

**UNIVERSITY OF KOTA, KOTA**

**SYLLABUS**

**SCHEME OF EXAMINATION AND COURSES OF STUDY**

**FACULTY OF EDUCATION  
Bachelor of Physical Education  
B.P. Ed. Examination, 2013**

## NOTICE

1. The Ordinances Governing in the examination in the Faculties of Arts, Fine Arts, Social Sciences, Science, Commerce, Management, Engineering, Education and Law are contained in separate booklet. The students are advised to refer to the same.
2. Changes in Statutes/Ordinances/Rules/Regulations/Syllabus and Books may, from time to time, be made by amendment or remaking, and a candidate shall, except in so far as the University determines otherwise comply with any change that applies to years he has not completed at the time of change.

**Note :** The decision taken by the Academic Council shall be final.

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# **UNIVERSITY OF KOTA, KOTA**

Bachelor of Physical Education (One Year)

## **SCHEME OF EXAMINATION-2013**

Part – I (Theory)

Total Marks - 600

S. No.	Paper/Subject	Internal Assessment	Theory Examination	Total
1.	Principles of Physical Education & Educational Psychology.	10	90	100
2.	Organisation Methods & Super-vision in Physical Education.	10	90	100
3.	Principles of Coaching and Officiating.	10	90	100
4.	Basic Anatomy and Physiology of Exercise.	10	90	100
5.	Kinesiology, Care of Athletic Injuries and Health Education.	10	90	100
6.	Recreation, Camping & History of Physical Education.	10	90	100

NOTE: - The candidate is to pass in each paper-securing minimum 36%.

### Part – II Practical Work

Group-I Athletics

Marks : 400

Marks : 400

GAME	Max. Marks (Boys)	Max. Marks(Girls)	Remarks
100 Mtrs. 200 Mtrs. 400 Mtrs. 800 Mtrs. 1500 Mtrs.	34	40	Any Two Events
High Jump Long Jump Pole Vault Triple Jump	33	20	Any Two Events

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GAME	M.M.(Boys)	M.M.(Girls)	Remarks
Discus Throw Hammer Throw Javelin Shot Put	33	40	Any Two
TOTAL	100	100	

## Group – II Gymnastics

GAME	M.M.(Boys)	M.M.(Girls)	Remarks
Vaulting Horse Through Vault & Split Vault	3 3	3 3	All the events are compulsory for Boys and Girls.
Floor Exercises	10	10	
Beam	0	4	
Parallel Bar	4	0	
Aerobics Exercise	10	10	
TOTAL	30	30	

## Group – III Callisthanics Exercise Marching &amp; Yoga

GAME	M.M.(Boys)	M.M.(Girls)	Remarks
Mass P.T. & Marching	25	25	All the activities of Callisthanics Exer. Marching and Yoga for Boys and Girls.
Yoga	25	25	
TOTAL	50	50	

## Group – IV Games &amp; Sports

GAME	M.M.(Boys)	M.M.(Girls)	Remarks
Basket Ball Football Hockey Volleyball Cricket Swimming	25 25 25 25 25 25	25 25 25 25 25 25	All the games are compulsory for Boys & Girls
TOTAL	150	150	

## Group – V Games &amp; Sports

GAME	M.M.(Boys)	M.M.(Girls)	Remarks
Badminton T.T. Wresting Tennis Kho-Kho Handball Kabaddi	10 10 10 10 10 10 10	10 10 10 10 10 10 10	All the games are compulsory
TOTAL	70	70	

Note: In Practical activities i.e. Games and sports, 60% marks will be given in Theory, 20% marks in Performance and 20% marks in style, officiating etc. as the decision of the concerned teacher.

Part – II Practice Teaching and Officiating

Section : I Practice Teaching (Internal) 100 Marks

GAME	INTERNAL LESSONS	EXTERNAL LESSONS	Remarks
From Gr. IV Games	One	Two	
From Gr. V Games	One	Two	
Athletics	One	Two	
Gymnastics	One	Two	
Callisthanics	One	One	
Exercise Marching			
Yogic Exercise	One	One	
TOTAL	06	11	

Note : Marking is done for all the lessons out of 100 marks.

