Lahore, Amritsar, Kiratpur, Anandpur Sahib, Tarn Taran, Machhiwara, Goindwal, Khadur Sahib.

Suggested Readings:

1. Joshi, L.M (ed.) : History and Culture of the Punjab, Part-I, Publication Bureau, Punjabi University, Patiala, 1989 (3rd edn.)
2. Joshi, L.M and Singh, Fauja (ed.) : History and Culture of the Punjab, Vol. I, Punjabi University, Patiala, 1977
3. Prakash, Buddha : Glimpses of Ancient Punjab, P.U., Patiala, 1983
4. Thapar, Romila : A History of India, Vol. I, Penguin Books, 1966
5. Basham, A.L : The Wonder That was India, Rupa Books, Calcutta (18th rep.),1992
6. Sharma, B.N : Life in Northern India, Munshi Ram Manohar Lal, Delhi, 1966
7. Singh,Kirpal :History and Culture of the Punjab, Part II(Medieval Period), Publication Bureau, Punjabi University, Patiala 1990(3rd edn.).
8. Singh, Fauja(ed.) :History of the Punjab, Vol.III, Punjabi University, Patiala 1972.
9. Grewal, J.S. :The Sikhs of the Punjab, the New Cambridge History of India, Orient Longman, Hyderabad,1990.
10. Singh, Khuwant :A History of the Sikhs, vol I: 1469-1839, oxford University Press,. Delhi, 1991.
11. Chopra, P.N.,Puri, B.N. :A Social, Cu.ltural and Economic History of India, Vol.II, And Das,M.N. Macmillan, delhi, 1974.
12. Hussain ,Yusuf : Glimpse of Medieval Indian Culture, Asia Publishing House, Bombay, 1973(rep.).

Note: The following categories of the students shall be entitled to take option of History & Culture of Punjab in lieu of Punjabi as compulsory subject:

- A. That the students who have not studied Punjabi upto class 10th.
- B. Ward of / and Defence Personnel and Central Govt. Employee/Employees who are transferrable on all India basis.
- C. Foreigners

FOUNDATIONS OF PHYSICAL EDUCATION (FPE)

Semester-I

Paper-III

Max. Marks: 100
Time :Three Hours

Theory/Written Marks: 70
Project Work Marks: 20
Internal Assessment: 10

Minimum Pass Marks: 40% in each aspect

Note: Nine questions will be set. Question number one will be compulsory of 14 marks with seven short types of answers covering the entire syllabus. Further Eight questions are to be set selecting two from each unit. Students shall attempt four questions selecting one from each unit and each question will carry 14 marks.

Unit: I

Physical Education in India:

- Association of Indian Universities (AIU), its role in the development and promotion of games and sports in the Universities and Colleges.
- Raj Kumari Amrit Kaur Coaching Scheme (1953).
- All India Council of Sports – 1954.
- Central Advisory Board of Physical Education and Recreation (1954).
- National Plan of Physical Education and Recreation- 1956.
- Adhoc Enquiry Committee - 1958.
- Kaul & Kapoor Committee (1958).
- National Physical Efficiency Drive/ National Physical Fitness Programme – 1959.
- National Sports Organisation / Association.
- N.S.N.I.S. Patiala
- Recommendation of Education Commission (Kothari Commission) 1964-66.
- S.A.I.

National Sports Awards

- Rajiv Gandhi Khel Ratna Award
- Arjuna Award
- Dronacharya Award
- Dhyan Chand Award and
- Maulana Abul Kalam Azad Trophy (MAKA Trophy)

Unit: II

- **Philosophical Interpretation of Physical Education:** Philosophy, its meaning and nature; Educational Philosophies (Naturalism, Idealism, Pragmatism, Realism, Existentialism) and their application to physical education.
- **Sociological Interpretation of Physical Education:** Physical Education and their influence on society; Physical activities (Games and Sports) as man's cultural heritage.
- Physical Education as a factor in socialization of individuals and groups and its role in national integration.

- Role of Physical Education in context to social problems – unemployment, youth unrest and health related problems.

Unit-III

- **Biological Interpretations of Physical Education:** Evolution of man; biped position, its advantages and disadvantages, activities as the physical basis of life;
- **Individual Differences.** Heredity and Environment, Gender differences, Body Types, Implication of Individual Differences in Physical Education.
- **Growth and Development.** Principles governing Physical and Motor Growth and Development. Chronological, Anatomical, Physiological and Mental Age in individuals.

Unit-IV

- **Psychological Interpretations of Physical Education:** Theories of learning – traditional and modern; the learning process – laws of learning, (primary, associates and concomitant); Factors and conditions which promote learning; individual differences and learning; maturation and learning.
- Transfer of training and learning curve.
- Play, brief description of the theories of play.

Project Work

Subject teacher will give project work to the students related to the subject. The project will be evaluated by concerned teacher. The awards will be submitted separately like continuous internal assessment marks.

References

1. Barow, H.M. (1971). *Man and his movement-Principles of physical education*, Philadelphia, Lea and Febiger.
2. Brar, Rahhpal Singh, et al (2012). *Fundamentals of physical Education* 1st edition, Kalyani Publisher B- 1/292, Rajinder Nagar Ludhiana Punjab.
3. Bucher, C.A. (1972). *Foundations of Physical Education*, St. Louis; C.V. Mosby Co.
4. Marrow, D. (2006). *Sports history*. Human Kinetic Publisher Inc.
5. Kamlesh, M.L. (1988). *Physical Education Facts and Foundations* Faridabad: P.B. Publications (Pvt) Limited. Faridabad, Haryana.
6. Kamlesh, M.L. (2004). *Principles and history of physical education and sports*, Friends Publications (India), New Delhi.
7. Khan, E.A. (1964). *History of physical education*, Scientific Book Company. Patna.
8. Lal, D.C. (2006). *History of physical education and sports*. Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
9. Mishra, S. (2006). *Reading in physical education and sports*. Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
10. Singh, Ajmer and et al. (2007). *Essential of physical Education*. 3rd edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.

HISTORY OF PHYSICAL EDUCATION (HPE)

**Semester-I
Paper-IV**

Max. Marks: 100

Marks: 70

Project Work Marks: 20

Theory/Written

Time :Three Hours

Internal Assessment: 10

Minimum Pass Marks: 40% in each aspect

Note: Nine questions will be set. Question number one will be compulsory of 14 marks with seven short types of answers covering the entire syllabus. Four questions are to be attempted selecting one from each unit and each question will carry 14 marks.

Unit: I

Introduction to Physical Education

- Introduction to Physical Education
- Origin and development of Human Being
- Concept of Physical Education during Primitive Period
- Meaning and Definition of Physical Education
- Aims and Objectives of Physical Education
- Relationship of Physical Education and Sports

Physical Education in Ancient India:

- Vedic Period
- Epic Period
- Buddhist Period
- Rajput Period
- Mughal Period and
- British Period.

Unit: II

Contribution of Leaders in the Field of Physical Education and Sports.

India:

- Sh. H.C. Buck
- Prof. D.G. Wakharkar
- Dr. P.M. Joseph
- Prof. Karan Singh and
- Prof. Ajmer Singh.

Leading Physical Education Institutions of India:

- YMCA, Madras
- LNUPE, Gwalior
- Christian College of Physical Education, Lucknow
- HVPM, Amaravati
- G.C.P.E., Patiala
- Panjab University, Chandigarh and its affiliated Colleges

Unit-III

Physical Education in Greece

Sparta

- Physical Education in Sparta
- The aim of Physical education in Sparta
- Women in Sparta

Athens

- Education at Athens
- Palaestra, gymnasium, the Ephebos
- Physical Education and Sports in Rome
- The Public Games: The Circus Maximus, the Colosseum, Sham Naval Battles, and the Gladiatorial Combats

Unit-IV

National and International Sports Events

- School National Games in India
- Ancient Olympic Games
- Modern Olympic Games
- Asian Games
- Commonwealth Games
- Afro Asian Games
- S.A.F. Games

Project Work

Subject teacher will give project work to the students related to the subject. The project will be evaluated by concerned teacher. The awards will be submitted separately like continuous internal assessment marks.

References

1. Brar, Rachhpal Singh, et al. (2012). *Fundamentals of physical Education*, 1st edition, Kalyani Publisher B- 1/292, Rajinder Nagar Ludhiana Punjab.
2. Bucher, C.A. (1972). *Foundations of physical education*, St. Louis; C.V. Mosby Co.
3. Marrow, D. (2006). *Sports history*” Human Kinetic Publisher Inc..
4. Khan, E.A. (1964). *History of physical education*, Scientific Book Company. Patna.
5. Lal, D.C. (2006). *History of physical education and sports*. Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
6. Mishra, S. (2006). *Reading in physical education and sports*. Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
7. Singh, Ajmer and et al. (2007). *Essential of physical Education*, 3rd edition, Kalyani Publisher B- 1/292, Rajinder Nagar Ludhiana Punjab.

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

Max. Marks: 50 Marks

Practical: 45 Marks

Internal Assessment: 5 Marks

Minimum Pass Marks: 40% in each aspect

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.
- 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.

Middle and Long Distance Running Events including Walking Events and Marathon Race:

- Practice of standing start.
- Correct running style- emphasizing on proper body position and foot placement.
- Proper arm & leg action.
- Running tactics.
- Rules & regulations.

Evaluation Plan (Equal distribution of marks)

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

References:

1. Brown, L. R. (2003). *Fitness running*. Human Kinetics USA.
2. Dyoon, G. (1962). *The mechanic of athletics*. London University of London Press Ltd.
3. Dyson, G. H. G., & Edmundson, J. (1969). *Athletics for schools*. University of London Press Ltd.
4. Hodks, G. (1962). *Application of weight training to athletics*. Englewood Cliffs, N.J. Prentice Hall Inc.
5. Singh, B. (2007). *Athletic Conditioning*. Sports Publication, G-6, 23/23B EMCA.

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

Max.Marks: 50 Marks

Practical : 45 Marks

Internal Assessment: 5 Marks

Minimum Pass Marks: 40% in each aspect

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

- 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.

Parallel Bars

- Mount from one bar, straddle walking on parallel bars, single and double step walk, perfect swing and shoulder stand on one bar roll forward, roll side, shoulder stand and front on back vault to the side (dismount).

Vaulting Table

- Approach run and jump from the beat board, cat vault, squat vault and straddle vault.

Horizontal Bars

- Perfect swing on horizontal bars, single leg up start with swing, mill circle forward, and mill circle backward.

Pommel horse

- Perfect support position on pommel horse, single leg outward (front support), single leg circle inward (front support) and half single leg circle.

Roman Rings

- Perfect swing on roman rings, inverted hand stand and indicate forward with body bent and straight.

Note: Roman ring will be taught, if facilities are available.

FUNDAMENTAL SKILLS
(WOMEN SECTION)

Floor Exercise

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

Uneven Bars

- Long higher bar to squat forward to rear support, swan, one leg squat rise to scale and under wing dismount.

Beam

- Jump to squat stand, knee scale with support, walk on the beam, standing scale front ways and cat leap.

Vaulting

- Squat vault.

