

B.A. /B.Sc. (Semester System) (12+3 System of Education)

(Faculty of Physical Education)

SEMESTER-I (2020-21)

PHYSICAL EDUCATION

(THEORY)

Time: 3 Hours

Max. Marks: 100

Internal Assessment: 25

Theory Marks: 45

Practical Marks: 30

Instructions for the Paper Setters:

Part A: Set 5 questions of very short answer type questions selecting at least one from each section. All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Divide into 4 sections. Set 10 questions of long answer type selecting at least two from each section. Each question carries 5 marks. 7×5 Marks=35 Marks

Instructions for the candidates:

Part A: All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Candidates have to attempt 7 Questions out of 10.

Each question carries 5 marks.

7×5 Marks=35 Marks

Section A

1. Definition of the terms: Education, Physical Education, Physical Training and Coaching.
2. Aims and Objectives of Physical Education.
3. Relationship of Education and Physical Education.

Section B

4. Biological Principles:

- (a) Growth and Development.
- (b) Age and sex differences.
- (c) Effects of heredity and environment on growth and development.
- (d) Chronological age, Physiological age, Anatomical age and Mental age.
- (e) Body types.

Section C

5. Development of Physical Education and Sports in India.

- (a) Pre-Independence (b) Post- Independence (c) Sports Schemes in India

Major Sports Organizations:

- (i) N.S.N.I.S. (ii) Sports Authority of India.
- (iii) Punjab Sports Department. (iv) Punjab State Sports Council.

Section D

6. Major international tournaments

- (a) Olympic Games: (i) Ancient Olympics (ii) Modern Olympics. (iii) Winter Olympics
- (b) Commonwealth Games.
- (c) Asian Games

SEMESTER-I
PHYSICAL EDUCATION
(PRACTICAL)
Practical (External) Marks: 30

- **Athletics Performance** ————— 100M, Shot-put for Boys : 6 marks
- **Games (Boys & Girls) — Fundamentals, Rules, Performance**
Volleyball, Cricket: 6 marks
- **Viva : :** 6 marks
- **Practical file:** : 6 marks
- **Specific game performance :** 6 marks

Suggested Readings:

1. Barrow, H.M. Man and His Movements: Principles of Physical education, Lea and Febiger, 1973, Latest Edition.
2. Reverse, R.S., Foundations of Physical Education Houghton Mifflin Co. Boston, 1978, Latest Edition.
3. Bucher, C.S. Foundations of Physical Education 5th Edition, 1968, at Louis C.V. Mosby. C.
4. Eraz Ahmad Khan, History of Physical Education – Scientific Book Co., Patna-4, Latest Ed.
5. Singh Kanwaljeet and Singh Inderjeet: Sports Sociology, Friends Publication, New Delhi, 2000.
6. Tadan D.K. et al.,: Scientific basis of Physical Education and Sports, Friends Publication, New Delhi, 2001.
7. Singh Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana, 2004.
8. Kang G.S. and Deol N.S.: An Introduction to Health and Physical Education 21st Century, Patiala,

SEMESTER-II
PHYSICAL EDUCATION
(THEORY)

Time: 3 Hours

Max. Marks: 100
Internal Assessment: 25
Theory Marks: 45
Practical Marks: 30

Instructions for the Paper Setters:

Part A: Set 5 questions of very short answer type questions selecting at least one from each section. All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Divide into 4 sections. Set 10 questions of long answer type selecting at least two from each section. Each question carries 5 marks. 7×5 Marks=35 Marks

Instructions for the candidates:

Part A: All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Candidates have to attempt 7 Questions out of 10.
Each question carries 5 marks. 7×5 Marks=35 Marks

Section A

1. Cell: Structure and Functions.
2. Nutrition: Elements of balanced diet, Functional Diet/Food
3. Meaning and scope of health education. Hygiene problems of educational institutions and their remedial measures.

Section B

2. Skeletal System: Types of bones, names of the various bones of the body, various types of joints.
3. Muscular System: Various types of muscles, structure of skeletal muscles.
4. Digestive System: Its organs and mechanism of digestion.