Section : II Officiating (External) 50 Marks

Any one event out of Group I	10
Any three from Group IV	30
Any one from Group V	10

Section – III Practice Teaching Examination (External)

1. A candidate shall give two teaching lessons at the final examination. One Athletic, one game, and one lesson out of Callisthenic, Marching, Yoga, and Gymnastics. The distribution of mark is 50 athletics, 50 major games and 50 for indigenous activities. Total = 150.
2. A candidate shall be assessed internally in Section I & II and externally in Section III. The aggregate total marks obtained by him in all the three sections of Part – III together with be his final score for the declaration of his result.

**Pass:** 36% and above but below 48% of the aggregate Marks.

**Second Division:** 48% and above but below 60% of the aggregate marks.

**First Division:** 60% and above of aggregate marks. A student securing 75% and above in any paper shall be declared to have obtained distinction in that paper provided he passed all the subject in the first attempt and this fact shall be mentioned in degree.

**Distinction :** 75% and above

Those candidate who fail in only one paper of Part A of B.P. Ed. (Theory) he/she shall be eligible to appear in supplementary examination if the paper in which they failed.

3. A candidate shall be assessed internally in Section I, II and Section III will externally and require to pass in the external and internal separately. Failed in any examination (internally and externally) shall be declared as failed.

**Paper – I**  
**Principles of Physical Education and Educational Psychology**  
**Time: 3 Hrs. Max. Marks: 90**

**Unit 1**

Principles of Physical Education:

1. Introduction : Meaning of the term Principle-Sources, Principles of Physical Education-related subjects.
2. Aims and objectives of Education and Physical Education.
3. Definition of Education and Physical Education-Physical Culture-Physical Training.

**Unit - II**

1. Biological Foundations of Physical Education ÷ Hereditary traits, Unsynchronised development, Reciprocal Innervation, Differences between boys and girls during the period of adolescence, somato type classification according to Sheldon and kretschmer, Exercise a biological Necessity, growth, structure, function, body mechanics.

**Unit -III**

1. Sociological Foundations ÷ gregarious instinct, individual and society, Desire for recognition and response, social group and their significance-family, community, school, state & nations, Democratic thinking, leaders and followers, respect of individual equality, National integration.

**Unit IV**

Educational Psychology:

1. Definition, meaning & scope of Psychology & its Psychology, relation to other sciences.
2. Heredity and Environment, Personality, Types of Personality.
3. Neuro Sensory system, Sensory motorac.
4. Intelligence – I.S. & P.S. Individual differences, Feeble minded moronsimbecites and idiots.
5. Instincts and emotions.

**Unit V**

Learning Process

1. Theories of Learning  
(i) Imitation. (ii) Conditioned response. (iii) Trial and error. (iv) Insight.
2. Stages of development
3. Law of Learning  
(i) Readiness (ii) Exercise (iii) Effect  
(iv) Frequency (v) Recency (vi) Intimacy
4. *Transfer of learning with special reference to physical skills.*
5. *Practical suggestions from Psychology.*
6. *Motivation.*

**Books Recommended:**

1. Bucher, Charles A. Foundation of Physical Education St. Louis The C.V. Nos by Co. 1972.
2. Nixon E.E. & Cozen, F.W. An introduction of Physical Education Philadelphia. W.B. saunders Co. 1969.
3. Obertenffer, Dalbert Physical Education, New York, Harper & Brothers Publisher, 1970.
4. Sharmen, J.R. Introduction to Physical Education. Philadelphia, W.B. Saunders Co. 1964.
5. Willaim J.F. the Principle of Physical Education Philadelphia, W.B. Saunders Co. 1964.

**Paper – II**  
**Organization, Methods and Supervision in Physical Education**  
**Time: 3 Hrs. Max. Marks: 90**

**Unit 1**

**Organization**

1. Introduction : Relationship of Physical Education to General Education.
2. Meaning of Organization and Administration, Importance of Organization, Guiding Principles of Organization.
3. Scheme of Health and Physical Education ÷ Schools, Colleges, Universities, District, State.
4. Facilities and standards in Physical Education ÷ Playground-outdoor and Indoor, Standards for Educational Institutions, Problem of Lack of play space for schools in crowded cities and their solutions, public play grounds, Gymnasium-Standard for Educational Institution-Construction and care, Swimming pool- Standard for Education Institutions- Types of Pools (Fill and draw type, perennial circulation type) Construction of pool care and maintenance including pool regulation, Equipment-Minimum requirement for an educational Institution, Purchase of equipment (Policies and Procedures) care of equipment (general and specific).