Evaluation Plan: (Equal distribution of marks)-

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

References:

1. Chakraborty, S. (2006). Activities for children teaching gymnastics Pyramids. Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
2. Carle, D.T. (1963). *Hand book of progressive gymnastics*. Englewood Cliffs: N.J. Prentice Hall.
3. Drury, B. J., & Schmid, A. B. (1970). *Gymnastics for women*. California: National Book.
4. Lokon, N. C. & Wiliougby, R. J. (1954). *Complete book of gymnastics*. Englewood Cliffs, N.J. Prentice Hall.

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

Max.Marks:50 Marks

Practical: 45 Marks

Internal Assessment: 5 Marks

Minimum Pass Marks: 40% in each aspect

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

Throw-in:

- 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 outside of the foot and changing direction
- Trapping the bowing ball with the abdomen
- Trapping the bowing ball with the lower leg
- Receiving the bowing 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
- (d) Assignments

References:

1. Batty, C. (1969). *Soccer coaching the modern way*. London; Faber and Faber.
2. Buxton, T. (1969). *Football skills for young players*. Angus Books Limited. Company.
3. Hatty, L. (1969). *Soccer coaching: The modern Way*. London; Faber and Faber.
4. Kanika, K. (2005). *Football coaching manual*. Sports Publications, H.O: 7/26, Ansari Road, Darya Ganj, New Delhi.
5. Lonziak, C. (1966). *Understanding soccer tactics*. London; Faber and Faber.
6. Singh, G. (1977). *Football quiz*. Delhi; Services Publishing House.
7. Soundrer, T. (1972). *Play better soccer in all Colour*. London; Colling Geagow.

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

Max.Marks: 50 Marks

Practical: 45 Marks

Internal Assessment: 5 Marks

Minimum Pass Marks: 40% in each aspect

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 (defence & attack):

Evaluation Plan: (Equal distribution of marks)-

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

References

1. Boe, C., & Norton, K. (1959). *Zone defense and attack*. New York: Ronald Press Company.
2. Boe, C., & Norton, K. (1959). *Men to men defense and attack*. New York: Ronald Press Company.
3. Colberk, A.L. (1956). *Modern basketball—A fundamental analysis of skills and tactics*. London. Nicholas Kaya.
4. Moontasir, A. (1979). *Principles of basketball*. Bombay Skanda Publication.
5. Rose, H.L. (2004). *The basketball handbook*. Human Kinetics, USA.
6. Vaidhya, R. (2007). *Skills & tactics basketball*. Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.

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

Max.Marks:50 Marks

Practical Marks: 45 Marks

Internal Assessment: 5 Marks

Minimum Pass Marks: 40% in each aspect

Objectives:-

1. History of Swimming 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 sport.
4. Different kinds of aquatics activities.
5. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
6. Glossary of terms used in swimming.
7. International rules and regulations of the game.
8. Safety and sanitary rules of swimming pool.
9. Common water borne diseases, their causes and preventive measures.
10. Importance of hygiene for an athlete.
11. Etiquette.
12. Tests/evaluation plan.

Fundamental Skills

Entry into the swimming pool

Development of water balance and confidence:

- a) Water- fear removing drills,
- b) Floating-mushroom and jelly-fish etc. and
- c) Gliding with and without kickboard.

Teaching of competitive swimming strokes (Free style, breast stroke, back stroke and butterfly etc.):

- a) Body position
- b) Leg
- c) Kick
- d) Arm pull
- e) Breathing and
- f) Co-ordination
- g) Starts and turns of the concerned strokes.

Individual medley:

- a) Relays and Relay tactics.
- b) Water treading and simple jumping

Rules, Regulation, Dimensions and Measurement

Evaluation Plan: (Equal distribution of marks)-

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

References:

1. Banks, F., & Ross, A. (1963). *Teaching spring board diving*. Englewood Cliffs: Prentice Hall Inc. New Jersey.
2. Gallagher, H. (1970). *Swimming*. London: Pelham Books.
3. Shrivastava, A.K. (2007). *Encyclopedia of sports*. Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
4. Shrivastava, A.K. (2007). *How to Coach Swimming*. Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.

**Diploma in Physical Education (D.P. Ed.) Two Years
Teacher Education Programme – Semester System
D.P. Ed. — Semester – II**

Part-A (Theory)	-	450 (Marks)
Part-B (Activity – Skills and Prowess)	-	300 (Marks)
Total	-	750 (Marks)

Part-A (Theory) 450 (Marks)

Paper	Title of the Subjects with Code	Mark	Project Work	Internal Assessment
Paper-V	English and Communication Skills (ECS)	70	20	10
Paper-VI	Educational Psychology (EP)	70	20	10
Paper-VII	Introduction to Human Anatomy (IHA)	70	20	10
Paper VIII	Introduction to Human Physiology (IHP)	70	20	10
Paper IX	HCP/Punjabi	45 marks for each subject		05

D.P. Ed. — Semester – II

Part-B (Activity – Skills and Prowess) 300 (Marks)

Paper	Contents of Games and Sports	Mark	Internal Assessment
Athletics	Teaching of Fundamentals, Rules and Regulations and Measurements of Track & Fields/ respective Playfields/ Ground	45	5
Wrestling	-do-	45	5
Boxing	-do-	45	5
Judo	-do-	45	5
Light Apparatus Activity (Dumbbells, Lezieum, Hoops, Flags etc.) / Calisthenics	Set of Exercises –2 counts, 4 counts, 8 counts and 16 counts	90	10

Note:

1. Each student is required to procure 40 % marks to pass separately in theory, practical component and respective assessment.
2. Eight hours per day will be devoted for theory and practical work.
3. Practical Examination in Athletics and Games (Activities) will be conducted two week before the commencement of Panjab University Semester Examination.
4. The Examination will be conducted by a set of three Internal Examiners appointed by the College Principal in Consultation with the HoD
5. Project work will be evaluated by the concerned subject teacher and awards will be submitted to the University separately like continues assessment marks.
6. English and Communication Skills will be given nine period per week, i.e., 6+3
7. Conditioning is compulsory and one hour per day will be devoted for this activity.
8. The compulsory subject of Environment Education would be offered by the students in the First Semester of Undergraduate Classes in all streams (Arts, Commerce, Science, Computer Application, Biotechnology, Education etc.)

<u>Theory Part A- D.P.Ed</u> <u>English and Communication Skills (ECS)</u> <u>Paper-V</u> <u>Semester-II</u>	
Max. Marks: 100 Time :Three Hours	Theory/Written Marks: 70 Project Work Marks: 20 Internal Assessment: 10 Minimum Pass Marks: 40% in each aspect
Sec-A	Marks: 30
Unit-I: Literature <ul style="list-style-type: none"> • Poems: Nature (H.W Long fellow) Dreams (Langston Hughes) The Road Not Taken (Robert Frost) • Story: One Friday Morning (Langston Hughes) A Cup of Tea (Katherine Mansfield) • Essays: Judgment on the Petticoat (Joseph Addison) Art (John Galsworthy) • Poetry: Summary (one out of two with internal choice) Marks: 05 Paraphrase/ Explanation of a Stanza (one out of two with internal choice) Marks: 05 • Story: 5 short questions to test student’s grasp Marks: 10 • Essay: One essay type question on Summary/Character/Incident (one out of two with internal choice). Marks: 10 	
Unit-II: Language through Literature <ul style="list-style-type: none"> • Antonyms • Synonyms • Comprehension 	Marks: 10
Unit-III: Grammar <ul style="list-style-type: none"> • Tense and Sequence of Tense Degree of Comparison 	Marks: 20
Unit-IV: Visual Study <ul style="list-style-type: none"> • The Kite Runner <p>(Examiners are instructed to ask questions like theme, character, incident and anything regarding their experience of watching the film)</p>	Marks: 10
Project Work Subject teacher will give project work to the student related to the subject. The project will be evaluated by concerned teacher. The award will be submitted separately like continuous internal assessment marks.	
References: <ol style="list-style-type: none"> 1. Complete Stories of Oscar Wilde – Crest Publishing House (A JAICO Enterprise) G-2, 16 Ansari Road, Darya Ganj New Delhi-110002 2. Emerson’s Essays – Books Inc. New York 3. Fifteen Poets – Oxford University Press 4. Francis Bacon Selected Essays – Dr. S. Sen 5. Longfellow Poetical Works – London Oxford University Press 	

EDUCATIONAL PSYCHOLOGY (EP)

Semester-II

Paper- VI

Max. Marks: 100
Time :Three Hours

Theory/Written Marks: 70
Project Work Marks: 20
Internal Assessment: 10

Minimum Pass Marks: 40% in each aspect

Note: Nine questions will be set. Question number one will be compulsory of 14 marks with seven short types of answers covering the entire syllabus. Four questions are to be attempted selecting one from each unit and each question will carry 14 marks.

Unit-I

PSYCHOLOGY AND EDUCATIONAL PSYCHOLOGY.

- Meaning, Definition, Nature and Scope of Psychology
- Meaning, Definition, Nature and Scope of Educational Psychology
- Importance of Educational Psychology for the teacher of Physical Education
- Historical Development of Educational Psychology
- Methods of studying human behaviour: Introspection, observation method, experimental method, clinical and case study methods.

Unit-II

GROWTH AND DEVELOPMENT

- Meaning of growth and development.
- Nature of growth and development.
- Characteristics or principles of growth and development.
- Distinction between growth and development.
- Stages of growth and development. Psychological and Emotional development during different stages of Growth and Development.
- The role of physical education and sports in solving the problems face by adolescents.
- Educational implications of Principles of growth and development.
- Factors affecting growth and development – Heredity and Environment.

Unit-III

LEARNING

- Learning: Meaning, definition and nature of learning.
- Principles of learning.
- Factors affecting learning.
- Laws and associated laws of learning given by Thorndike.

ADOLESCENCE EDUCATION

- Adolescence Education- Meaning, objectives; need for adolescence education and the role of the institution in adolescence education. Skill development in adolescence education – Adolescence Reproductive and Sexual Health (ARSH) Skills and skills for the teachers.

Unit-IV

TRANSFER OF TRAINING

- Transfer of training: Meaning and definitions.
- Theories of transfer of training: Theory of Mental Discipline (Faculty Theory), Appreciation theory, Identical Elements, Theory of Generalization, Transposition theory and Theory of Ideals.
- Factors affecting transfer of training.
- Educational implication of transfer of training.
- Individual differences: Meaning, Definitions and Areas.
- Nature of Individual Differences, Causes of Individual Differences, Sports and Individual Differences

Project Work

Subject teacher will give project work to the students related to the subject. The project will be evaluated by concerned teacher. The awards will be submitted separately like continuous internal assessment marks.

Books Recommended

1. Dweey, J. (1998). *Psychology*. Khel Sahitya Kendra, New Delhi.
2. Gangopadhya, S. R. (2007). *Sports psychology*. Sports Publication G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
3. Bhatia K. K. et al. (2005). *Advance educational psychology of teaching*.
4. Mathur, S.S. (1994). *Educational psychology*. Vinod Pustak Mandir Agra.
5. Singh Ajmer and et al. (2007). *Essential of physical Education*, 3rd edition, Kalyani Publisher.
6. Singh, J., & Vaid, R. (2007). *Physical education and sports psychology* Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.