Section C

7. Personal hygiene; Care of eyes, teeth, ears, skin, hair and nail.
8. Air and water pollution and its remedial measures.
9. First aid in case of snake bite, drowning, electric shock, burns, fracture, dislocation, sprain and strain.

Section D

10. Effects of Alcohol and smoking on health.
11. Doping in sports.

12. Communicable Diseases: Mode of transmission, prevention and control of tuberculosis, hepatitis (A & B), Rabies and HIV/AIDS.

SEMESTER-II

(PRACTICAL)

Practical (External) Marks: 30

- **Athletics Performance** ————— 100M, Long Jump : 6 marks
- **Games (Boys & Girls)**—— **Fundamentals, Rules, Performance**
Handball, Kho–Kho : 6 marks
- **Viva** : 6 marks
- **Practical file**: 6 marks
- **Specific game performance** : 6 marks

Suggested Readings:

1. John Raynor Anatomy and Physiology, New York, Harper & Row, 1983.
2. Rose and Wilson Foundations of Anatomy and Physiology, 1981, 5th ed.
3. Parror, J.W. anatomy and Physiology for Physical Education Teachers, Lend; Edward Arnold Healthful Living McGraw Hill, 1983.
4. Tadan D.K. et al,: Scientific basis of Physical Education and Sports, Friends Publication, New Delhi, 2001.
5. Singh Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana, 2004.
6. Kang G.S.: Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University, Patiala, 2000.
7. Kang G.S. and Deol N.S.: An Introduction to Health and Physical Education 21st Century, Patiala, 2008.

Semester-III
PHYSICAL EDUCATION
(THEORY)

Time: 3 Hours

Max. Marks: 100
Internal Assessment: 25
Theory Marks: 45
Practical Marks: 30

Instructions for the Paper Setters:

Part A: Set 5 questions of very short answer type questions selecting at least one from each section. All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Divide in to 4 sections. Set 10 questions of long answer type selecting at least two from each section. Each question carries 5 marks. 7×5 Marks=35 Marks

Instructions for the candidates:

Part A: All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Candidates have to attempt 7 Questions out of 10.

Each question carries 5 marks. 7×5 Marks=35 Marks

Section A

1. Meaning of Learning, Nature of Skill Learning and laws of Learning.
2. Learning Curve.
3. Motivation in Physical Education.

Section B

4. Play meaning and theories.
5. Psychological factors effecting sports performance i.e. stress tension, anxiety, aggression.
6. Psychological characteristics of the adolescent in sports situations.

Section C

7. Transfer of training, its application in sports situations.
8. National Sports Day
 - (a) Biography of Dhyan Chand
 - (b) National Sports Awards

Section D

11. Sports and Economy.
12. Causes of poor performance of Sports in India.
13. Sports and Socialization-integration through sports (National & International)

14. Sports, Politics and their relationship.

Semester-III
PHYSICAL EDUCATION
(Practical)

Marks:30

- **Athletics Performance** ----- 200M, Discuss Throw : 6 marks
- **Games (Boys & Girls)** ---- Fundamental, Rules, Performance
Football, Lawn tennis : 6 marks
- **Viva** : 6 marks
- **Practical file**: 6 marks
- **Specific game performance** : 6 marks

Suggested Readings:

1. Singh, Kanwaljeet and Singh Inderjeet: Sports Sociology, Friends Publication, New Delhi, 2000.
2. Tandan, D.K. et.al. :Scientific basis of Physical Education and Sports, Friends Publication, New Delhi, 2001.
3. Singh, Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana, 2004.
4. Kang, G.S.: Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University, Patiala, 2000.
5. Kang, G.S. and Deol, N.S.: An Introduction to Health and Physical Education, 21st Century, Patiala, 2008.