**Unit II**

1. Staff and Leadership-need for trained Leader, Qualification of Physical Education Teacher - Teaching Load and Teacher-pupil ratio-Relationship of Physical Education Teachers with the Headmaster, Supervisor,-Class-room teachers, Students, parents and the community student leadership.
2. Preparation of Time Table-Fitting physical Education in to school Time-Table before school after school activities, Types of Physical Education periods-Daily Periodical and annual schedules.
3. Finance and Budget ÷ Source of income and approved items of expenditure. Rules for the utilization of Games fund or physical education fund- preparation and administration of a Budget-Accounting.
4. Office management ÷ maintaining various types of records and registers and reports, check ups and their follow ups.
5. Promotion of physical Education ÷ Public Relations, Conference, clinics and institute's – Physical Education Association.

**Unit III**

**Methods:**

1. Introduction - Meaning and importance of Methods.
2. Presentation Techniques :
  - (a) Personal Preparation, Technical Preparation, Organising Subject matter, Teaching aids & Class Management.
  - (b) Steps in Presentation :- Orientation, Demonstration, Experimentation, Correction and Repetition, Discussion and Evaluation.
  - (c) Various Methods of teaching :- Command method, Demonstration method, At will method, Set drill method, Part and whole method etc.
3. Selection and Teaching of Activities.

**Unit IV**

1. A. Formal Activities including indigenous exercise  
B. Gymnastics.                      C. Rhythmic Activities.                      D. Games & Sports.  
E. Minor Games                      F Track and Field.                      G Combatives.  
H. Aquatics.
2. Lesson Plans:-  
Athletics, General and Specific.

3. (a) Tournaments and its types -  
(b) Competition – Intramurals – Extramurals – Sports- Meets, Gymnastic & Play Days.

### Unit V

1. **Test and Measurement** :Need and Importance, Different types of test in Physical Education.
2. **Classification of Pupils** : Need and Importance, methods of Classifications.
3. **Supervision:**
  - a. Introduction : Meaning and need of supervision, Guiding Principle of supervision.
  - b. Qualities and awareness of Supervisor, and his relationship with the administrator and the physical Education Teacher.
  - c. Duties of supervisor : administrative duties, Duties pertaining to facilities, Professional growth.
  - d. Techniques of Supervision : visitation, Individual and group conferences, Bulletins and Demonstration.

#### Reference Books:

1. Knapp, C & Haom, E.P., Teaching methods for Physical Education New York L me Graw Hill Book Co. Inc. 1953.
2. Kozman H.C. Cassidly R. & Jackson C. & Methods in Physic Education Lpndon: W.L. Saunders Co. 1960.
3. Bossing N.L. Prooressive Methods & Teaching Secondary School.
4. Trunaraynan, c. & Hariharan, S.methods in Physical Education Karaikedi; south India Press, 1969.

## PAPER – III Principles of Coaching & Officiating

**Time: 3 Hrs.**

**Max. Marks: 90**

### Unit 1

#### *Officiating:*

Theory and practice of officiating and coaching of the following games and sports: Football, Hockey, Volleyball, Basketball, Cricket, Kabaddi, Kho-Kho; wrestling (M), Swimming, Track and Field events, Tabletennis, Gymnastics, Badminton and handball.

### Unit II

- (a) History and development of the Games and Sports.
- (b) Ground dimensions and marking.
- (c) Standard equipments.
- (d) Rules and interpretation of rules.
- (e) Personal and professional qualifications and qualities of officials.
- (f) Relationship of officials with organizers, spectators, captains, players, coaches and media.
- (g) Ways and means to improve the officiating.
- (h) Duties of officials and Mechanics of officiating, position, signals etc.

### Unit III

#### **Coaching:**

- (a) Meaning and scope of coaching.
- (b) Personal and professional qualities and qualifications of a coach.
- (c) Theory of Coaching.
- (d) Teaching, Training and Coaching.