**Introduction to Human Anatomy
Semester-II
Paper-VII**

**Max. Marks: 100
Time :Three Hours**

**Theory/Written Marks: 70
Project Work Marks: 20
Internal Assessment: 10**

Minimum Pass Marks: 40% in each aspect

Note: Nine questions will be set. Question number one will be compulsory of 14 marks with seven short types of answers covering the entire syllabus. Four questions are to be attempted selecting one from each unit and each question will carry 14 marks.

Unit-I

- Meaning, definition and concept of Human anatomy
- The structure of the cell
- Bone: Bone structure, types of bones (long bones, short bones, irregular bones and sesamoid bones), and functions of bones
- Structural classification of muscles (Penniform, Bipenniform, Multipenniform, Fusiform etc.), types of muscles (skeletal, smooth and cardiac muscles and general characteristics of muscles – excitability, elasticity, contractility and irritability)

Unit – II

Skeleton System

- A brief introduction to the human skeleton
- Axial Skeleton – the skull, vertebral column, ribs and sternum
- Appendicular Skeleton – The shoulder girdle with the upper limbs and the pelvic girdle with the lower limbs
- Definition of a joint. Types of joint (fibrous or fixed joints, cartilaginous or slightly movable and freely movable or Synovial joints)

Digestive System

- Brief introduction of the digestive system
- Structure of the organs

Unit – III

Respiratory System

- Brief introduction of the respiratory system
- Structure of the organs
- Types of respiration

Blood

- The blood: The composition and types of blood cells; blood groups and their characteristics

Cardiac System

- Brief introduction of the Cardiac system
- The structure of heart and major blood vessels of the body

Unit – IV

Endocrine system

- Brief introduction to the endocrine system
- Types, location of glands; pituitary gland, thyroid gland, parathyroid glands, adrenal gland, and hypothalamus, the pancreatic islets, pineal gland or body, thymus gland, ovaries in the female and testes in the male.

Nervous System

- A brief introduction to the human nervous system
- Structure of the brain, spinal cord, and peripheral nervous system, brain-cerebrum, mid-brain, pons, medulla oblongata, cerebellum, spinal cord, sensory nerves (afferent, ascending), motor (efferent or descending nerves and simple reflex arc, and peripheral nervous system)

Project Work

Subject teacher will give project work to the students related to the subject. The project will be evaluated by concerned teacher. The awards will be submitted separately like continuous internal assessment marks.

Books Recommended:-

1. Bluisdall, A. (2001). *Human anatomy and physiology*. Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
2. Gerard, J. T., & Derrickson, B. (2006). *Principles of anatomy and physiology*, 11th edition–John Willy and Sons, Inc. USA.
3. Gray, A. T., & Kelvin, T. P. (1994). *Anthony's textbooks of anatomy and physiology*. 14th edition Mosby year book inc. St. Louis Times Mirror, Mosby College Publishing.
4. Park, J.E., & Park, K. (1985). *Text book of preventive and social medicine*. Bnasidar 91 Bhanot, Publisher, Jabalpur.
5. Rose and Wilson (2001). *Anatomy and physiology in health illness*, 9th edition-Harcourt Publisher Ltd.
6. Singh Ajmer and et al. (2007). *Essential of physical Education*, 3rd edition, Kalyani Publisher B- 1/292, Rajinder Nagar Ludhiana Punjab.
7. Winwood, R.S., & Smith, J. L. (1998). *Sears anatomy and physiology for nurses*, 6th edition (1st Indian edition).

Introduction to Human Physiology
Semester-II
Paper-VIII

Max. Marks: 100
Time :Three Hours

Theory/Written Marks: 70
Project Work Marks: 20
Internal Assessment: 10

Minimum Pass Marks: 40% in each aspect

Note: Nine questions will be set. Question number one will be compulsory of 14 marks with seven short types of answers covering the entire syllabus. Four questions are to be attempted selecting one from each unit and each question will carry 14 marks.

Unit-I

Introduction to Human Physiology

- Meaning, definition and concept of Human Physiology
- The functions of the cell
- Reproduction of Cell
- Transport of Substances through membrane
- Concept of Homeostasis
- The blood: function and process of formation of blood cells; and the process of blood clotting and its regulation.

Unit – II

Musculo-Skeletal System

- Concept of Musculo-Skeletal System
- Functions of Skeletal, Joints and Muscles
- Sliding Filament Theory

Cardio-Vascular System

- The functions of heart and major blood vessels of the body.
- Brief description of circulation of the blood, pulmonary circulation, systemic or general circulation, and portal circulation.

Unit – III

Respiratory System

- Brief introduction of the respiratory system
- Functions of its organs.
- Mechanism, control of respiration.

Digestive System

- Brief introduction of the digestive system:
- Functions of its organs.
- The process of digestion (ingestion, propulsion, digestion, absorption and elimination).
- Secretion: juices and their functions.

Unit – IV

Nervous System

- A brief introduction to the human nervous system
- Functions of the brain, spinal cord, and peripheral nervous system, brain-cerebrum, mid-brain, pons Varolli, medulla oblongata, cerebellum, spinal cord, sensory nerves(afferent, ascending),

motor(efferent or descending and simple reflex arc, and peripheral nervous system.

- Autonomic nervous system
- Sympathetic nervous system
- Parasympathetic nervous system

Endocrine System

- Brief introduction to the endocrine system
- Secretion and functions of glands; pituitary gland, thyroid gland, parathyroid glands, adrenal gland, and hypothalamus, the pancreatic islets, pineal gland or body, thymus gland, ovaries in the female and testes in the male

Project Work

Subject teacher will give project work to the students related to the subject. The project will be evaluated by concerned teacher. The awards will be submitted separately like continuous internal assessment marks.

References

1. Bluisdall, A. (2001). *Human anatomy and physiology*. Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
2. Tortora, G.J., & Derrickson, B. (2006). *Principles of anatomy and physiology*, 11th edition–John Willy and Sons, Inc. USA.
3. Gray, A. T., & Kelvin, T. P. (1994). Anthony's textbooks of anatomy and physiology 14th edition Mosby year book inc. St. Louis Times Mirror, Mosby College Publishing
4. Park, J.E., & Park, K. (1985). Text book of preventive and social medicine, Bnasidar 91 Bhanot , Publisher, Jabalpur.
5. Rose and Wilson, (2001). *Anatomy and physiology in health illness*, 9th edition- Harcourt Publisher Ltd.
6. Singh Ajmer and et al. (2007). *Essential of physical education*, 3rd edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.
7. Winwood, R.S., & Smith, J. L. (1998). *Sears anatomy and physiology for nurses*, 6th edition (1st Indian edition).

**HISTORY AND CULTURE OF PUNJAB
SEMESTER II**

Paper IX

INSTRUCTIONS FOR THE PAPER –SETTER AND CANDIDATES: (FOR PAPER in semester 1 AND 2)

1. The syllabus has been divided into four Units.

There shall be 9 questions in all. The first question is compulsory and shall be short answer type containing 10 short questions spread over the whole syllabus to be answered in about 25 to 30 words each. The candidates are required to attempt any 05 short answer type questions carrying 05 marks i.e. 1 marks of each. Rest of the paper shall contain 4 units. Each Unit shall have two essay type questions and the candidate shall be given internal choice of attempting one question from each Unit-IV in all. Each question will carry 10 marks.

2. For private candidates, who have not been assessed earlier for internal assessment, the marks secured by them in theory paper will proportionately be increased to maximum marks of the paper in lieu of internal assessment.

The paper-setter must put note (2) in the question paper.

3. One question from Unit-IV shall be set on the map.

Explanation:

1. Each essay type question would cover about one-third or one-half of a topic detailed in the syllabus.
2. The distribution of marks for the map question would be as under:

Map	:	06 Marks
Explanatory Note	:	04 Marks

In case a paper setter chooses to set a question of map on important historical places, the paper setter will be required to ask the students to mark 6 places on map of 1 marks each and write explanatory note on any two of 2 marks each.

3. The paper-setter would avoid repetition between different types of question within one question paper.

Paper 1:	Max. Marks	:	50
	Theory	:	45
	Internal Assessment	:	05
	Time	:	3 Hours

Objectives: To introduce the students to the history of Punjab region in modern times.

Pedagogy: Lectures, library work and discussions.

UNIT I

1. Introduction of Colonial Rule: administrative changes; means of communication; western education.
2. Agrarian Development: Commercialization of agriculture; canalization and colonization.
3. Social Classes: agrarian groups; new middle classes

UNIT II

4. Early Socio Religious Reform: Christian Missionaries; Namdharis; Nirankaris.
5. Socio Religious Reform Movements: activities of Arya Samaj; Singh sabhas; Ahmadiyas.
6. Development of Press & literature: growth of press; development in literature

UNIT III

7. Emergence Of Political Consciousness: Agrarian uprising 1907; Ghadar.
8. Gurudwara Reform Movement: Jallianwala Bagh; foundation of SGPC and Akali Dal; Morchas.
9. Struggle for Freedom: activities of revolutionaries - Babbar Akalis, Naujawan Bharat Sabha; participation in mass movements – non co-operation, civil disobedience, Quit India.

UNIT IV

10. Partition and its Aftermath: resettlement; rehabilitation
11. Social Concerns In Post Independence Punjab: language; immigration; socio-economic issues.
12. MAP: Major Historical places: Delhi, Kurukshetra, Jaito, Ferozepur, Ambala, Amritsar, Lahore, Ludhiana, Qadian, Jalandhar, Lyallpur, Montgomery.

Suggested Readings:

1. Singh, Kirpal :History and Culture of the Punjab, Part II(Medieval Period),
Publication Bureau, Punjabi University, Patiala 1990(3rd edn.).
2. Singh, Fauja(ed.) :History of the Punjab, Vol.III, Punjabi University, Patiala
1972.
3. Grewal, J.S. :The Sikhs of the Punjab, the New Cambridge History of
India, Orient Longman, Hyderabad,1990.
4. Singh, Khuwant :A History of the Sikhs, vol I: 1469-1839, oxford University
Press,. Delhi, 1991.
5. Chopra, P.N.,Puri, B.N.:A Social, Cultural and Economic History of India, Vol.II,
And Das,M.N. Macmillan, delhi, 1974.