Semester-IV
PHYSICAL EDUCATION
(Theory)

Time: 3 Hours

Max. Marks: 100
Internal Assessment: 25
Theory Marks: 45
Practical Marks: 30

Instructions for the Paper Setters:

Part A: Set 5 questions of very short answer type questions selecting at least one from each section. All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Divide into 4 sections. Set 10 questions of long answer type questions, selecting two from each section. Each question carries 5 marks. 7×5 Marks=35 Marks

Instructions for the candidates:

Part A: All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Candidates have to attempt 7 Questions out of 10.
Each question carries 5 marks. 7×5 Marks=35 Marks

Section A

1. Growth and development during childhood;
 - (a) Physical
 - (b) Mental
 - (c) Emotional
 - (d) Inter-personal social development.

Section B

2. Meaning aims and types of Yoga.
3. The practice of Asans and their importance.
4. Meditative poses (Padma, Vajra, Sukh Asanas)
5. Cultural poses (Halasan, Sarvangasana, Bhujangasna, Salbhasana, Dhanurasana, Chakarasana)

Section C

6. Pranayam, its types, objectives and Physiological values.
7. Sudhikirya; its types, objectives and Physiological values.
8. Effect of Yogic and Physical exercises on various systems of the body.

Section D

9. Respiratory system, Organs of respiratory, Mechanism of respiration.
10. Circulatory System: Heart and Its structure, Mechanism of circulation of Blood, various types of blood vessels.
11. **Nervous System : Its organs and functions.**
12. Causes, preventions and cure of sports injuries (sprain, contusion, dislocation and fractures).

Semester-IV

PHYSICAL EDUCATION

(Practical)

Marks: 30

- **Athletics Performance** ----- 200M, relay race : 6 marks
- **Games (Boys & Girls)----** Fundamentals, Rules, Performance
Hockey, Wrestling: 6 marks
- **Viva** : 6 marks
- **Practical file** : 6 marks
- **Specific game performance** : 6 marks

Suggested Readings:

1. Singh, Kanwaljeet and Singh Inderjeet: Sports Sociology, Friends Publication, New Delhi, 2000.
2. Tandan, D.K. et.al,:Scientific basis of Physical Education and Sports, Friends Publication, New Delhi, 2001.
3. Singh, Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana, 2004.
4. Kang, G.S.: Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University, Patiala, 2000.
5. Kang, G.S. and Deol, N.S.: An Introduction to Health and Physical Education, 21st Century, Patiala, 2008.

SEMESTER–V
PHYSICAL EDUCATION
(THEORY)

Time: 3 Hours

Max. Marks: 100
Internal Assessment: 25
Theory Marks: 45
Practical Marks: 30

Instructions for the Paper Setters:

Part A: Set 5 questions of very short answer type questions selecting at least one from each section. All questions are compulsory. Each question carries 2 marks. 5×2 Marks = 10 Marks

Part B: Divided into 4 sections. Set 10 questions of long answer type questions, selecting two from each section. Each question carries 5 marks. 7×5 Marks = 35 Marks

Instructions for the candidates:

Part A: All questions are compulsory. Each question carries 2 marks. 5×2 Marks = 10 Marks

Part B: Candidates have to attempt 7 Questions out of 10. Each question carries 5 marks. 7×5 Marks = 35 Marks

Section A

1. Recreation: Meaning and Importance of Recreation.
2. Aims and objectives of recreation.
3. Intramural and Extramural Sports Competitions and their Importance.

Section B

4. Muscular contraction: Eccentric, Concentric, Motor unit, Isotonic, Isometric, Isokinetic.
5. Laws of motion, Lever and its types, Equilibrium, Its types and Laws, Centre of Gravity, Force and its types.

Section C

6. Posture: Meaning and Types of postures.
7. Postural-Deformities: Kyphosis, Lordosis, Scoliosis, Round Shoulders, Flat- Foot and Knock-Knees, Their Causes and Corrective Exercises.
8. Meaning and Aims of Sports Training.

Section D

9. Training Load
 - (a) Normal Load

- (b) Crest Load
- (c) Over Load.