#### Unit IV

Scientific principles of Coaching-Force of gravity, Newton's Law, lever, Equilibrium, motion, velocity (in relation to correct form of style), Physical fitness: Coordinating ability and flexibility Speed, accuracy, strength, and Endurance Form, Analysis skills of the different sports and games (listed above).

#### Unit V

##### Practice in Coaching:

- (a) Types of training programmes.
- (b) Teaching of fundamental skills and their mastery.
- (c) Integration of skills in the actual game.
- (d) Lead up games
- (e) Positional play
- (f) Offence & defense

##### Reference Books:

1. The Art of Officiating Sports-John W. Bunn.
2. Englewood Cliffs. N.J. Prentice Hall 1968.
3. Scientific Principles of Coaching-John W. Bunn Englewood cliffs N.J. Prentice Hall 1972.
4. Singer, Roher N. Coaching, Athletic & Psychology New Yord, M/S Graw Hill.
5. Lawther, J.D. Psychology of Coaching, New York Pre, Hall 1965.

## Paper IV : Basic Anatomy and Physiology of exercise

Time: 3 Hrs.

Max. Marks: 90

#### Unit 1

1. Character of living bodies (animal).
2. Cell and its parts, cell division, Cellular basis of life.
3. Heredity.
4. A brief account of Evolution and Evolutionary adaptation of man.
5. Tissues and their classification.
6. The arrangement of the skeleton. Functions of the skeleton. Sex differences in the skeleton.  
Arches of the feet. General classification of the Joints of the body and examples for each type.

#### Unit II

1. Type of muscles in the body and their differences.
2. **BLOOD AND CIRCULATORY SYSTEM** :- Constituents of blood and their function, Blood groups and blood transfusion, clotting of blood, Structure of the heart, properties of the heart muscle, circulation of blood, cardiac cycloblood-pressure, pulse, Blood vessels, Lymph and Lymphatic Circulation.
3. **The Respiratory System** : The respiratory passage the lungs and their structures and exchange of gasses in the lungs – mechanism of respiration.

#### Unit III

1. **The Excretory System** : A brief study of the structure and functions of the Tongue, Teeth, Salivary Glands, Stomach, small and large intestines, Pancreas and the liver.

2. **The Digestive system** : A brief account of the structure and functions of the kidneys and the skin.

#### Unit IV

1. **The ductless glands** : A brief account of the functions of pituitary, Thyroid, Parathyroid, adrenal and the sex glands.
2. **Nervous system** : The Neuron, Function of the cerebrum and cerebral localization, function of the cerebellum, medulla and spinal cord, Reflex and autonomic nervous system and central nervous system.
3. **Special senses** : A brief account of the structures and functions of the Eye and Ear.

#### Unit V

##### Physiology of Exercise :

1. A Physiological concept of health and fitness. Effect of Exercise on the various systems of the body with special emphasis on the circulatory and respiratory systems.
2. Muscle Contraction in sports:
  - (a) Properties and composition of voluntary muscles.
  - (b) Minute structure of voluntary muscles.
  - (c) Changes in muscle contraction.
  - (d) Nerve control of Muscular activity.
  - (e) Conditions effecting muscular contraction.
  - (f) Relation between duration and severity of exercise.
  - (g) Warming up                      (h) Conditioning                      (i) Training
  - (j) Aging changes in muscles.                      (k) Stitch & Cramps

### *Physiology : Practical (for sessional work only)*

The students will attend demonstration and perform experiments themselves.

#### Section – I

1. To study the electrical apparatus use for stimulating excitable tissues and recording muscular contraction.
2. To draw the simple muscle curve.
3. To demonstrate the effect of repeated stimuli.
4. To demonstrate the effect of fatigue on simple muscle nerve preparation.
5. To demonstrate the effect of temperature on simple muscle nerve preparation.
6. To demonstrate the effect of load on muscular contraction.
7. To demonstrate the effect of various strengths of stimuli on a simple muscle curve.
8. To draw the curve of complete and incomplete tendon.

#### Section – II

1. To listen the breath sound by means of stethoscope.
2. To listen the heart sound by means of the stethoscope.
3. To study the effect of exercise on pulse rate.
4. Harvard step up test.
5. To find the vital capacity by means of the spirometer.
6. To record chest movements by means of pneumograph.
7. To study the effect of rate movement, load and obstruction to blood supply on the onset of fatigue by means of ergograph.
8. To find out reaction time.
9. Demonstrate reflex-action e.g. knee joint.