ਪੰਜਾਬੀ ਲਾਜਮੀ
(ਦੇ ਸਾਲਾ ਡਿਗਰੀ ਕੋਰਸ ਦੇ ਪਹਿਲੇ ਸਾਲ ਲਈ ਨਿਰਧਾਰਤ)
ਸਮੈਸਟਰ – ਦੂਜਾ
Paper-IX
(Punjabi compulsory – Semester 2nd)

ਕੁਲ ਅੰਕ-50,
ਲਿਖਤੀ-45ਅੰਕ,
ਇੰਟਰਨਲ ਅਸੈਸਮੈਂਟ-05ਅੰਕ,
ਸਮਾਂ –ਤਿੰਨ ਘੰਟੇ।

ਪਾਠ ਕ੍ਰਮ

- (1)ਆਧੁਨਿਕ ਪੰਜਾਬੀ ਕਵਿਤਾ ਦਾ ਅਧਿਐਨ
- (2) ਪੰਜਾਬੀ ਕਹਾਣੀਆਂ ਦਾ ਅਧਿਐਨ
- (3)ਸਵੈ ਜੀਵਨੀ ਦਾ ਅਧਿਐਨ
- (4) ਉਪਰੋਕਤ ਤਿੰਨ ਪੁਸਤਕਾਂ ਦੇ ਆਧਾਰ ਉਤੇ ਲਘੂ ਉੱਤਰਾਂ ਵਾਲੇ ਪ੍ਰਸ਼ਨ
- (5)ਵਿਆਕਰਣ- ਸੁਧ –ਅਸੁਧ, ਮੁਹਾਵਰੇ,ਸੂਚਨਾ ਹਿਤ ਨੋਟਿਸ,ਦਫਤਰੀ ਚਿੱਠੀ ਪੱਤਰ
- (6)ਪ੍ਰਬੰਧਕੀ ਸ਼ਬਦਾਵਲੀ(ਕੁਲ 200 ਤਕਨੀਕੀ ਸ਼ਬਦਾਂ ਵਿਚੋਂ 100ਸ਼ਬਦ, 101ਤੋਂ 200ਤੱਕ) ਸ਼ਬਦਾਵਲੀ ਨਾਲ ਨੱਥੀ ਹੈ

ਕੋਰਸ

- 1 ਕਾਵਿ ਸੁਮੇਲ(ਸੰਪਾਦਕ) ਡਾ ਕਰਮਜੀਤ ਸਿੰਘ,ਪਬਲੀਕੇਸ਼ਨ ਬਿਉਰੇ, ਪੰਜਾਬ ਯੂਨੀਵਰਸਿਟੀ ਚੰਡੀਗੜ੍ਹ (7ਤੋਂ12 ਤਕ ਕਵੀ)
- 2 ਕਥਾ ਕਹਾਣੀ (ਸੰਪਾਦਕ) ਡਾ: ਧਨਵੰਤ ਕੌਰ,ਪਬਲੀਕੇਸ਼ਨ ਬਿਉਰੇ,ਪੰਜਾਬ ਯੂਨੀਵਰਸਿਟੀ ਚੰਡੀਗੜ੍ਹ (7ਤੋਂ12ਤਕ ਕਹਾਣੀਆਂ)
- 3 ਗਲੀਏ ਚਿਕੜੂ ਦੂਰਿ ਘਰੁ , ਡਾ:ਸੋਹਿੰਦਰ ਸਿੰਘ ਵਣਜਾਰਾ ਬੇਦੀ,ਕਸਤੂਰੀ ਲਾਲ ਐਂਡ ਸੰਨਜ,ਅੰਮ੍ਰਿਤਸਰ (7ਤੋਂ12ਤਕ ਕਾਂਡ)
- 4 ਉਪਰੋਕਤ ਤਿੰਨ ਪੁਸਤਕਾਂ ਦੇ ਆਧਾਰ ਉਤੇ ਲਘੂ ਉੱਤਰਾਂ ਵਾਲੇ ਪ੍ਰਸ਼ਨ ।

ਯੂਨਿਟ ਅਤੇ ਥੀਮ

- 1 ਕਾਵਿ ਸੰਗ੍ਰਹਿ ਵਿਚੋਂ ਕਵਿਤਾ ਦਾ ਵਿਸ਼ਾ ਵਸਤੂ/ਕੇਂਦਰੀ ਭਾਵ ਦਸ ਕੇ ਸਾਰ ਲਿਖੋ।(ਦੇ ਵਿਚੋਂ ਇੱਕ) ਅੰਕ 7
- 2 ਕਹਾਣੀ ਸੰਗ੍ਰਹਿ ਵਿਚੋਂ ਕਿਸੇ ਇੱਕ ਕਹਾਣੀ ਦਾ ਸਾਰ(ਦੇ ਵਿਚੋਂ ਇੱਕ) ਅੰਕ 7
- 3 ਸਵੈ ਜੀਵਨੀ ਵਿਚੋਂ ਕਿਸੇ ਇੱਕ ਕਾਂਡ ਦਾ ਸਾਰ(ਦੇ ਵਿਚੋਂ ਇੱਕ) ਅੰਕ 7

-
- 4 ਕਾਵਿ ਸੰਗ੍ਰਹਿ, ਕਹਾਣੀ ਸੰਗ੍ਰਹਿ ਅਤੇ ਸਵੈ ਜੀਵਨੀ ਵਿੱਚੋਂ ਲਘੂ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ (9 ਵਿੱਚੋਂ 6) $6 \times 1 = 6$ ਅੰਕ 6
(ਹਰ ਪੁਸਤਕ ਵਿੱਚੋਂ ਤਿੰਨ ਤਿੰਨ ਪ੍ਰਸ਼ਨ ਪਾਏ ਜਾਣ)
- 5 ਦਫਤਰੀ ਚਿੱਠੀ ਪੱਤਰ / ਸੂਚਨਾ ਹਿੱਤ ਨੋਟਿਸ ਲਿਖਣਾ (ਦੇ ਵਿੱਚੋਂ ਇਕ) ਅੰਕ 5
- 6 ਮੁਹਾਵਰੇ, ਸੁਧ-ਅਸ਼ੱਧ / ਵਾਕਾਂ ਨੂੰ ਸੋਧ ਕੇ ਲਿਖੇ $3+2+3=8$ ਅੰਕ 8
- 7 ਪ੍ਰਬੰਧਕੀ ਸ਼ਬਦਾਵਲੀ-101 ਤੋਂ 200 ਤਕ ਸ਼ਬਦ (12 ਵਿੱਚੋਂ 10 ਸ਼ਬਦਾਂ ਦਾ ਪੰਜਾਬੀ ਰੂਪ) $1/2 \times 10 = 5$ ਅੰਕ 5

101.	Indication	ਇਠਾਰਾ, ਸੰਕੇਤ
102.	Indicator	ਸੂਚਕ
103.	Indirectly	ਅਸਿੱਧੇ ਢੰਗ ਨਾਲ
104.	Indiscipline	ਅਨੁਠਾਸਨਹੀਨਤਾ
105.	Individually	ਵਿਅਕਤੀਗਤ
106.	Ineffective	ਪ੍ਰਭਾਵਹੀਨ, ਬੇਅਸਰ
107.	Inflation	ਮੁਦਰਾਦੈਲਾਓ
108.	Influence	ਪ੍ਰਭਾਵ, ਅਸਰ
109.	Inform	ਸੂਚਨਾ ਦੇਣੀ
110.	Informal	ਵੈਰਸਮੀ
111.	Innovation	ਨਵੀਨਤਾ
112.	Innocent	ਨਿਰਦੋਖ, ਮਾਸੂਮ
113.	Insecure	ਅਣਸੁਰੱਖਿਅਤ
114.	Inscription	ਖਿਲਾਲੇਖ
115.	Insignia	ਚਿੰਨ੍ਹ
116.	Insist	ਟੌਰ ਦੇਣਾ, ਅੜਨਾ
117.	Inspection	ਨਿਰੀਖਣ
118.	Instability	ਅਸਥਿਰਤਾ
119.	Instinct	ਪ੍ਰਵਿਰਤੀ, ਬਿਰਤੀ
120.	Institute	ਸੰਸਥਾ
121.	Instruct	ਹਦਾਇਤ ਕਰਨਾ
122.	Insurance	ਬੀਮਾ
123.	Insurance premium	ਬੀਮਾ ਕਿਠਤ
124.	Isolate	ਵੱਖ ਕਰਨਾ, ਅਲੱਗ ਕਰਨਾ
125.	Joint director	ਸੰਯੁਕਤ ਡਾਇਰੈਕਟਰ
126.	Judicial	ਅਦਾਲਤੀ, ਨਿਆਂਇਕ
127.	Judgement	ਦੈਸਲਾ, ਨਿਰਣਾ
128.	Knowledge	ਗਿਆਨ, ਜਾਣਕਾਰੀ
129.	Laboratory	ਪ੍ਰਯੋਗਠਾਲਾ
130.	Land tax	ਭੌਂਕਰ
131.	Land mark	ਸੀਮਾਚਿੰਨ੍ਹ
132.	Language department	ਭਾਠਾ ਵਿਭਾਗ
133.	Lawful	ਕਾਦਨ ਅਨੁਸਾਰ
134.	Lay out	ਪਾਕਾ
135.	Leave allowance	ਛੁੱਟੀ ਭੱਤਾ
136.	Ledger	ਪਾਤਾ ਵਹੀ

137.	Ledger folio	ਪਾਤਾ ਪੰਨਾ
138.	Length of service	ਸੇਵਾ ਕਾਲ
139.	Letter of acceptance	ਪ੍ਰਵਾਨਗੀ ਪੱਤਰ
140.	Legal Aid	
141.	Legal Document	
142.	Lexicography	ਕੋਖ ਵਿਗਿਆਨ
143.	Liberal	ਉਦਾਰ, ਖੁਲ੍ਹਦਿਲਾ
144.	Library science	ਪੁਸਤਕ ਵਿਗਿਆਨ
145.	Long term	ਲੰਮੀ ਮਿਆਦ ਦਾ
146.	Lower court	ਹੇਠਲੀ ਅਦਾਲਤ
147.	Mail transfer	ਡਾਕ ਤਬਾਦਲਾ
148.	Lowest rate	ਘੱਟੋ ਘੱਟ ਦਰ
149.	Mandatory	ਤਾਕੀਦੀ ਹੁਕਮ ਸੰਬੰਧੀ
150.	Manpower	ਜਨ੍ਹਕਤੀ
151.	Manual work	ਦਸਤੀ ਕੰਮ
152.	Manufacture	ਨਿਰਮਾਣ ਕਰਨਾ
153.	Manuscript	ਹੱਥਲਿਖਤ
154.	Marginal	ਘੱਟ ਤੋਂ ਘੱਟ
155.	Marked	ਅੰਕਿਤ, ਚਿੰਨ੍ਹਿਤ
156.	Matter of controversy	ਵਿਵਾਦ ਪੂਰਣ ਮਾਮਲਾ
157.	Medical aid	ਡਾਕਟਰੀ ਭੱਤਾ
158.	Memory test	ਯਾਦ੍ਰਕਤੀ
159.	Mentality	ਮਾਨਸਿਕ, ਦਿਮਾਗੀ
160.	Mentioned	ਵਰਣਿਤ
161.	Miscellaneous	ਦੁਟਕਲ
162.	Misprint	ਛਪਾਈ ਦੀ ਭੁੱਲ
163.	Mobile library	ਚਲਦੀ ਫਿਰਦੀ ਲਾਇਬਰੇਰੀ
164.	Moderation	ਸੰਤੁਲਨ, ਨਿਯੰਤਰਣ
165.	Morality	ਨੈਤਿਕਤਾ, ਇਪਲਾਕ
166.	Necessary action	ਲੋੜੀਂਦੀ ਕਾਰਵਾਈ
167.	Norm	ਮਾਪਦੰਡ, ਪ੍ਰਤਿਮਾਨ
168.	Negotiation	
169.	Net income	
170.	Non transferable	ਨਾ ਬਦਲਣਯੋਗ
171.	Not competent	ਸਮਰੱਥ ਨਹੀਂ
172.	Notified	ਅਧਿਸੂਚਿਤ
173.	Oblige	ਅਹਿਸਾਨ ਕਰਨਾ, ਪੰਨਵਾਦੀ ਬਣਾਉਣਾ