10. Meaning and Importance of Warming up and Cooling down in sports.

11. General and Specific conditioning.

SEMESTER-V
PHYSICAL EDUCATION
(PRACTICAL)

Marks: 30

- Athletics Performance ----- 800 M, Triple Jump for Boy: 6 marks
- Games (Boys & Girls) ----- Fundamentals, Rules, Performance
Basketball, Judo: 6 marks
- **Viva** : 6 marks
- **Practical file**: 6 marks
- **Specific game performance** : 6 marks

Suggested Readings:

1. Singh Kanwaljeet and Singh Inderjeet: Sports Sociology, Friends Publication, New Delhi 2000.
2. Tandon D.K. et.al.: Scientific Basis of Physical Education and Sports, Friends Publication New Delhi, 2001.
3. Singh Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic movement, Kalyani Publishers, Ludhiana, 2004.
4. Kang G.S.: Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University Patiala 2000.
5. Kang G.S. and Deol, N.S.: An Introduction to Health and Physical Education 21st Century, Patiala, 2008.

SEMESTER–VI
PHYSICAL EDUCATION
(THEORY)

Time: 3 Hours

Max. Marks: 100
Internal Assessment: 25
Theory Marks: 45
Practical Marks: 30

Instructions for the Paper Setters:

Part A: Set 5 questions of very short answer type questions selecting at least one from each section. All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Divided into 4 sections. Set 10 questions of long answer type questions, selecting atleast two from each section. Each question carries 5 marks. 7×5 Marks=35 Marks

Instructions for the candidates:

Part A: All questions are compulsory. Each question carries 2 marks. 5×2 Marks =10 Marks

Part B: Candidates have to attempt 7 Questions out of 10.
Each question carries 5 marks. 7×5 Marks=35 Marks

Section A

1. Effect of exercises on muscular, respiratory and circulatory systems.
2. General concept of Vital capacity, Blood pressure.
3. Tournaments: Draw of fixture, types of tournaments.
(a) Knock Out
(b) League

Section B

4. Organization of Camps, Play days (Sports Meet)
5. Need and scope of coaching in India. Professional preparation of coaches. Qualifications and responsibilities of coach.
6. Meaning and Importance of Kinesiology.

Section C

7. Joints, Muscles, their types and Movements.
8. Therapeutic Exercises, their classification and benefits.
9. Components of Physical Fitness: Speed, Strength, Endurance, Agility and Flexibility.

Section D

10. Training Methods: Circuit, Interval, Fartlek, Weight-Training and Cross Country.
11. Methods of Improving Strength, Speed, Endurance, Flexibility and Agility.

SEMESTER–VI
PHYSICAL EDUCATION
(PRACTICAL)

Marks: 30

- **Athletics Performance** -----1500M, Javelin Throw : 6 marks
- **Games** ----- Fundamentals, Rules, Performance
Kabbadi,Badminton: 6 marks
- **Viva** : 6 marks
- **Practical file**: 6 marks
- **Specific game performance** : 6 marks

Suggested Readings:

1. Singh Kanwaljeet and Singh Inderjeet: *Sports Sociology*, Friends Publication, New Delhi 2000.
2. Tandon D.K. et.al,: *Scientific Basis of Physical Education and Sports*, Friends Publication New Delhi, 2001.
3. Singh Ajmer and Gill Jagtar: *Essentials of Physical Education and Olympic movement*, Kalyani Publishers, Ludhiana, 2004.
4. Kang G.S.,: *Anatomy, Physiology and Health Education*, Publication Bureau, Punjabi University Patiala 2000.
5. Kang G.S. and Deol, N.S.: *An Introduction to Health and Physical Education* 21st Century, Patiala, 2008.

B. A. (Social Sciences) Session 2019-10
Physical Education

Semester II

Theory	27
Practical	10
Internal Assessment	13
Max. Marks	50

Time: 3 Hrs.