10. To test vision with snalley's test chart.
11. To test colour vision by ischiara's chart.

### Section – III

1. To demonstrate the presence of reducing sugar in the given solution.
  - (a) Benedict's Test
  - (b) Fahling's test
2. To demonstrate the presence of starch in Rice, Potato, wheat flour etc.
3. To demonstrate the presence of proteins in:
  - (a) Egg white
  - (b) Egg Youlk
4. To examine the normal urine -
  - (a) Quantity
  - (b) Specific Gravity
  - (c) Turbidity Chemical Test for -
    - (i) Urea
    - (ii) Uric acid

### Books Recommended:

1. Gupta Manju and Gupta M.C. Body and auatemical Science (Hindi) Delhi Swaran Printing Press, 1980.
2. Sharma R.D. Health and Physical Education (Hindi) Gupta Prakashan, 1979.
3. Sing Sujan, Anatomy of Physiology and health Education Repar, Jeet Publications, 1979 (Hindi).
4. Pearc Evalyn, C. Anatomy and Physiology for Nurses (Hindi) London Fater & Faber Ltd. 1962.
5. Karpovich, Peter V. Philosophy of Muscular Acity London W.b. Saunders Co.1959.
6. More House. L.K. & Filler, J. Physiology of Exercise St. Lousis the C.V. Nesby Co. 1976.

## Paper – V

### Kinesiology, Care of Athletics injuries and Health education

**Time: 3 Hrs.**

**Max. Marks: 90**

#### Unit I

- A. Kinesiology:
1. Role of Kinesiology in Physical Education and Sports.
  2. Construction and Types of Joints in the body and their actions.
  3. Origin, Insertion and action of the muscles with special reference to the following muscles:
 

1. Pectoralies Major	2. Pectoralis Minor	3. Serratus Anterior
4. Rectus Abdominis	5. Trapazius	6. Latissimus Dorsi
7. Deltoid	8. Texes major	9. Biceps
10. Triceps	11. Rectus Femoris	12. Vastus Medialis
13. Vastus Latralis	14. Vastus Intermedius	15. Sartorius
16. Triceps Femoris	17. Scmimembranosus	18 Semi Tedinosus
19. Gastrocnsmius.		

#### Unit II

4. Body Levers ÷ Levers action, -1<sup>st</sup> class lever, 2<sup>nd</sup> class lever, 3<sup>rd</sup> class level, effect of angle of Pull, effect of angle of resistance.
5. Exercise programme for the development of the various parts of the body with special reference to the following ÷
  1. Muscles of the Chest
  2. Muscles of Abdomen.
  3. Muscles of the Back
  4. Muscles of Neck

5. Muscles of the upper Arm
6. Muscles of the Fore Arm
7. Muscles of the thigh
8. Muscles of the Calf.

### Unit III

- B. Care of Athletics Injuries ÷
- I. Need of physical and medical examination of athletics. Diet, Physiological rest, and graded muscular exercises.
  - II. Role of the Trainer injury preventions.
  - III. Common Types of Athletic Injuries (Pathology, Diagnosis, Treatments and rehabilitation).
    - (a) Sprains, Strain, Contusion, Laceration and Abrasion.
    - (b) Fractures and Dislocation.
    - (c) Internal Injuries.
  - IV. Regional Injuries and their first aid treatments ÷
    1. Ankle.
    2. Knee
    3. Elbow
    4. Shoulder
    5. Wrist
    6. Finger

### Unit IV

- V. Physiotherapy:
1. Guiding Principles of Physiotherapy.
  2. Modalities and their application and effect.
    - (a) Hydrotherapy ÷
      - (i) Cold compression with ice cold water
      - (ii) Hot Water bottle, Hot water bag.
      - (iii) Immersion in Hot water
      - (iv) Contrast bath
      - (v) Whirlpool bath.
      - (vi) Vapour bath.
    - (b) Electro Therapy:
      - (i) Infrared
      - (ii) Diathermy
      - (iii) Ultra Sonic
    - (c) Sona bath
    - (d) Massage Swedish System.  
History, Physiological Effect, Principles, Manipulation and application.