174.	Occasional	ਕਦੇ ਕਦਾਈਂ
175.	Office bearer	ਅਹੁਦੇਦਾਰ
176.	On probation	ਅਜਮਾਇਖ ਅਧੀਨ
177.	Opportunist	ਮੌਕਾਪ੍ਰਸਤ
178.	Ordinary	ਸਾਧਾਰਨ
179.	Original	ਮੌਲਿਕ
180.	Penalty	ਦੰਡ
181.	Pending case	ਰੁਕੇ ਹੋਏ ਮਾਮਲੇ
182.	Performance	ਪ੍ਰਦਰਖਨ
183.	Permit	ਇਜਾਜ਼ਤ ਦੇਣਾ, ਆਗਿਆ ਦੇਣਾ
184.	Postal charges	ਡਾਕ ਪਰਚ
185.	Proposal	ਤਜਵੀਹ, ਪ੍ਰਸਤਾਵ
186.	Public authority	ਸਰਕਾਰੀ ਅਧਿਕਾਰੀ
187.	Qualified	ਯੋਗਤਾ ਪ੍ਰਾਪਤ
188.	Quantity	ਮਿਕਦਾਰ, ਮਾਤਰਾ
189.	Recognised	ਮਾਨਤਾ ਪ੍ਰਾਪਤ
190.	Reconsider	ਪੁਨਰ ਵਿਚਾਰ
191.	Relief fund	ਸਹਾਇਤਾ ਦੰਡ
192.	Sanction	ਮਨ੍ਹੂਰੀ
193.	Service benefits	ਸੇਵਾ ਲਾਭ
194.	Transcript	ਉਤਾਰਾ
195.	Visitor book	ਮੁਲਾਕਤੀ ਰਜਿਸਟਰ
196.	With consent	ਰਾਮੰਦੀ ਨਾਲ
197.	Withdrawal	ਵਾਪਸ ਲੈਣਾ

ਸਹਾਇਕ ਪੁਸਤਕਾਂ:

1. ਹਰਕੀਰਤ ਸਿੰਘ (ਡਾ.), ਕਾਲਜ ਪੰਜਾਬੀ ਵਿਆਕਰਨ, ਪੰਜਾਬ ਸਟੇਟ ਯੂਨੀਵਰਸਿਟੀ ਟੈਕਸਟ ਬੁੱਕ ਬੋਰਡ, ਚੰਡੀਗੜ੍ਹ
 2. ਸੁਖਵਿੰਦਰ ਸਿੰਘ ਸੰਘਾ (ਡਾ.), ਪੰਜਾਬੀ ਭਾਖਾ ਵਿਗਿਆਨ, ਪੰਜਾਬੀ ਭਾਖਾ ਅਕਾਦਮੀ, ਜਲੰਧਰ, 1997.
 3. ਜੱਸਲ ਕਵਲਜੀਤ, ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਦੇ ਕੁਝ ਪੱਖ, ਰਵੀ ਸਾਹਿਤ ਪ੍ਰਕਾਸ਼ਨ, ਹਾਲ ਬਾਹਾਰ, ਅੰਮ੍ਰਿਤਸਰ, 2012.
 4. ਪੰਜਾਬੀ ਸੰਚਾਰ ਯੋਗਤਾ ਅਭਿਆਸ, ਪੰਜਾਬ ਸਟੇਟ ਯੂਨੀਵਰਸਿਟੀ ਟੈਕਸਟ ਬੁੱਕ ਬੋਰਡ, ਚੰਡੀਗੜ੍ਹ।
 5. ਬਰਾੜ, ਬੂਟਾ ਸਿੰਘ (ਡਾ.), ਪੰਜਾਬੀ ਵਿਆਕਰਨ, ਸਿਧਾਂਤ ਅਤੇ ਵਿਹਾਰ, ਚੇਤਨਾ ਪ੍ਰਕਾਸ਼ਨ ਲੁਧਿਆਣਾ, 2008.
 6. ਧਾਲੀਵਾਲ, ਪ੍ਰੇਮ ਪ੍ਰਕਾਸ਼ ਸਿੰਘ (ਡਾ.), ਸਿਧਾਂਤਕ ਭਾਖਾ ਵਿਗਿਆਨ, ਮਦਾਨ ਪਬਲਿਕੇਸ਼ਨ, ਪਟਿਆਲਾ, 2002.
 7. ਅਗਨੀਹੋਤਰੀ, ਵੇਦ, ਪਰਿਚਾਇਕ ਭਾਖਾ ਵਿਗਿਆਨ, ਦੀਪਕ ਪਬਲਿਕੇਸ਼ਨ, ਜਲੰਧਰ, 1981.
- ਨੋਟ:
1. ਟੈਕਸਟ ਲਈ ਹਦ ਤੇ ਦੇ ਛੇ ਪੀਰੀਅਡ।
 2. ਕੰਪੋਜ਼ੀਸ਼ਨ ਲਈ 2530 ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਗਰੁੱਪ ਅਤੇ ਹਦ ਤੇ ਦੇ ਤਿੰਨ ਹੋਰ ਪੀਰੀਅਡ।
 3. ਹਦ ਤੇ ਦੇ $6+3=9$ ਪੀਰੀਅਡ।

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

Max. Marks: 50 Marks
Practical: 45 Marks
Internal Assessment: 5 Marks
Minimum Pass Marks: 40% in each aspect

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

Field Events

Long 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
- Assignments

References

1. Brown, L. R. (2003). *Fitness running*. Human Kinetics USA.
2. Dyoon, G. (1962). *The mechanic of athletics*. London University of London press Ltd.
3. Dyson, G., & Edumndson, J. (1969). *Athletics for schools*. University of London Press Ltd.
4. Hodks, G. (1962). *Application of weight training to athletics*. Englewood Cliffs, N.J. Prentice Hall Inc.
5. Singh, B. (2007). *Athletic Conditioning*. Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.

D.P.Ed. - Semester - II
PART-B (Activity – Skill and Prowess)
WRESTLING

Max. Marks: 50 Marks

Practical: 45 Marks

Internal Assessment: 5 Marks

Minimum Pass Marks: 40% in each aspect

Objectives:-

1. History of Wrestling 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. Different kinds of wrestling.
5. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
6. International rules and regulations of the game.
7. Importance of hygiene for a wrestler.
8. Etiquette.
9. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Learning and demonstrating fundamental skills involving drills and lead up games related with the style of wrestling:

- Take downs: leg tackles and arm drag
- Counters for take downs: Cross face and whizzer series
- Escapes from under: Sit out-turns in tripped
- Counters for escapes from under: Basic control, back drop and counters for stand up
- Pinning combination: Nelson series (Half Nelson, Half Nelson and Bar Arm) leg lift series, leg cradle series, reverse double bar arm, chicken wing and half nelson.
- Escapes from pinning: Wing lock series, double arm lock, roll and bridge
- Standing wrestling; Head under arm series and whizzer series

Evaluation Plan: Equal distribution of marks)-

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

References

1. Dubey, C.H. (2001). *A Wrestling Guide*. Rampura, Saggar (M.P.).
2. Patrice, A. O. (2004). *Wrestling and hypermasculinity*. McFarland & Company, Incorporated Publishers.
3. Suzanne, L. (1997). *A Basic Guide to Wrestling (Official U.S. Olympic Committee Sports Series)*

D.P.Ed. - Semester - II
PART-B(Activity – Skill and Prowess)
BOXING

Max.Marks:50 Marks
Practical: 40 Marks
Internal Assessment: 10 Marks
Minimum Pass Marks: 40% in each aspect

Objectives:-

1. History of Boxing 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. Different kinds of Boxing.
4. Knowledge of equipment of international standard required for the game.
5. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
6. International rules and regulations of the game.
7. Importance of hygiene for a boxer.
8. Etiquette.
9. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Classification of Offensive and Defensive Actions:

- **Offensive Actions/Attacks: Direct and Counter Attacks**
- **Types of Punches**(Six types of blows /punches):- Straight Left to the Face; Straight Right to the Face; Straight Left to the Body; Straight Right to the Body; Left and Right Hooks; and Left and Right Upper-cut

Defense Actions (Two types):

- Active defense
- Passive defense

Four Groups of Defense (Blocking; Parries and Evading Movements):-

- Blocking:-Head Block; Shoulder Block; Elbow block; and Double block
- Parries: - Left and right side parries; Inside parry; Outside parry; and Upward Parry
- Evading Movements: Ducking; Weaving; and Slip left and right side
- Evading Movements: Step back; Sway back; Left side step; and Right side step

Weak Points of the Boxer: Temporal, Centre of Moustache, Chin, Jugular vein, Flattening ribs, Stomach.

Evaluation Plan: Equal distribution of marks)-

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

References

1. Shrivastava, A.K. (2006). *How to Coach Boxing*, Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
2. Hickey, K. (2006). *Boxing*. A & C Black Publishers Ltd.
3. Newton, A.J. (2005). *Boxing*. Bloomsbury Publishin

**D.P.Ed.- Semester - II
PART-B (Activity – Skill and Prowess)
JUDO**

Max.Marks: 50 Marks

Practical: 45 Marks

Internal Assessment: 5 Marks

Minimum Pass Marks: 40% in each aspect

Objectives:-

1. History of Judo 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 judoka.
7. Etiquette.
8. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Rej (Salutation):

- Ritsurei (Salutation in standing position).
- Zarai (Salutation in sitting position)

Teach to wear judo costume.

Kuma Kata (Methods of holding judo costume.

Shisei (Posture in judo).

Kuzushi (Act of disturbing the opponent’s posture)

Tsukuri and Kake (Preparatory action for attack)

Ukemi (Break fall):

- Urhiro Ukemi(Rear break fall)
- Yoko Ukemi(Side break fall)
- Mae Ukemi(Front break fall)
- Mae Mawari Ukemi (Front rolling break fall)

Shin Tai (Advance or retreat of foot):

- Suri-ashi (Gliding foot)
- Tsugi-ashi (Following footsteps)
- Ayumi-ashi (Drawing ankle throw)

Tai-Sabaki (Management of the body)

Nage-Waze (Throwing Technique):

- Hiza Guruma (Knee-wheel)
- Sesae Tsurikomi-ashi (Drawing ankle throw)

- De-ashi Hari (Advance foot sweep)
- O-goshi(Major Lion)
- Seoi-nage (Shoulder throw)

Katama-waze (Grappling Technique):

- Kesa-gatama (Scaff hold)
- Kata Gatama(Shoulder hold)
- Kami-shiho gatama (Locking of upper four quarters)
- Methods of escaping from each hold

Lead-up Games:

- Break-fall relay (Maximum number of falls from standing position in one minute duration)
- Maximum number of shoulder throws in one minute
- Maximum number of obstacles jumped while doing Mae –mawri-ukemi relay (Maximum number of falls in one minute duration)

Evaluation Plan: (Equal distribution of marks)-

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

References

1. Arora, M. (2005). *Judo Coaching Manual*. Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
2. Harrison, E.J. (2001). *Play better judo*. Sports Publications. New Delhi.
3. Gleeson, G. (2004). *Judo*. A & C Black Publishers Ltd.

