

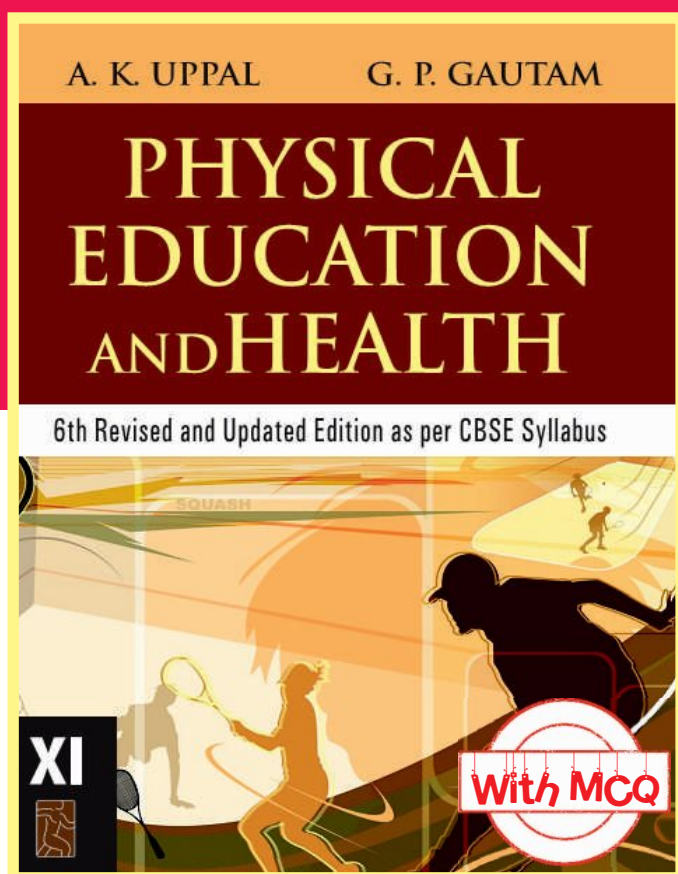
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& Sports Sciences



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Revised and Updated Edition of Text Book as per CBSE/NCERT Syllabus (2020-21)



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Unit I Changing Trends & Career in Physical Education

- ✍ Meaning & definition of Physical Education
- ✍ Aims & Objectives of Physical Education
- ✍ Career Options in Physical Education
- ✍ Competitions in various sports at national and international level
- ✍ Khelo-India Program

Unit II Olympic Value Education

- ✍ Olympics, Paralympics and Special Olympics
- ✍ Olympic Symbols, Ideals, Objectives & Values of Olympism
- ✍ International Olympic Committee
- ✍ Indian Olympic Association

Unit III Physical Fitness, Wellness & Lifestyle

- ✍ Meaning & Importance of Physical Fitness, Wellness & Lifestyle
- ✍ Components of physical fitness and Wellness
- ✍ Components of Health related fitness

Unit IV Physical Education Sports for CWSN (Children With Special Needs - Divyang)

- ✍ Aims & Objectives of Adaptive Physical Education
- ✍ Organization promoting Adaptive Sports - Special Olympics Bharat; Paralympics; Deaflympics.
- ✍ Concept of Inclusion, its need and Implementation
- ✍ Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & special Educator)

PHYSICAL EDUCATION and HEALTH

A. K. Uppal G. P. Gautam

BOOK FOR 11TH CLASS AS PER CBSE/NCERT SYLLABUS

Unit V Yoga

- ✍ Meaning & Importance of Yoga
- ✍ Elements of Yoga
- ✍ Introduction - Asanas, Pranayam, Meditation & Yogic Kriyas
- ✍ Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Shashankasana, Naukasana, Vrikshasana (Tree pose), Garudasana (Eagle pose)
- ✍ Relaxation Techniques for improving concentration – Yog-nidra

Unit VI Physical Activity & Leadership Training

- ✍ Leadership Qualities & Role of a Leader
- ✍ Creating leaders through Physical Education
- ✍ Meaning, objectives & types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Para Gliding)
- ✍ Safety measures to prevent sports injuries