### Unit V

- C. Health Education:
1. Meaning and scope of health Education.
  2. Factors that influence health -  
Heredity and Environment, Health requirement.
  3. Causes of disease ÷ infection, spread of infections, Public Health Measures to combat infection, general methods of sanitation (drinking water supply, disposal of garbage sewage, night soil and dead bodies).
  4. Common communicable diseases like Malaria and Filarial, Typhoid, Cholera and Dysentery, Small Pox, Whooping Cough, Diphtheria, Tetanus, Hydrophobia, Tuberculosis and Leprosy with special emphasis to their preventive methods.
  5. Immunity.
  6. Personal Hygiene - Desirable hygienic habits for each system of the body.

7. Public health administration.
8. School health problems.
9. School health organization - instruction, service and Supervision. Community Health Agencies.

**Books Recommended**

1. Rash, Philop. J. and Durke R.K. Kinesiology and applied anatomy. Philadelphia Len & Febidger 1257.
2. Wells, Katharine, F. Kinesjology Philadelphia, W.B. Seunders Co. 1976.
3. Copper, John Glasson, R.W. Klnilogy. St. Louis C.V. mosby Co. 1963.
4. Anderson. T.M. kenatis and antysing Body moverents.
5. Tucker W.E. & Castle Mcley, sportsman and their injuries.

**Paper – VI**

**Recreation, Camping and History of Physical Education:**

**Time: 3 Hrs.**

**Max. Marks: 90**

**Unit 1**

**RECREATION :**

1. Definition, scope, significance, philosophy and objective relationship of play, work and leisure. Theories of play and recreation.
2. Historical Development of recreation ÷ Recreation in Primitive Culture, Greek Period, Roman Period and Middle Ages, Development of recreation in India since Independence.

**Unit II**

3. Organization and Administration ÷ Agencies offering recreation – Home, Government, Voluntary, Private and Commercial Agencies. Rural, Urban Community and Industrial recreation areas, facilities equipment and their maintenance.

**Unit III**

4. Programme Planning in Recreation ÷ General principles of programmes construction. Types of recreational activities ÷ Indoor and outdoor games, Arts and crafts, drama, music, Hobbies, Equates, Dancing, Nature study, Hiking. Evaluation of programme.
5. Leadership and techniques of leadership ÷ Types of leaders and their qualifications ÷ Career aspects of recreation.

**Unit IV**

**CAMPING** ÷ Scope and significance of camping, types of camps, selection and lay out of camp sites, organization and administration of camps. Leadership and supervision. Camp programme and activities. Evaluation of camp work.

**Unit V**

**HISTORY OF PHYSICAL EDUCATION:**

1. physical Education in Ancient Greece – Sparta, Athens, origin and development of ancient Olympic.
2. Physical Education in Ancient India : Advent of Aryans – Epic Age; Philosophic Age; Buddhist Age, Mohmmadan period, influence of Great Britain and U.S.A - Y.M.C.A. and its

- contributions; Teacher Training in Physical Education. All India Council of Sports, in Physical Education. All India Council of Sports, Coaching Schemes, National Physical Efficiency Drive. National School Games Federation; Association Inter-University Board of Sports.
3. Great Names in Modern India Sports.
  4. Olympics, Common wealth Awards, Asian games.

**Books Recommended:**

1. Butler George D. Introduction to Community Recreation (5<sup>th</sup> Ed.) New York Mc Graw Hill Book Co. 1970.
2. Fitzgerald Gerald, B. Leadership in Recreation, New York A.S. Bqmess and Co. 1941.
3. Meyar, Merold D. and Bright Bill, Charles K. Community. Recreation Bostom D.C. Health Co. 1948.
4. Salvson, S.R. Recreation and the total personality, New York Association, Press, 1948.
5. Khan, Erej Ahmed, History of Physical Education Patna, Scientific Book Co. 1961.
6. Rajgoplan K.A. Brief History of Physical Education in India. Delhi, Army Publishers Pvt. Ltd. 1962.
7. Kamlesh. M.L. & Sangral M.S. Principles and History of Physical Education (Hindi) Ludhiyana, Prakash Brothers, 1976.
8. S. Sanyal, Asian Games.