D.P.Ed. - Semester - II
PART-B (Activity – Skill and Prowess)
Light Apparatus/ Calisthenics

Max. Marks: 100 Marks

Practical: 90

Internal Assessment: 10Marks

Minimum Pass Marks: 40% in each aspect

Objectives:-

1. History of Indigenous Activities (Lezium, Lathies, Hoops, Malkham, Indian Clubs, Dumbbells, Drum, Different Formations – Pyramids, Bhartyam, Aerobics, etc. and its historical development with special reference to India.
2. To prepare the students for demonstrations/displays on international, national or important days of the institution.
3. Knowledge of equipment required for different indigenous activities.
4. To teach Free Hand Exercises emphasizing on physical fitness, rhythmic sense and neuro- muscular co-ordination.
5. To teach and provide organized physical education activities emphasizing on skill learning, leadership, orderly behaviour and enjoyment.
6. Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
7. To wear appropriate dresses.
8. Etiquette.
9. Tests/evaluation plan.

FUNDAMENTAL SKILLS

Commands: (English and Hindi words that are commonly used in Physical Education)-Fall in a single line, attention, stand- at- ease, stand easy, eyes right, eyes front, dressing, open and close order march, right turn, left turn about turn and mark time.

Marching:

Quick march and halt, wheeling (left /right), turning while marching and time mark, marching with salute.

Free Hand Exercises (Exercises without Apparatus):-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.

Exercises with Apparatus: (Dumbbell, Indian club – rigid and swing exercises, Wands, Hoops, Lazium, Malkham, Lathies, etc.): -Set of exercises will be the same as of exercises without apparatus/ free hand exercises.

Different Formations:- Initial Order Formation, Open Order Formation, Semi-circular Formation, Plus Formation, Letter Formation, Sun Formation, Star Formation, Pyramid Formation, Arrow Formation, India Word Formation, Olympic Ring Formation, India Map Formation, India Flag Formation, etc.

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
- (d) Assignments

References

1. Hand Book of Physical Education. (1995), Friends Publication (India), 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
2. Datta, A.K., & Mazumdar, I. (2004). *Students teaching in physical education*. Janvani Prakshan (P) Ltd.30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032.
3. Govt. of India Publication. The Fitness Corps.

**Diploma in Physical Education (D.P. Ed.) - Teacher Education Programme
Scheme of Study of Part- A, B & C
D.P. Ed. Semester- III**

Part-A (Theory)	-	300 (Marks)
Part-B (Activity – Skills and Prowess)	-	300 (Marks)
Part-C (Teaching Practice)	-	50 (Marks)
Total	-	650 (Marks)

Part-A (Theory) 300 (Marks)

Paper	Title of the Subjects with Code	Marks	Project Work	Internal Assessment 10%
Paper-X	English and Communication Skills(ECS)	70	20	10
Paper-XI	Educational Methodology (EM)	70	20	10
Paper-XII	Kinesiology and Bio-mechanics (KBM)	70	20	10

D.P. Ed. — Semester – III

Part-B (Activity – Skills and Prowess) 300 (Marks)

Paper	Contents of Games and Sports	Marks	Internal Assessment 20%
Athletics	Teaching of Fundamental Skills, Rules and Regulations	60	15
Badminton	-do-	60	15
Kho-kho	-do-	60	15
SOFTBALL	-do-	60	15

D.P. Ed. — Semester – III

Part-C (Teaching Practice) 50 (Marks)

Paper	Title of the Subject	Marks	Internal Assessment (20%)
Teaching Lessons	Games and Theory (classroom teaching) – 05 lessons in each area, i.e. 5 x 2 = 10 lessons.	40	10

NOTE:

- Part-C (Teaching Practice) will be evaluated by the external examiner appointed by the Panjab University.
- Each student is required to pass separately in theory, practical and respective internal assessment.
- Six hours per day will be devoted for theory and practice i.e. three hours for theory and three hours for practice / practical work.

Theory Part A- D.P.Ed
English and Communication Skills (ECS)
Paper- X
Semester-III

Max. Marks: 100
Time :Three Hours

Theory/Written Marks: 70
Project Work: 20
Internal Assessment: 10
(20 Marks)

UNIT1: Literature

1. The Diamond Necklace by Guy de Maupassant
2. How much Land does a Man Need? By Leo Tolstoy
3. Hitting Dowry for a Six by Kalpana Sharma
4. Inzy Lets Things Flow Over Him by Kadambari Murali

(Examiners are instructed to ask questions relating to summary, theme, character, incident etc)

UNIT 2: Language (20 Marks)

1. Antonyms, Synonyms and Match the Columns from the prescribed literature
2. Comprehension of paragraph from literature
3. Identifying parts of speech in the prescribed short stories.

UNIT 3: Grammar and Business Communication (20 Marks)

A: Grammar (10 marks)

1. Change of Voice
2. One Word Substitution

B: Business Communication(10 Marks)

1. E-mail/Fax/Tele Conference
2. Tender Notice, Auction Notice, Public Notice.

UNIT4: (10 Marks)

A visual study of the film *The Blind Side* directed by John Lee Hancock (Examiners are instructed to ask questions like theme, character, incident and anything regarding their watching of the film).

UNIT 5: Project work (20 Marks)

Subject teacher will give project work to the student related to the subject. The project will be evaluated by concerned teacher. The award will be submitted separately like continuous internal assessment marks.

Book Recommended:

Fluency in English (Prescribed by University of Delhi for BA Programme Stream A Course in English First Year) Macmillam India LTD.

EDUCATIONAL METHODOLOGY (EM)

Semester-III

Paper- XI

Max. Marks: 100
Time :Three Hours

Theory/Written Marks: 70
Project Work: 20
Internal Assessment: 10

Note: Nine questions will be set. Question number one will be compulsory of 14 marks with seven short types of answers covering the entire syllabus. Four questions are to be attempted selecting one from each unit and each question will carry 14 marks.

UNIT-I

Fundamentals of teaching:

- Concept of teaching and methods.
- Principles of teaching.
- Maxims of teaching.
- Classification of pupils in physical education and sports.
- Steps for effective teaching.

UNIT-II

Teaching Methods and Teaching Aids:

- Methods of teaching(Lecture Method, Demonstration Method, Discussion Method, Orientation Method, Assignment Method, Problem Solving Method, Remedial Method, Projects Method and Kindergarten Method)
- Formal and informal methods of teaching.
- Factors influencing methods of teaching.
- Teaching Aids and their importance in teaching(Audio-Visual Aids, Charts, Models, Films and Boards)

UNIT-III

Presentation Technique:

- Phases of teaching (Pre-Active Phase, Interactive Phase and Post Active Phase and their operation/function).
- Class formation and its types.
- Commands and their importance.
- Steps in teaching motor skills.
- Lesson Planning and its types.
- Tournaments and their merits and demerits.

UNIT-IV

Educational Technology and Evaluation:

- Meaning, definition, need and importance of educational technology for a teacher.
- Latest technologies for the teachers (Telematics, Multimedia, Television and Overhead projector).
- Computer related concepts of educational technology (LCD, Adobe Photoshop, Power Point Presentation and Assessing students learning).
- Using technology to improve instructions.

- Types of examination(Unit Tests, Terminal Tests, Achievement Tests, Diagnostic Tests and Aptitude Tests)

Project work:

Subject teacher will give project work to the student related to the subject. The project will be evaluated by concerned teacher. The award will be submitted separately like continuous internal assessment marks.

Books Recommended

- Brar R.S, Walia Rosy, Gill Manmeet, Kanwar Sonia, Kalta Sushil, Thapa Anshul Singh (2011) “Fundamentals of Physical Education”. Ludhiana, Kalyani Publication.
- Bucher Charles A. and Wuest Deborah A , “Foundation of Physical Education and Sports” (1989) 10th edition St. Louis Times Mirror, Mosby College Publishing .
- D.R. Sharma and et. al, “Learning Callisthenic in Physical Education”(2005) – Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi
- Kuty, Suresh “Research Methods in Physical Education” (2007) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Sandhu, Kiran “Professional Preparation and career development in Physical Education and Sports”(2004) Friends Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi
- Sherril, Claudine “Adaptive Physical Activity, Recreational and Sports” (1998) 5th edition - McGraw Hill Publisher Ltd.
- Singh Ajmer and et al, “Essential of Physical Education” (2007) 3rd edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.

**KINESIOLOGY AND BIO-MECHANICS (KBM)
Semester-III
Paper-XII**

**Max. Marks: 100
Time :Three Hours**

**Theory/Written Marks: 70
Project Work: 20
Internal Assessment: 10**

Kinesiology and Bio-Mechanics (KBM)

Note: Nine questions will be set. Question number one will be compulsory of 14 marks with seven short types of answers covering the entire syllabus. Four questions are to be attempted selecting one from each unit and each question will carry 14 marks.

UNIT-I

- Kinesiology: Introduction, Meaning, and Definitions.
- Importance of kinesiology for games and sports.
- Fundamental and Anatomical positions and movements of joints.
- Planes and axis.
- Types of Muscular contractions.
- Different roles of muscles in a movement.
- Techniques of Muscular Analysis

UNIT-II

- Structure and functions of the following joints: Neck, shoulder girdle, shoulder joint, elbow, wrist joint, trunk, hip, knee, ankle and foot.
- The attachment and actions of muscles of following joints: Neck, shoulder girdle, shoulder joint, elbow, trunk, hip, knee, ankle.

UNIT-III

- Meaning, definition and scope of biomechanics.
- Meaning of linear kinematics and their application in sports.
- Meaning of linear kinetics and their application in sports.
- Meaning of the terms: Centre of gravity, equilibrium, stability, levers, centripetal and centrifugal forces and their application in sports.

UNIT- IV

- Muscular analysis of fundamental movements: Walking, running, jumping, throwing and catching.
- Postural and Deformities:
 1. Modern Concept of balanced posture.
 2. Common postural deformities i.e., flat foot, bow legs, knock keens, lordosis, scoliosis, Kyphosis and round shoulders, their causes and remedial measure.
 3. Causes of bad posture.
 4. Introduction to basic sports injuries i.e., Abrasion, Contusion, Sprain, Strain, Tennis Elbow, Low Back Pain, Dislocation and Hairline Fracture their care and prevention.
 5. Therapeutic exercises (Active, Passive, Resistive and Stretching and their application for rehabilitation).

6. Application of Kinesiology in Physical Education and Sports.

Project work:

Subject teacher will give project work to the student related to the subject. The project will be evaluated by concerned teacher. The award will be submitted separately like continuous internal assessment marks.

Books Recommended

- Brar R.S, Walia Roji, Gill Manmeet, Kanwar Sonia, Kalta Sushil, Thapa Anshul Singh (2011) “Fundamentals of Physical Education”. Ludhiana, Kalyani Publication.
- Bunn, John, W. “Scientific Principles of Coaching”.
- Deiels, L. and Worthingan, C., *Muscle Testing Techniques of Manual Examination*, Lousion W.B. Esundeus Com, 1956
- James G. Hay. “The Biomechanics of Sports Technique”.
- Jenson, C.R. & Schult, G.W, *Applied Kinesiology: The Scientific Study of Human Performance* (2nd Ed.) New York: MC Grautids Book co., 1977
- Scott, M. “Analysis of human matters”. New York.
- Simonian Charles. “Fundamentals of Sports Biomechanics”.
- Wells, Katharine, P. “Kinesiology”, Philadelphia.