Unit VII Test, Measurement & Evaluation

- ✍ Define Test, Measurement & Evaluation
- ✍ Importance of Test, Measurement & Evaluation In Sports
- ✍ Calculation of BMI & Waist - Hip Ratio
- ✍ Somato Types (Endomorphy, Mesomorphy & Ectomorphy)
- ✍ Measurement of health related fitness

Unit VIII Fundamentals of Anatomy, Physiology & Kinesiology in Sports

- ✍ Definition and Importance of Anatomy, Physiology & Kinesiology
- ✍ Function of Skeleton System, Classification of Bones & Types of Joints
- ✍ Properties and Functions of Muscles
- ✍ Function & Structure of Respiratory System and Circulatory System
- ✍ Equilibrium – Dynamic & Static And Centre of Gravity and its application in sports

Unit IX Psychology & Sports

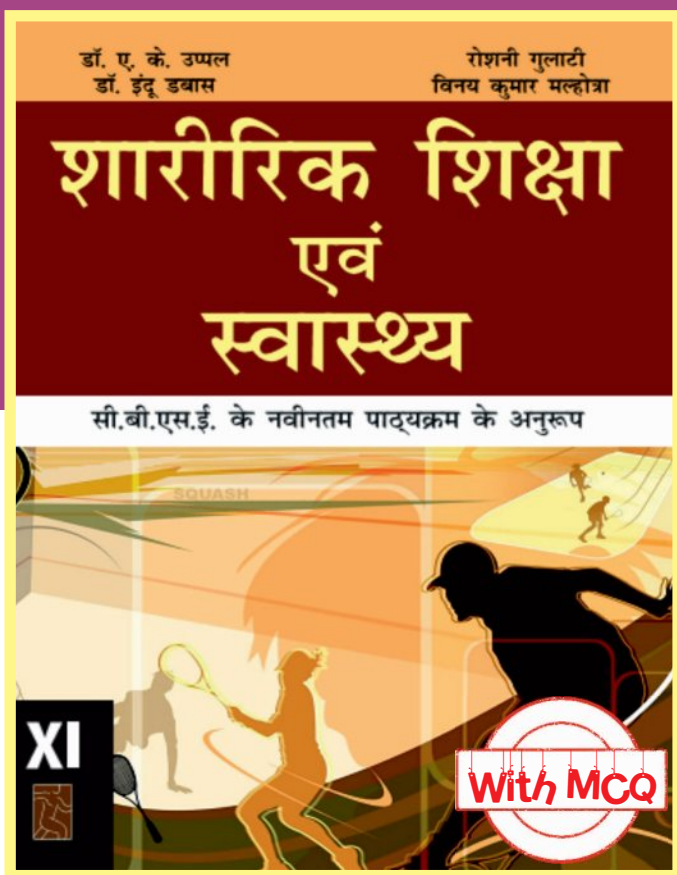
- ✍ Definition & Importance of Psychology in Phy. Edu. & Sports
- ✍ Define & Differentiate Between Growth & Development
- ✍ Developmental Characteristics At Different Stages of Development
- ✍ Adolescent Problems & Their Management

Unit X Training and Doping in Sports

- ✍ Meaning & Concept of Sports Training
- ✍ Principles of Sports Training
- ✍ Warming up & limbering down
- ✍ Skill, Technique & Style
- ✍ Concept & classification of doping
- ✍ Prohibited Substances & their side effects
- ✍ Dealing with alcohol and substance abuse

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सी.बी.एस.ई./एन.सी.ई.आर.टी. के पाठ्यक्रमानुसार संशोधित एवं अद्यतन पाठ्यपुस्तक



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शारीरिक शिक्षा एवं स्वास्थ्य

ए.के. उप्पल / रोशनी गुलाटी / इंदू डबास / विनय कुमार मल्होत्रा

सी.बी.एस.ई./एन.सी.ई.आर.टी. के
पाठ्यक्रमानुसार कक्षा ११वीं के लिए पाठ्यपुस्तक

अध्याय 5 योग (Yoga)