Instructions for the Paper Setters:

Part A: Set 7 questions of very short answer type, selecting at least one from each section. All questions are compulsory. Each question carries 1 mark. 7×1 Mark =7 Marks

Part B: Divide into 4 sections. Set 8 questions of long answer type, selecting at least two from each section. Each question carries 4 marks. 5×4 Marks=20 Marks

Instructions for the candidates:

Part A: All questions are compulsory. Each question carries 1 mark. 7×1 Mark =7 Marks

Part B: Candidates have to attempt 5 Questions out of 8 selecting at least one from each section. Each question carries 4 marks. 5×4 Marks=20 Marks

Theory

Section A

1. Introduction to Physical Education, its aims and objectives.
Define the terms: Education, Physical training and Coaching.
2. Personal Hygiene.
3. **Balanced Diet and its Components.**

Section B

4. Components of Physical Fitness.
5. Body types.
6. Body posture. Guide to right posture.
Postural deformities, their causes and corrective exercises.

Section C

7. Intramural & Extramural tournaments.
8. Modern Olympic Games.
9. Organization of Annual Sports meets.

Section D

10. Basic yogic exercises; their techniques and benefits.
Meditative poses (Padma, Vajra, SukhAsanas) Cultural poses (Halasan, Sarvangasana, Bhujangasna, Salbhasana, Dhanurasana, Chakarasana)
11. **National Sports Awards.(Arjuna Award, Dhyanchand Award, Rajiv Gandhi Khel Ratna Award)**
12. Causes of India's poor performance at International level sports.

Practical

100 Mtr Race for Girls.	}	02 Marks
200 Mtr Race for Boys.		
Long jump for boys & girls.		02 Marks
Shot put for boys & girls.		02 Marks
Practical file (Athletic, Hockey,)		04 Marks

Suggested Readings:

1. Barrow, H.M. Man and His Movements: Principles of Physical education, Lea and Febiger, 1973, Latest Edition.
2. Reverse, R.S., Foundations of Physical Education Houghton Mifflin Co. Boston, 1978, Latest Edition.
3. Bucher, C.S. Foundations of Physical Education 5th Edition, 1968, at Louis C.V. Mosby. C.
4. Eraz Ahmad Khan, History of Physical Education – Scientific Book Co., Patna–4, Latest Ed.
5. Singh Kanwaljeet and Singh Inderjeet: Sports Sociology, Friends Publication, New Delhi, 2000.
6. Tadan D.K. et al.,: Scientific basis of Physical Education and Sports, Friends Publication, New Delhi, 2001.
7. Singh Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana, 2004.
8. Kang G.S. and Deol N.S.: An Introduction to Health and Physical Education 21st Century, Patiala,

Diploma in Gatka (Semester System)

(Faculty of Physical Education)

(SEMESTER I & II)

SESSION-2020-21

The examination will consist of two semesters i.e. Semester I and II.

1. Each semester shall be maximum of 250 marks (Total 500 marks).
2. In each semester there shall be two theory papers (one theory paper includes practical) and one practical paper. Each theory paper shall have six teaching hours per week. Each practical paper will have 6 practical hours per week.

Paper	Title of the Paper	Marks
Theory Paper I	Introduction of Martial Art- Gatka	Max.Marks:100 Theory 75 Int. Ass.25
Theory Paper II	Physiological Aspects of Gatka	Max.Marks:100 Theory 45 Practical 30 Int. Ass. 25
Practical Paper I	Various aspects regarding Gatka	Max.Marks:50 Practical 37 Int. Ass 13

Paper	Title of the Paper	Marks
Theory Paper III	Organization and Administration of Gatka	Max.Marks:100 Theory 75 Int. Ass.25
Theory Paper IV	General Methods of Training	Max.Marks:100 Theory 45 Practical 30 Int. Ass. 25
Practical Paper II	Project work	Max.Marks:50 Practical 37 Int. Ass 13

SEMESTER – I
Theory Paper I
Introduction of Martial Art- Gatka

Time: 3 Hrs.