D.P.Ed.-Semester III
SYLLABUS OF ACTIVITY – SKILL & PROWESS AND TEACHING PRACTICE
PART-B (Activity – Skill and Prowess)
ATHLETICS (Track and Field)

Max. Marks: 75 Marks

Practical: 60 Marks

Internal Assessment: 15 Marks

Objectives:-

- To make students aware about the importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
- Importance of hygiene for an athlete
- Etiquette

HISTORICAL BACKGROUND, RULES AND REGULATIONS

- Introduction of the event and its historical development with special reference to India
- Important personalities of national and international repute
- Knowledge of equipment of international standard required for the events.
- International rules and regulations of each event.

FUNDAMENTAL SKILLS

Relays: 4x100m and 4x400m

- Baton Exchange Techniques: - Visual & Non Visual
- Baton Exchange zones
- Equipment Required
- Fixing up runners for different relay races.
- Rules & Regulations for Competition.

Shot- Put

- Techniques:- Perry O'Brien and Disco-Put.
- Teaching Stages: Hand hold, Placement of shot, Initial Stance, T-position, Glide, Delivery Stance, Delivery action and follow through/reverse
- Rules and Regulations for Competition

Evaluation Plan: (Equal distribution of Marks)

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

Books Recommended

- Bosen, Ken O., "Track and Field Fundamental Techniques", Patiala: N.I.S. Publication.
- Doherty, J. Mannel, "Track & Field" Englewood Cliffs, N.J. Prentice Hall Inc.
- Dyoon, Geoffrey, G.H. The Mechanic of Athletics (1962) London University of London press Ltd.,
- Dyson, Geoffrey HG, Edumndson, Joseph, "Athletics for Schools." (1969) University of London Press Ltd..

- Hodks, Gens. Application off Weight Tranning to Athletics.(1962) Englewood Cliffs, N.J. Prentice Hall Inc.,
- Malhotra, Ashok Kumar, “A Guide to be an Athlete”, Krishna Publication Books New Delhi.
- Mohan, V.M. Athletics for biggners, Metropolitan Books New Delhi.
- Singh, Baljeet “Athletic Conditioning” (2006-07) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.

D.P.Ed.-Semester - III
PART-B (Activity – Skill and Prowess)
BADMINTON

Max. Marks: 75 Marks

Practical: 60 Marks

Internal Assessment: 15 Marks

Objectives:-

- To make students aware about the importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
- Importance of hygiene for a badminton player.
- Etiquette.

HISTORICAL BACKGROUND, RULES AND REGULATIONS

- History of Badminton including important tournaments and distinguish personalities of national and international repute.
- Knowledge of equipment of international standard require for the game.
- Rules and regulations of the game.

FUNDAMENTAL SKILLS

- Grips: Racket and shuttle grips.
- Foot Work: The stance, pivot, forehand return and back court return.
- Serves: Short and long serves.
- Strokes: Fore hand stroke, back hand stroke, Over head stroke and Net stroke.
- Smash: Fore hand and back hand smash.
- The Drop
- Types of Games: Singles doubles and mixed doubles.
- Lead-up Games:

Evaluation Plan: Equal distribution of marks: -

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

Books Recommended

- Davic Part, "Better Badminton Learn in Yourself Book."(1979),Orient Paper Books, London.
- Davis Pat, "Guiness Book of Badminton."(1983.) Pat Devis & Guiness Superlatives Limited
- Doway, J.C.,"Better Badminton for All."(1969), Pelham Books Ltd. Great Britain.
- Downey Jake, "Better Badminton for All." (1982)Pelham Books Limited.
- Jain, Anu " Badminton Coaching Manual (2006) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Pelton,Berry C,"Badminton."(1971),N,J,Printice Hall Inc.Englewood Cliffs.
- Thani, L " Skill and Tactics Badminton (1998) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.

D.P.Ed.-Semester - III
PART-B (Activity – Skill and Prowess)
KHO-KHO

Max. Marks: 75 Marks

Practical: 60 Marks

Internal Assessment: 15 Marks

Objectives:-

- To make the students aware about the importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
- Importance of hygiene for a Kho-Kho player.
- Etiquette.

HISTORICAL DEVELOPMENT RULES AND REGULATION

- International rules and regulations of the game.
- History of Kho-Kho including important tournaments and distinguish personalities of national and international repute.
- Introduction about the game/sport and its historical development with special reference to India.
- Knowledge of equipment of international standard required for the game.

FUNDAMENTAL SKILLS

- **General Skills:-**Running between poles, chasing, dodging, faking etc.
- **Skills in Chasing:-**Correct kho, moving on the lanes, pursuing the runner, trapping the inactive runner, trapping the runner on heels, trapping on the poles, diving, judgment in giving kho, and rectification of foul.
- **Skills in Running:-**Zigzag running, single and double chain, ring play, rolling in the sides, dodging while facing and on the back fakes, on the pole fake-legs, body, arms etc., combination of different skills.

Evaluation Plan :(Equal distribution of Marks)-

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

Books Recommended

- “Kho-Kho the Game of Chase and Trill.” Kho-Kho Association, Maharashtra, Bombay.
- Yogesh Yadav,” Kho-Kho.” (1969), Maharashtra Kho-Kho Association, Bombay.

D.P.Ed.-Semester - III
PART-B (Activity – Skill and Prowess)
SOFTBALL

Max. Marks: 75 Marks
Practical: 60 Marks
Internal Assessment: 15 Marks

Objectives:-

- Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
- Importance of hygiene for a Softball player
- Etiquette

HISTORICAL BACKGROUND, RULES AND REGULATIONS

- History of Softball including important tournaments and distinguish personalities of national and international repute.
- International rules and regulations of the game.
- Introduction about the game/sport and its historical development with special reference to India
- Knowledge of equipment of international standard required for the game.

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.

Evaluation Plan: (Equal distribution of marks)-

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

Books Recommended

- Dobson et al. (1971). Softball for girls. New York. Ronald.
- Noren, A.T. (1959). Softball: with official rules. New York. Ronald.
- Noren, R. (2005). Softball Fundamentals. Champaign, human kinetics.
- Whiddon, N. Sue ; Hall, Linda T., (1982). Teaching softball. Surjeet publication, Delhi

**D.P.Ed.-Semester - III
PART-C (TEACHING PRACTICE)
TEACHING PRACTICE**

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 interact the students in theory as well as activity classes.
4. To teach and provide organized physical education activities emphasizing on skill learning, leadership, orderly behavior and enjoyment.
5. To develop the skill of teaching of students of different age groups of different gender.
6. To prepare the students to handle the class of different durations.
7. 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 YEAR under Light apparatus
/Calisthenics activity**

Formal Lessons :(Five lessons in each area –Games and Theory)

Note:-D.P.Ed. - First year students will be engaged to conduct five lessons in each area mentioned above. 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 concerned 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.

Books Recommended

- “Hand Book of Physical Education.”(1995), Friends Publication (India), 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
- Datta,A.K.,and Mazumdar, I.,” Students Teaching in Physical Education.”2004, Janvani Prakshan (P) Ltd.30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032.
- Govt. of India Publication,” The Fitness Corps.”

**Diploma in Physical Education (D.P. Ed.) - Teacher Education Programme
Semester System
Scheme of Study of Part- A, B & C
D.P. Ed. Semester-IV**

Part-A (Theory)	-	300 (Marks)
Part-B (Activity – Skills and Prowess)	-	300 (Marks)
Part-C (Teaching Practice)	-	50 (Marks)
Total	-	650 (Marks)

Part-A (Theory) 300 (Marks)

Paper	Title of the Subjects with Code	Marks	Project Work	Internal Assessment 10%
Paper-XIII	English and Communication Skills(ECS)	70	20	10
Paper-XIV	Recreation (REC)	70	20	10
Paper-XV	Sports Psychology (SP)	70	20	10

D.P. Ed. — Semester – IV

Part-B (Activity – Skills and Prowess) 300 (Marks)

Paper	Title of the Subject	Marks	Internal Assessment 20%
Athletics	Teaching of Fundamental Skills, Rules and Regulations	60	15
Volleyball	-do-	60	15
Handball	-do-	60	15
Kabbaddi	-do-	60	15

B

D.P. Ed. — Semester – IV

Part-C (Teaching Practice) 50 (Marks)

Paper	Title of the Subject	Marks	Internal Assessment 20%
Teaching Lessons	Athletics and Calisthenics – 05 lessons in each area, i.e. 5x 2 = 10 lessons.	40	10

NOTE:

1. Part-C (Teaching Practice) will be evaluated by the external examiner appointed by the Panjab University.
2. Each student is required to pass separately in theory, practical and respective internal assessment.
3. Six hours per day will be devoted for theory and practice i.e. three hours for theory and three hours for practice / practical work.

Theory Part A- D.P.Ed

English and Communication Skills (ECS)
Semester-IV
Paper- XIII

Max. Marks: 100
Time :Three Hours

Theory/Written Marks: 70
Project Work: 20
Internal Assessment: 10

UNIT 1: Literature (20 Marks)

1. *A Ten Days Fast* by Hari Shankar Parsai
2. *Girls* by Mrinal Pande
3. *It's Only a Game Enjoy* by Tarun Tejpal
4. *Go, Kiss the World* by Subroto Bagchi

UNIT 2: Language (20 Marks)

1. Antonyms, Synonyms and Match the Columns from the prescribed literature
2. Comprehension of paragraph from literature
3. Identifying parts of speech in the prescribed short stories.

UNIT3: Grammar and Business Communication (20 Marks)

1. Idioms
2. Precis Writing
3. Common Errors

Business Communication

1. Resume- Writing/Job Application
2. Memos

UNIT4: (10 Marks)

A visual study of the film *The Beautiful mind* (Examiners are instructed to ask questions like theme, character, incident and anything regarding their watching of the film).

Unit 5: Project work (20 Marks)

Subject teacher will give project work to the student related to the subject. The project will be evaluated by concerned teacher. The award will be submitted separately like continuous internal assessment marks.

Book Recommended:

Fluency in English (Prescribed by University of Delhi for BA Programme Stream A Course in English First Year) Macmillam India LTD.

**RECREATION (REC)
Semester- IV**

Paper- XIV

Max. Marks: 100

Time :Three Hours

Theory/Written Marks: 70

Project Work: 20

Internal Assessment: 10

Note: Nine questions will be set. Question number one will be compulsory of 14 marks with seven short types of answers covering the entire syllabus. Four questions are to be attempted selecting one from each unit and each question will carry 14 marks.

UNIT-I

Introduction to Recreation:

- Meaning, definition, aim, objective, scope and characteristics of recreation.
- Importance /significance of recreation.
- Types of recreation.
- Principles of Recreation.
- Historical development of recreation in India

UNIT-II

Recreational Programmes:

- Criteria and Principles of selecting recreational programmes.
- Indoor and outdoor activities.(Merits and Demerits)
 1. Meaning and concept of Water game activities (Dash and Splash, Water Aerobics)
 2. Cultural activities (Folk and Traditional Dance)
 3. Literary activities (Debate, Quiz, Declamation)
 4. Nature and outing (Tour and Excursion)
 5. Adventure activities (Rafting, Rock climbing, Trekking, Hiking)

Influence of Recreation in Social Institutions:

- Family.
- Educational Institutions.
- Community Centers.
- Religious Organizations.
- Factors/changes in the society responsible for affecting the need for recreation.