- योग का अर्थ और महत्त्व
- योग के तत्त्व
- आसन, प्राणायाम, ध्यान व योगिक क्रियाओं का परिचय
- एकाग्रता से संबंधित योग आसन : सुखासन, ताड़ासन, पद्मासन और शशांकासन, नौकासन, वृक्षासन, गरुडासन
- एकाग्रता में सुधार के लिए आराम की तकनीक—योगनिद्रा

अध्याय 6 शारीरिक गतिविधि और नेतृत्व प्रशिक्षण (Physical Activity and Leadership Training)

- नेता के गुण व भूमिका
- शारीरिक शिक्षा द्वारा नेताओं को बनाने या निर्मित करने की प्रक्रिया
- साहसिक खेलों के अर्थ, उद्देश्य और प्रकार (रॉक क्लिंबिंग, ट्रैकिंग, नौका विहार, पर्वतारोहण, सरफिंग तथा पैराग्लाइडिंग)
- खेल चोटों को रोकने के लिए सुरक्षा के उपाय

अध्याय 7 परीक्षण, मापन व मूल्यांकन (Test, Measurement and Evaluation)

- परीक्षण, मापन एवं मूल्यांकन की परिभाषा
- खेलों में परीक्षण, मापन व मूल्यांकन का महत्त्व
- शरीर-भार सूचकांक परिकलन व वेस्ट-हिप रेशो की गणना
- शरीर के प्रकार (एंडोमोर्फ, मेसोमोर्फ, एक्टोमोर्फ)
- स्वास्थ्य संबंधी फिटनेस की माप

अध्याय 8 खेल में शरीर-रचना, क्रिया विज्ञान और अंग संचालन के आधारभूत तत्त्व (Fundamentals of Anatomy, Physiology & Kinesiology in Sports)

- शरीर-रचना, क्रिया विज्ञान एवं अंग संचालन की परिभाषा एवं महत्त्व
- कंकाल प्रणाली का कार्य, हड्डियों का वर्गीकरण और जोड़ों के प्रकार
- मांसपेशियों के गुण एवं कार्य
- श्वसन प्रणाली का कार्य और संरचना, श्वसन के तंत्र
- संतुलन—गतिशील, स्थिर और गुरुत्वाकर्षण का केंद्र और खेल में इसका अनुप्रयोग

अध्याय 9 मनोविज्ञान तथा खेल (Psychology and Sports)

- शारीरिक शिक्षा एवं खेलों में मनोविज्ञान की परिभाषा तथा महत्त्व
- वृद्धि और विकास की परिभाषाएँ व इसमें अंतर
- विकास की अलग-अलग अवस्थाओं में विकास संबंधी विशेषताएँ
- किशोरावस्था की समस्या और उनका प्रबंधन

अध्याय 10 खेलकूद में प्रशिक्षण और डोपिंग (Training and Doping in Sports)

- खेल प्रशिक्षण का अर्थ एवं अवधारणा
- खेल प्रशिक्षण के सिद्धांत
- वार्मिंग-अप एवं लिंबिंग डाउन
- कीशाल, तकनीक एवं शैली
- डोपिंग की अवधारणा और वर्गीकरण 10.6 प्रतिबंधित पदार्थ और उनके दुष्प्रभाव
- शराब और मादक द्रव्यों के सेवन से निपटना

अध्याय 1 शारीरिक शिक्षा में बदलती प्रवृत्तियाँ और कैरियर (Changing Trends and Career in Physical Education)

- शारीरिक शिक्षा का अर्थ एवं परिभाषाएँ
- शारीरिक शिक्षा के लक्ष्य एवं उद्देश्य
- शारीरिक शिक्षा में कैरियर विकल्प
- राष्ट्रीय एवं अंतर्राष्ट्रीय स्तर पर विभिन्न खेलों में प्रतियोगिता
- खेलो-इंडिया प्रोग्राम

अध्याय 2 ओलंपिक मौलिक शिक्षा (Olympic Value Education)

- ओलंपिक, पैराओलंपिक एवं स्पेशल ओलंपिक
- ओलंपिक प्रतीक, ओलंपिक आदर्श, उद्देश्य और मूल्य
- अंतर्राष्ट्रीय ओलंपिक समिति
- भारतीय ओलंपिक एसोसिएशन