M. Marks: 100
Theory: 75
Internal assessment: 25

Instructions for the Paper Setters:

Part A: Set 5 questions of very short answer type questions. All questions are compulsory. Each question carries 3 marks. 5×3 Marks =15 Marks

Part B: Set 8 questions of long answer type questions .Each question carries 10 marks. 6×10 Marks=60 Marks

Instructions for the candidates:

Part A: All questions are compulsory. Each question carries 3 marks. 5×3 Marks =15 Marks

Part B: Candidates have to attempt 6 Questions out of 8. Each question carries 10 marks. 6×10 Marks=60 Marks

Origin and History.

- Development of Gatka.
- Knowledge of rules and regulations & their interpretation (According to rule book of GFI).
- Principles of Gatka play.
- Basic Terminologies.
- Equipment & weapons used in Gatka (According to rule book of GFI).
- Uniform and sports kit of Gatka player.
- Stick fighting & sword skills.
- Different types of Gatka , fights/bouts, precaution & care.
- Various types of Pentras.
- Single soti (combat), soti-farri , free style.

Suggested Readings:

- Dr. Hardy, "Science of Sports Training".
- K.S. Akali, "The Art of Gatka fighting".
- Cox, "Sports Psychology".
- Dr. G.S. Kang & Dr. Kanwaljit Singh, "Khed Chikitsa".
- Inderbir Singh, "Textbook of Anatomy".
- Gerar J. Tortra, "Principle of Human Anatomy".
- "Gatka Niyamawali, "Publication Beauru, Punjabi Uniuersity, Patiala.
- M Duszynski, "Kinesiology/ Exercise and sports science".
- Romesh Rai, "Kinesiology and Biomechanics".
- Melinda Flegel, "Sports First Aid- 4th Edition".

Theory Paper II
Physiological Aspects of Gatka

Time: 3 Hrs.

M. Marks: 100

Internal assessment: 25

Theory: 45

Practical: 30

Instructions for the Paper Setters:

Part A: Set 5 questions of very short answer type questions. All questions are compulsory. Each question carries 3 marks. 5×3 Marks =15 Marks

Part B: Set 8 questions of long answer type questions. Each question carries 5 marks. 6×5 Marks=30 Marks

Instructions for the candidates:

Part A: All questions are compulsory. Each question carries 3 marks. 5×3 Marks =15 Marks

Part B: Candidates have to attempt 6 Questions out of 8. Each question carries 5 marks. 6×5 Marks=30 Marks

- Personal Hygiene i.e. care of Eye, Ear, Nose, Skin & Mouth.
- Gender difference & age groups classification of Gatka competition (open groups & school level both M/F).
- Joints: types, location and movements.
- Posture and Postural Deformities i.e. Kyphosis, Lordosis, Scoliosis & Flat Foot.
- Diet, Balance diet and its components.
- First aid & its need/ first aid box/kit.
- Techniques of first aid.
- Sports injuries and its types.
- Causes & Prevention of sports injuries i.e. Sprain, Strain, Fracture & Dislocation.

Suggested Readings:

- Dr. Hardyal, "Science of Sports Training".
- K.S. Akali, "The Art of Gatka fighting".
- Cox, "Sports Psychology".
- Dr. G.S. Kang & Dr. Kanwaljit Singh, "Khed Chikitsa".
- Inderbir Singh, "Textbook of Anatomy".
- Gerar J. Tortra, "Principle of Human Anatomy".
- "Gatka Niyamawali, "Publication Beauru, Punjabi Uniuersity, Patiala.
- M Duszynski, "Kinesiology/ Exercise and sports science".
- Romesh Rai, "Kinesiology and Biomechanics".
- Melinda Flegel, "Sports First Aid- 4th Edition".

PRACTICAL I

Max. Marks: 50

Practical: 37

Internal assessment: 13

General rules & regulations of Gatka.

Demonstration: Paintra.

Demonstration: All attack (war), basic step, 4 step, 6 war, 10 war.

Weapon Demonstration.

Play ground specification of Gatka: measurement & marketing.

Foot work (auqrweI, cVHweI) Attack with front step, defense with back step.

Uses of equipments & knowledge of equipments.

Number of Officials and Duties.

Strength exercise & flexibility of Gatka.