UNIT-III

Play

- Meaning and definition of play.
- Aim, objective and significance of play.
- Theories of play

Camping

- Meaning, aim and objective of the camp.
- Scope of camping.
- Need and importance of the camp.
- Types of camp.
- Uses of camping/outdoor activities.
- Organization and administration of camping.

- Selection and layout of the camp site.

UNIT-IV

Leadership Training

- Meaning and definition of leadership and Leadership training.
- Qualities of leader.
- Nature and characteristics of leader.
- Types of leadership.
- Need and importance of leadership in physical education

Project work:

Subject teacher will give project work to the student related to the subject. The project will be evaluated by concerned teacher. The award will be submitted separately like continuous internal assessment marks.

Books Recommended:

- Brar R.S, Walia Rosy, Gill Manmeet, Kanwar Sonia, Kalta Sushil, Thapa Anshul Singh (2011) “Fundamentals of Physical Education”. Ludhiana, Kalyani Publication.
- Dutta, A.K. “Games and Sports for Children” (2004)1st edition - Janvani Prakashan Pvt. Ltd. 30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032
- Jain, Deepak “Physical Education and Recreational Activities”(2002) Khel Sahitya Kendra, New Delhi.
- 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.

SPORTS PSYCHOLOGY (SP)

Semester-IV

Paper- XV

Max. Marks: 100
Time :Three Hours

Theory/Written Marks: 70
Project Work: 20
Internal Assessment: 10

Note: Nine questions will be set. Question number one will be compulsory of 14 marks with seven short types of answers covering the entire syllabus. Four questions are to be attempted selecting one from each unit and each question will carry 14 marks.

UNIT-I

- Historical Development of Sports Psychology.
- Meaning and definitions of sports psychology.
- Need and Importance of Sports Psychology in competitive sports.
- Competition, sports competition, its merits and demerits.

Interest: Meaning, definition, types, ways and means of arousing and sustaining student's interests in physical education and sports.

UNIT-II

- Meaning, definition and nature of motor skill learning.
- Principales/conditions of motor skill learning.
- Learning/sports performance curve, its types, characteristics; Plateau in learning/sports performance curve, its reasons and solutions.
- Attention: Definition, nature, characteristics, types and role of attention in physical education and sport. Strategies for improving attention.

UNIT-III

- Meaning and definition of motivation, motives, drives and needs.
- Types of motivation.
- Conditions and factors for sports motivation.
- Methods of motivation.

Need and importance of motivation in the field of physical education and sports.

UNIT-IV

- Concept, meaning, definition, characteristics, dimensions, traits of personality its classification.
- Factors affecting the development of personality.
- Athletic / Sports performance and personality.
- Meaning, concept, types and management of the following Psychological factors affecting sports performance:
Stress
Anxiety
Aggression
Arousal

Project work:

Subject teacher will give project work to the student related to the subject. The project will be evaluated by concerned teacher. The award will be submitted separately like continuous internal assessment marks.

Books Recommended:

- Brar R.S, Walia Rosy, Gill Manmeet, Kanwar Sonia, Kalta Sushil, Thapa Anshul Singh (2011) “Fundamentals of Physical Education”. Ludhiana, Kalyani Publication.
- Cratty, B.J (1989). “Psychology in contemporary sports”. Prentice Hall, Englewood Cliffs, N.J.
- Kamlesh M.L. “Psychology in Physical Education and Sports” – 4th edition Metropolitan Book Co. New Delhi-2002
- Kamlesh, M.L., (1998). “Psychology in Physical Education and Sports”. Metropolitan Book Co., New Delhi.
- Punj, A.T. (1980). “Sports Psychology”, NIS, Patiala.
- Sahani, Sanjeev P. “Psychology and its application in Sports” (2005)1st edition – D.V.S. Publication
- Singh Ajmer and et al, “Essential of physical Education” (2007) 3rd edition, Kalyani Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.
- Ward, Jame “Psychology applied to education” (2001) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.

D.P.Ed.-Semester IV

SYLLABUS OF ACTIVITY – SKILL & PROWESS AND TEACHING PRACTICE

PART-B (Activity – Skill and Prowess)

ATHLETICS (Track and Field)

Max. Marks: 75 Marks

Practical: 60 Marks

Internal Assessment: 15 Marks

Objectives:-

- To make the students aware about the importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
- Importance of hygiene for an athlete
- Etiquette

HISTORICAL BACKGROUND, RULES AND REGULATIONS

- Introduction of the event and its historical development with special reference to India
- Important personalities of national and international repute
- Knowledge of equipment of international standard required for the events.
- International rules and regulations of each event.

FUNDAMENTAL SKILLS

Javelin Throw

- **Teaching Stages:** Techniques of holding and carrying javelin (Grip and Carry-its types), Approach run, Last five strides rhythm, Delivery stance and Reverse
- Rules & Regulations for Competition.

Hammer Throw

- Teaching Stages: Grip, Initial Stance, Preliminary swings, Transition from swings to turns, Turns, Delivery Stance, Delivery action, Release and Reverse.
- Rules & Regulations for Competition

Books Recommended

- Bosen, Ken O., "Track and Field Fundamental Techniques", Patiala: N.I.S. Publication.
- Doherty, J. Mannel, "Track & Field" Englewood Cliffs, N.J. Prentice Hall Inc.
- Dyoon, Geoffrey, G.H. The Mechanic of Athletics (1962) London University of London press Ltd.,
- Dyson, Geoffrey HG, Edmundson, Joseph, "Athletics for Schools." (1969) University of London Press Ltd..
- Hodks, Gens. Application off Weight Tranning to Athletics. (1962) Englewood Cliffs, N.J. Prentice Hall Inc.,
- Malhotra, Ashok Kumar, "A Guide to be an Athlete", Krishna Publication Books New Delhi.
- Singh, Baljeet "Athletic Conditioning" (2006-07) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.

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

Max. Marks: 75 Marks
Practical: 60 Marks
Internal Assessment: 15 Marks

Objectives:-

- Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
- Importance of hygiene for a volleyball player
- Etiquette

HISTORICAL BACKGROUND, RULES AND REGULATIONS

- History of Volleyball including important tournaments and distinguish personalities of national and international repute.
- Introduction about the game/sport and its historical development with special reference to India
- Knowledge of equipment of international standard required for the game.
- International rules and regulations of the game.

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.
- **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.

Evaluation Plan :(Equal distribution of marks)-

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

Books Recommended

- Anthony, Don."Success in Volleyball." (1978), John Murray Publishers Ltd. London.
- Arora, Monica "Volleyball Coaching Manual" (2006) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.

- Kus Sally, "Coaching Volleyball Successfully." Human Kinetics P.O. Box 5076 Champaign, IL61825-5076
- Nicholls, Keith." Modern Volleyball for Teachers, Coaches and Players."(1970), Lepus Books, London.
- Sandefur Kandy." Volleyball." (1970), Goodyear Publishing Company, Inc. California.
- Sandhu, G.S." Volleyball: Basic and Advanced." The Sports People, Chandigarh.
- Siyamaker, Thomas and Brown, Virgine H."Power Volleyball." (1976), Sounders Company, London.
- Sotir, Nicholas." Winning Volleyball."(1975), Stanley Paul, London.

D.P.Ed.-Semester - IV
PART-B (Activity – Skill and Prowess)
HANDBALL

Max. Marks: 75 Marks

Practical: 60 Marks

Internal Assessment: 15 Marks

Objectives:-

- Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
- Importance of hygiene for a handball player
- Etiquette

HISTORICAL BACKGROUND, RULES AND REGULATIONS

- History of Handball including important tournaments and distinguish personalities of national and international repute.
- International rules and regulations of the game.
- Introduction about the game/sport and its historical development with special reference to India
- Knowledge of equipment of international standard required for the game.

FUNDAMENTAL SKILLS

- **Basic stance, hand and feet movements.**
- **Running and Catching the Ball:** Running and catching the ball with two hands, catching at chest height, catching the high ball and catching the low ball.
- **Passing and Throwing the Ball:** Short Passes and Long Passes
- **Dribbling** (Running with the Ball)
- **Shooting:-**The standing throw, the sides throw, the jump shot, the reverse shot, the fall shot, and the goal keeping.

Evaluation Plan: (Equal distribution of marks)-

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

Books Recommended

- Mand, Charles L. "Handball Fundamentals." (1968), Cinio, Charles E. Merrill Company, Columbus.
- O.P. Sharma, "Handball Rule Book." (2006) Sports Publication, G-6, 23/23B EMCA House, Ansari Road, Darya Ganj New Delhi.
- Philips, B.E."Handball its Play and Management"(1957), The Ronald Press, New York.
- Robarson, Richard and Olson Herbert." Beginning Handball."(1969), Wadsworth Company, Inc. Belmont.
- Rowland B.J."Handball: A Complete Guide."(1970), Faber and Faber Ltd. 24 RussellA Square, London.

D.P.Ed. - Semester - IV
PART-B (Activity – Skill and Prowess)
KABADDI

Max. Marks: 75 Marks
Practical: 60 Marks
Internal Assessment: 15 Marks

Objectives:-

- Importance of general and specific warming-up, lead-up/recreational games and limbering down/cooling down.
- Importance of hygiene for a Kabaddi player
- Etiquette

HISTORICAL DEVELOPMENT RULES AND REGULATION

- History of Kabaddi including important tournaments and distinguish personalities of national and international repute.
- Introduction about the game/sport and its historical development with special reference to India.
- Knowledge of equipment of international standard required for the game.
- International rules and regulations of the game.

FUNDAMENTAL SKILLS

- **The Cant:** Kabaddi, Kabaddi, Kabaddi.
- **Skills in Raiding:-** Touching with hand, toe touch, various kicks- side kick, front kick, curve kick, cross kick, roll kick, mule kick or back kick, fly kick etc; crossing the baulk line, crossing the bonus line, luring the opponent to catch and pursuing.
- **Skills of Catching (holding) the Raider:-**Different chain formations, catching of particular part of the body- ankle catch, double ankle catch, knee catch, double knee catch, thigh catch, double thigh catch wrist catch, crocodile catch, shoulder catch, washer man hold etc., jump and dive catch, luring the raider to take particular position so as to facilitate catching.
- **Additional Skills Raiding and Catching:-**Bringing the opponents into particular position, escaping from various holds, techniques of escaping from chain formation, combined formations in offence and defense.
- **Positional and systems of play:**

Evaluation Plan: (Equal distribution of marks)-

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

Books Recommended

- Rao, C.V., “Kabaddi.”(1971), NIS. Publications, Patiala.
 - Reddy, B.A.,” Scientific Kabaddi.”(1974), Raman’s Printing Press, Madras.

D.P.Ed.-Semester - IV
PART-C (TEACHING PRACTICE)
TEACHING PRACTICE

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 interact 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 behavior 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 YEAR under Light apparatus
/Calisthenics activity**

Formal Lessons :(Five lessons in each area –Athletics and Calisthenics)

Note:-D.P.Ed. - First year students will be engaged to conduct five lessons in each area mentioned above. 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 concerned 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.

Books Recommended

- “Hand Book of Physical Education.”(1995), Friends Publication (India), 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
- Datta,A.K.,and Mazumdar, I.,” Students Teaching in Physical Education.”2004, Janvani Prakashan (P) Ltd.30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032.
- Govt. of India Publication,” The Fitness Corps.”