अध्याय 3 शारीरिक क्षमता, स्वास्थ्य व जीवन-शैली (Physical Fitness, Wellness and Life Style)

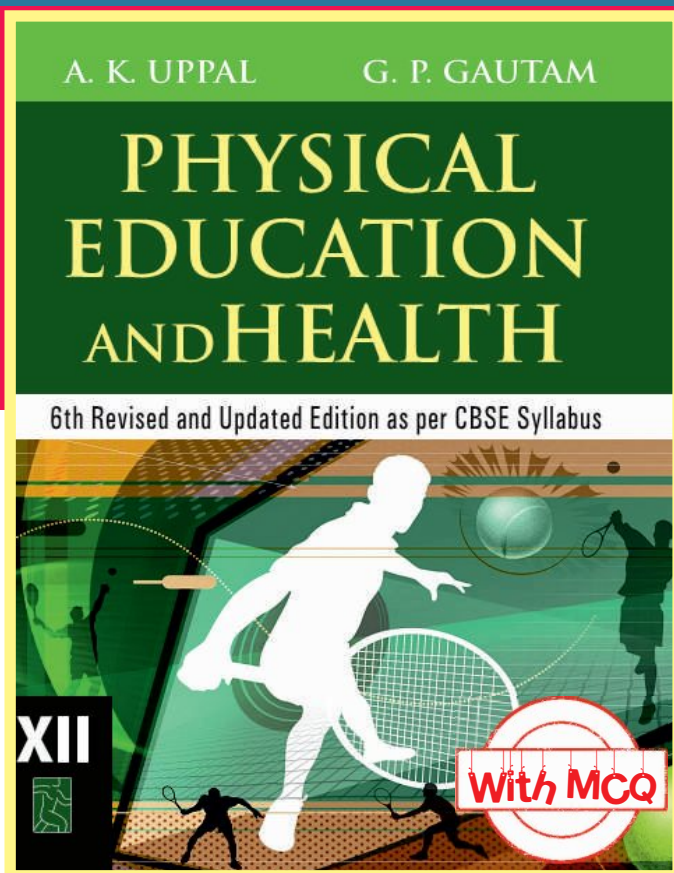
- शारीरिक क्षमता, स्वास्थ्य व जीवन-शैली का अर्थ व महत्त्व
- शारीरिक क्षमता और स्वास्थ्य के कारक
- स्वास्थ्य से संबंधित शारीरिक क्षमता के कारक

अध्याय 4 दिव्यांगों के लिए शारीरिक शिक्षा तथा खेल (Physical Education & Sports for CWSN (Children With Special Needs - Divyang)

- अनुकूल शारीरिक शिक्षा का लक्ष्य व उद्देश्य
- अनुकूल खेल को बढ़ावा देने वाले संगठन (विशेष ओलंपिक भारत, पैराओलंपिक, डेफालिपिक्स)
- समावेशन की अवधारणा: आवश्यकता व कार्यान्वयन
- विशेष आवश्यकताओं वाले बच्चों के लिए विभिन्न पेशेवरों की भूमिका (परामर्शदाता, व्यावसायिक चिकित्सक, फिजियोथैरेपिस्ट, शारीरिक शिक्षा का शिक्षक, वाक् चिकित्सक तथा विशेष शिक्षक)

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Unit I Planning in Sports

- ✍ Meaning & Objectives Of Planning
- ✍ Various Committees & its Responsibilities - pre; during & post
- ✍ Tournament – Knock-Out, League Or Round Robin & Combination
- ✍ Procedure To Draw Fixtures – Knock-Out - Bye & Seeding, & League - Staircase & Cyclic
- ✍ Intramural & Extramural – Meaning, Objectives & Its Significance
- ✍ Intramural & Extramural – Meaning, Objectives & Its Significance Cause & Run For Unity

Unit II Sports & Nutrition

- ✍ Balanced Diet & Nutrition: Macro & Micro Nutrients
- ✍ Nutritive & Non-Nutritive Components Of Diet
- ✍ Eating For Weight Control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance & Food Myths