Marrora, double stick marrora, chumgi escape, dance of sword.

SEMESTER-II
Theory Paper III
Organization and Administration of Gatka

Time: 3 Hrs.

M. Marks: 100

Theory: 75

Internal assessment:25

Instructions for the Paper Setters:

Part A: Set 5 questions of very short answer type questions. All questions are compulsory. Each question carries 3 marks. 5×3 Marks =15 Marks

Part B: Set 8 questions of long answer type questions .Each question carries 10 marks. 6×10 Marks=60 Marks

Instructions for the candidates:

Part A: All questions are compulsory. Each question carries 3 marks. 5×3 Marks =15 Marks

Part B: Candidates have to attempt 6 Questions out of 8. Each question carries 10 marks. 6×10 Marks=60 Marks

Playground specifications of Gatka.

- Training & stages of development, training implementation, competition system.
- Organizational structure of Management in Gatka.
- Governing bodies of Gatka in India & Abroad.
- Competitive categorization in Gatka
- Weapon demonstration & its rules
- Training, Techniques & Tactics of Gatka play
- Simple Pentra, 4 step basic, 4 hit waar, 6 hit waar, Maroaara, Double stick maroaara, chungu escape, Dance of the sword, 10 hit waar (attack), attack with front step (cVHweI), Defense with back step (auqrweI)

Suggested Readings:

- Dr. Hardyal, "Science of Sports Training".
- K.S. Akali, "The Art of Gatka fighting".
- Cox, "Sports Psychology".
- Dr. G.S. Kang & Dr. Kanwaljit Singh, "Khed Chikitsa".
- Inderbir Singh, "Textbook of Anatomy".
- Gerar J. Tortra, "Principle of Human Anatomy".
- "Gatka Niyamawali, "Publication Beauru, Punjabi Uniuersity, Patiala.
- M Duszynski, "Kinesiology/ Exercise and sports science".
- Romesh Rai, "Kinesiology and Biomechanics".
- Melinda Flegel, "Sports First Aid- 4th Edition".

SEMESTER-II

Theory Paper IV General Methods of Training

Time: 3 Hrs.

**M. Marks: 100
Internal assessment: 25
Theory: 45
Practical: 30**

Instructions for the Paper Setters:

Part A: Set 5 questions of very short answer type questions. All questions are compulsory. Each question carries 3 marks. 5×3 Marks =15 Marks

Part B: Set 8 questions of long answer type questions .Each question carries 5 marks. 6×5 Marks=30 Marks

Instructions for the candidates:

Part A: All questions are compulsory. Each question carries 3 marks. 5×3 Marks =15 Marks

Part B: Candidates have to attempt 6 Questions out of 8. Each question carries 5 marks. 6×5 Marks=30 Marks

Principles of sports training

- Training sessions, long term training short term training.
- Nature and definition of Training.
- Aims and objectives of Training.
- Training load and recovery.
- Warm up & cool down.
- Over load: Symptoms, causes & remedies.
- Components of Physical Fitness i.e. Flexibility, Speed, Strength, Endurance & Agility.
- Psychology of sports.
- Stress and anxiety.
- Personality traits & sports performance.
- Motivation and goal setting.

Practical II

Project work

Max. Marks: 50

Practical: 37

Internal assessment: 13

Suggested Readings:

- Dr. Hardy, "Science of Sports Training".
- K.S. Akali, "The Art of Gatka fighting".
- Cox, "Sports Psychology".
- Dr. G.S. Kang & Dr. Kanwaljit Singh, "Khed Chikitsa".
- Inderbir Singh, "Textbook of Anatomy".
- Gerar J. Tortra, "Principle of Human Anatomy".
- "Gatka Niyamawali, "Publication Beauru, Punjabi Uniiversity, Patiala.
- M Duszynski, "Kinesiology/ Exercise and sports science".
- Romesh Rai, "Kinesiology and Biomechanics".
- Melinda Flegel, "Sports First Aid- 4th Edition".

(Daljeet Singh)
Department of Physical Education