

ANUPGCET–2020 :: 115-PHYSICAL EDUCATION (SYLLABUS)

Max. Marks: 100

Admission shall be made on the basis of Two Criteria:

a	Marks obtained in the Entrance Examination conducted by the University	100 marks
b	Achievement in Sports during their study of Degree/P.G./B.P.Ed., Courses	100 Marks
Total		200 Marks

a. The entrance test consists of 100 multiple choice questions from the following six papers not less than 15 questions in one each paper.

HISTORY, PRINCIPLES AND PHILOSOPHY OF PHYSICAL EDUCATION AND SPORTS PSYCHOLOGY: History of Physical Education, Ancient and Modern Olympics, national Sports Policy, Principles of Physical Education, Biological and Sociological Principles, Sports Psychology, Learning and Motivation
SPORTS MANAGEMENT AND METHODS OF PHYSICAL EDUCATION: Sports Management, Organisation of Physical Education & Sports, Classification and Class Management, Tournaments, Budget, Material management, Methods of Teaching and Presentation Techniques
ANATOMY, PHYSIOLOGY AND HEALTH EDUCATION: Cell, Musculoskeletal System, Circulatory System, Respiratory System, Digestive System, Nervous System, Health Education, Food and Nutrition, Hygiene and Communicable Diseases and Their Prevention
KINESIOLOGY AND BIO-MECHANICS: Kinesiology, Mechanical Concepts of Movements, Application of Basic Mechanical Principles to Fundamental Physical Skills, Bio-mechanics-Motion, Force, levers and Projectiles
PRINCIPLES OF OFFICIATING, YOGA, RECREATION AND CAMPING: Principles of Officiating, Mechanics of Officiating, Track and Field Events – Measurement and Officiating, History, Measurement and Officiating of following games i.e., a. Basketball, b. Cricket, c. Hockey and d. Kabaddi, History, Measurement and Officiating of following games i.e., a. Football, b. Handball, c. Volleyball and d. Kho-Kho Yoga, Recreation, Camping and Adventure Sports
METHODS OF SPORTS TRAINING, MEASUREMENT AND EVALUATION: Sports Training, Physical Fitness Components, methods of Sports Training, Skill, Technique and Tactics, Test, Measurements and Evaluation, Criteria of Good Test, posture and Physical Fitness Tests and Games skill Test
MODEL QUESTIONS: 1. Father of Modern Olympics a. Cari Luis b. Jawaharlal Nehru c. Perry D.Kubertin d. Cozen 2. How many times Indian Hockey team secured Gold Medals in Olympics a. 16 b.10 c.6 d.8

b. The award of marks for Sports Achievements will be given as per the following criteria.

1	2	3	4	5
Category	Sports Distinction / Participation	Certificate Issuing Authority	Incentive Marks for the following events and games: Athletics & Cross county, Archery, Badminton, Baseball, Basketball, Ball-Badminton, Cricket, Chess, Football, Gymnastics, Handball, Hockey, Kabaddi, Kho-Kho, Softball, Netball, Tennis, Table Tennis, Volleyball, Weightlifting, Powerlifting, Best Physique and Yoga	Incentive marks for the events and games for which Inter-university tournaments and School game Nationals are conducted. (Events and games other than those mentioned in column 4)
1	Representing the Country in International meets approved by the respective International Sports Federations / Sports Associations / Sports Authorities	International Sports Association / Federation Or All India Sports Association/ Federation affiliated to Indian Olympic Association	100 Marks	50 Marks
2	Medal / Place / at Senior Nationals, National games Or All India Inter-University Meets	All India Sports Federation / All India Sports Association affiliated to Indian Olympic Association Or Association of Indian Universities	Gold : 70 Marks Silver: 60 Marks Bronze 50 Marks	Gold: 35 Marks Silver: 30 Marks Bronze: 25 Marks
3	Medal / Place / at Junior Nationals	Nationals Federations	Gold: 40 Marks Silver: 30 Marks Bronze: 20 Marks	Gold: 20 Marks Silver: 15Marks Bronze: 10 Marks
4	Participation at Senior Nationals, National games Or Inter-University meets Or School Game Nationals	All India Sports Federation / All India Sports Associations affiliated to Indian Olympic Association Or State Association Or Universities	15 Marks	5 Marks
5	Junior Nationals participation		15 Marks	5 Marks
6	Medal / Place at the Senior State / Senior Inter District Sports	State Association	Gold : 15 Marks Silver: 10 Marks Bronze: 5 Marks	Gold : 8 Marks Silver: 5 Marks Bronze: 3 Marks
7	Medal /Place in University Inter-Collegiate Tournaments (Only Interzonals)	University	Gold : 15 Marks Silver: 10 Marks Bronze: 5 Marks	Gold: 8 Marks Silver: 5 Marks Bronze: 3 Marks
8	Medal / Place at the Junior State / Junior Inter District Sports	State Association	Gold : 10 Marks Silver: 8 Marks Bronze: 5 Marks	Gold : 5 Marks Silver: 4 Marks Bronze: 3 Marks
9	Medal /Place in University Inter-Collegiate Zonal Tournaments	University	Gold : 8 Marks Silver: 4 Marks Bronze: 2 Marks	Gold: 4 Marks Silver: 2 Marks Bronze: 1 Marks
10	Participation at Zonal National level meets	All India Sports Federation / All India Sports Associations affiliated to Indian Olympic Association Or State Association	5 Marks	3 Marks

Note:

1	Only the games and sports events which are included in the latest Sports calendar of the school Games Federation of India / Association of Indian Universities will be considered for awarding incentive marks.
2.	Candidates merit certificates of highest level of participation / achievement will be considered to place them in any one of the above categories. <u>Candidate will not be considered for more than one category for award of incentive marks.</u>

Breaking the Tie: The merit list will be prepared basing on the aggregate of 200 marks. If there is a tie, weightage will be given to the percentage of marks secured in B.P.Ed., course. If the tie persists, weightage will be given to person securing highest marks in the sports achievements. If the tie still persists, age will be considered and the elder person will be awarded better rank.