Unit III Yoga & Lifestyle

- ✍ Asanas as preventive measures
- ✍ Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana
- ✍ Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pawanuktasana, Ardh Matsyendrasana
- ✍ Asthma: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana
- ✍ Hypertension: Tadasana, Vajrasana, Pawanuktasana, Ardh Chakrasana, Bhujangasana,
- ✍ Sharasana
- ✍ Back Pain: Tadasana, Ardh Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana

Unit IV Physical Education Sports for CWSN (Children With Special Needs Divyang)

- ✍ Concept of Disability & Disorder
- ✍ Types of Disability, its causes & nature (cognitive disability, intellectual disability, physical disability)
- ✍ Types of Disorder, its cause & nature (ADHD, SPD, ASD, ODD, OCD)
- ✍ Disability Etiquettes
- ✍ Advantage of Physical Activities for children with special needs
- ✍ Strategies to make Physical Activities assessable for children with special need.

PHYSICAL EDUCATION and HEALTH

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BOOK FOR 12TH CLASS AS PER CBSE/NCERT SYLLABUS

Unit V Children & Women in Sports

- ✍ Motor development & factors affecting it
- ✍ Exercise Guidelines at different stages of growth & Development
- ✍ Common Postural Deformities - Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scoliosis and their corrective measures
- ✍ Sports participation of women in India
- ✍ Special consideration (Menarche & Menstrual Dysfunction)
- ✍ Female Athletes Triad (Osteoporosis, Amenorrhoea, Eating Disorders)

Unit VI Test & Measurement in Sports

- ✍ Motor Fitness Test – 50 M Standing Start, 600 M Run/Walk, Sit & Reach, Partial Curl Up, Push Ups (Boys), Modified Push Ups (Girls), Standing Broad Jump, Agility – 4x10 M Shuttle Run
- ✍ General Motor Fitness – Barrow three item general motor ability (Standing Broad Jump, Zig-Zag Run, Medicine Ball Put – For Boys: 03 Kg & For Girls: 01 Kg)
- ✍ Measurement of Cardio Vascular Fitness – Harvard Step Test/Rockport Test - Computation of Fitness Index: $\text{Duration of the Exercise in Seconds} \times 100$
 $5.5 \times \text{Pulse count of 1-1.5 Min after Exercise}$
- ✍ Rikli & Jones - Senior Citizen Fitness Test
 1. Chair Stand Test for lower body strength
 2. Arm Curl Test for upper body strength
 3. Chair Sit & Reach Test for lower body flexibility
 4. Back Scratch Test for upper body flexibility
 5. Eight Foot Up & Go Test for agility
 6. Six Minute Walk Test for Aerobic Endurance

Unit VII Physiology & Injuries in Sports

- ✍ Physiological factor determining component of Physical Fitness
- ✍ Effect of exercise on Cardio Respiratory System
- ✍ Effect of exercise on Muscular System
- ✍ Physiological changes due to ageing
- ✍ Sports injuries: Classification - Soft Tissue Injuries: Abrasion, Contusion, Laceration, Incision, Sprain & Strain, Bone & Joint Injuries: Dislocation, Fractures: Stress Fracture, Green Stick, Communated, Transverse Oblique & Impacted, Causes, Prevention & treatment
- ✍ First Aid – Aims & Objectives

Unit VIII Biomechanics & Sports

- ✍ Meaning and Importance of Biomechanics in Sports
- ✍ Types of movements - Flexion, Extension, Abduction & Adduction
- ✍ Newton's Law of Motion & its application in sports
- ✍ Friction & Sports

Unit IX Psychology & Sports

- ✍ Personality; its definition & types – Trait & Types (Sheldon & Jung Classification) & Big Five Theory
- ✍ Motivation, its type & techniques
- ✍ Exercise Adherence; Reasons to Exercise, Benefits of Exercise
- ✍ Strategies for Enhancing Adherence to Exercise
- ✍ Meaning, Concept & Types of Aggressions in Sports

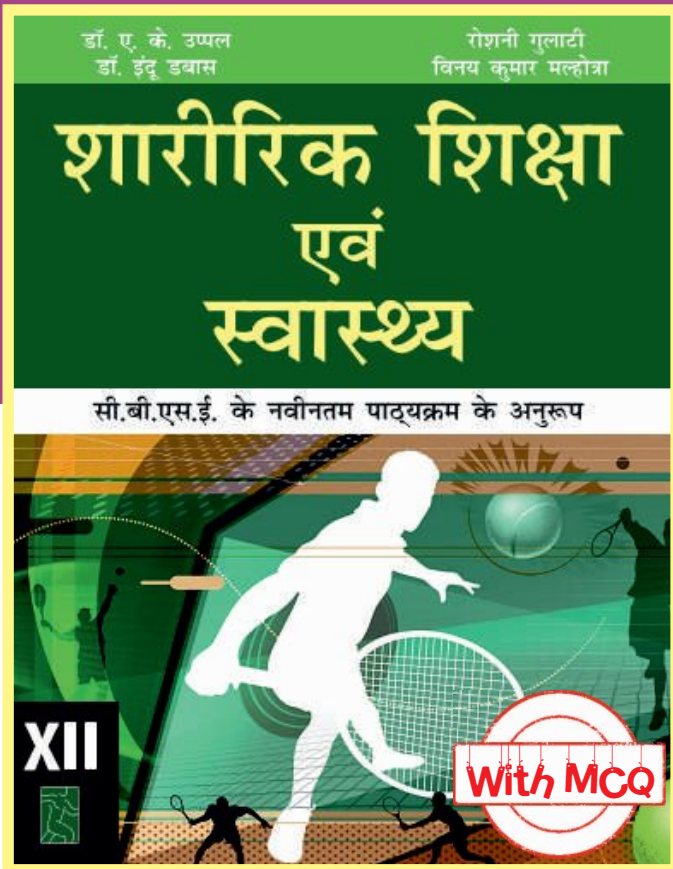
Unit X Training in Sports

- ✍ Strength – Definition, types & methods of improving Strength – Isometric, Isotonic & Isokinetic
- ✍ Endurance - Definition, types & methods to develop Endurance – Continuous Training, Interval Training & Fartlek Training
- ✍ Speed – Definition, types & methods to develop Speed – Acceleration Run & Pace Run
- ✍ Flexibility – Definition, types & methods to improve flexibility
- ✍ Coordinative Abilities – Definition & types
- ✍ Circuit Training - Introduction & its importance

शारीरिक शिक्षा एवं स्वास्थ्य

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कक्षा 9वी के लिए पाठ्यपुस्तक



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अध्याय 1 खेलों में योजना (Planning in Sports)

- योजना का अर्थ और उद्देश्य
- विभिन्न समितियाँ व उनकी जिम्मेदारियाँ
- टूर्नामेंट - नॉक - आउट, लीग या राउंड रोबिन एवं कॉम्बिनेशन (बाई व सीडिंग तथा लीग), साइक्लिक तथा स्टेयर केस
- फिक्सचर तैयार करने की प्रक्रिया नॉक-आउट (बाई व सीडिंग तथा लीग), साइक्लिक तथा स्टेयर केस
- इंट्राम्यूरल्स व एक्स्ट्राम्यूरल्स- अर्थ, उद्देश्य व इसका महत्व
- विशिष्ट खेल कार्यक्रम - खेल दिवस स्वास्थ्य दौड़, रन फॉर फन, विशिष्ट कारण के लिए दौड़ व एकता के लिए दौड़

अध्याय 2 खेल एवं पोषण (Sports & Nutrition)

- संतुलित आहार तथा पोषण : वृहत् (मैक्रो) एवं सूक्ष्म (माइक्रो) पोषण तत्व
- आहार के पोषक तत्व तथा गैर-पोषक तत्व
- भार नियंत्रण हेतु भोजन करना- एक स्वस्थ भार, डाइटिंग या अल्पाहार के खतरे, खाद्य असहिष्णुता, खाद्य या भोजन मिश्रक

अध्याय 3 योग और जीवनशैली (Yoga and Lifestyle)

- आसन निवारक उपायों के रूप में
- मोटपा : मोटपा : वज्रासन, हस्तासन, त्रिकोणासन, अर्ध मत्स्येन्द्रासन की कार्य प्रणाली व लाभ
- मधुमेह : भुजंगासन, पश्चिमोत्तानासन, पवनमुक्तासन, अर्ध मत्स्येन्द्रासन, वक्रासन, शलभासन, भुजंगासन की कार्य प्रणाली व लाभ
- अस्थमा : सुखासन, चक्रासन, गोमुखासन, पर्वतासन, भुजंगासन, पश्चिमोत्तानासन, मत्स्यासन की कार्य प्रणाली व लाभ
- उच्च रक्तचाप (अतिरिक्त दाब) : ताड़ासन, वज्रासन, पवनमुक्तासन, अर्ध चक्रासन, भुजंगासन मत्स्यासन शवासन
- पीठ दर्द : ताड़ासन, अर्धमत्स्येन्द्रासन, वक्रासन, शलभासन, भुजंगासन

अध्याय 4 शारीरिक शिक्षा और खेल दिव्यांगों के लिए (Physical Education & Sports for CWSN (Children With Special Needs - Divyang)

- दिव्यांगता तथा विकार की अवधारणा
- दिव्यांगता के प्रकार, इसके कारण तथा प्रकृति, संज्ञानात्मक दिव्यांगता, बौद्धिक दिव्यांगता, शारीरिक दिव्यांगता
- विकार के प्रकार, इसके कारण तथा प्रकृति (एडीएचडी, एसपीडी, एसडी, ओडीडी, ऑक्सैसिव कंपल्सिव डिसऑर्डर)
- अक्षमता शिष्टाचार
- विशेष आवश्यकताओं वाले बच्चों के लिए शारीरिक गतिविधियों के लाभ
- विशेष आवश्यकताओं वाले बच्चों के लिए शारीरिक गतिविधियों का आकलन करने की रणनीतियाँ

अध्याय 5 खेल में बच्चों तथा महिलाओं की भूमिका (Children & Women in Sports)

- गामक विकास को प्रभावित करने वाले कारक
- वृद्धि तथा विकास के विभिन्न स्तरों पर अभ्यास निर्देश
- आसन संबंधी सामान्य विकृतियाँ - घुटनों का टकराना, चपटे पाँव, गोल कंधे, आगे की ओर कूबड़, पीछे की ओर कूबड़, धनुषाकार टाँगें तथा रीढ़ की हड्डी का एक ओर झुकाव व इनको सही करने के उपाय
- भारत में महिलाओं की खेलों में भूमिका
- विशिष्ट विचारणीय तथ्य (प्रथम सोल्ताव, मासिक धर्म की गड़बड़ी, गर्भधारण, (रजोनिवृत्ति)
- महिला एथलीट ट्रायड : एनीमिया, ओस्टिओपोरोसिस, एमीनोरिया, अव्यवस्थित भोजन

अध्याय 6 खेलों में परीक्षण तथा मापन (Test and Measurement in Sports)

- मोटर फिटनेस टेस्ट (आफर मोटर फिटनेस टेस्ट) - 50 मी. स्टीडिंग स्टार्ट, 600 मी. रन / वॉक, सिट एंड रीच, ऑशिक कर्ल-अप, पुश-अप्स (बॉयज), मॉडिफाइड पुश-अप्स (गर्ल्स), स्टीडिंग ब्रॉड जंप, चपलता - 4X10 मी. शटल रन
- सामान्य मोटर फिटनेस - बैरो थ्री आइटम सामान्य मोटर क्षमता (स्टैडिंग ब्रॉड जंप, जिग जैग रन, मेडिसिन बॉल पुट - लड़कों के लिए: 03 किलोग्राम और लड़कियों के लिए: 01 किलोग्राम)
- हृदय वाहिका पुष्टि का मापन- हारवर्ड स्टेप टेस्ट/रॉकपोर्ट टेस्टए, फिटनेस सूचक की गणना- व्यायाम की अवधि सेकेंडों में 100 X सेकेंडों में व्यायाम की अवधि

व्यायाम के बाद 5.5 X पल्स की गिनती 1-1.5 मिनट

- रिकली तथा जोन्स- वरिष्ठ नागरिक पुष्टि परीक्षण चेयर स्टैंड परीक्षण, बाजू मोड़ने का परीक्षण, चेयर सिट एवं रीच परीक्षण, बैक स्ट्रेच परीक्षण, फूट अप एंड गो परीक्षण स्फूर्ति के लिए, 6 मिनट चाल परीक्षण एरोबिक पुष्टि के लिए।

अध्याय 7 खेलों में शरीर क्रियाविज्ञान तथा चोटें (Physiology and Injuries in Sports)

- शारीरिक पुष्टि को निर्धारित करने वाले शरीर-क्रियात्मक घटक
- हृदय श्वसन तंत्र पर व्यायाम के प्रभाव
- व्यायाम का मांसपेशीय संस्थान पर प्रभाव
- बुढ़ापे के कारण शरीर-क्रियात्मक परिवर्तन
- खेल चोटें: वर्गीकरण (नरम ऊतक चोटें: (घर्षण), कंस्यूजन, लैकरेशन, इन्सेक्शन, मोच और स्ट्रेन) हड्डी और संयुक्त चोटें: (अव्यवस्था, भंग: तनाव फ्रैक्चर, ग्रीन स्टिक, कम्प्यूनेटेड, ट्रांसवर्स ओब्लिक एंड इम्पैक्टेड) घावों, रोकथाम और उपचार।
- प्राथमिक चिकित्सा - उद्देश्य और उद्देश्य।

अध्याय 8 जैवयांत्रिकी एवं खेलकूद (Biomechanics and Sports)

- खेल में जैवयांत्रिकी विज्ञान का अर्थ और महत्व
- गति के प्रकार (आकुंचन या मुड़ाव, प्रसारण या तानना, अपवर्तन और पर्यावर्तन)
- न्यूटन की गति का नियम और खेल में इसका प्रयोग
- घर्षण एवं खेलकूद

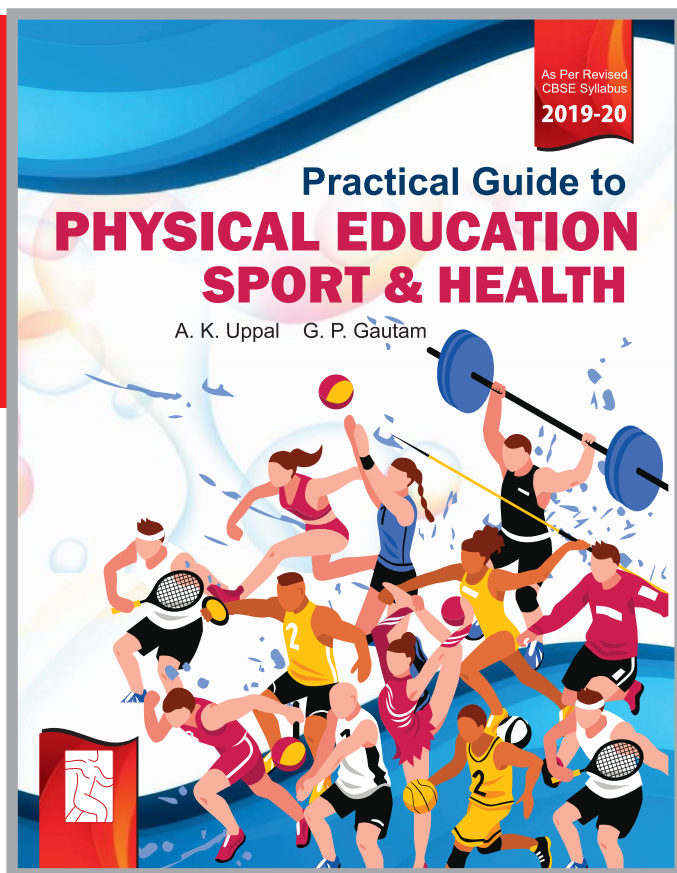
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- व्यक्तित्व, इसके आयाम तथा प्रकार; व्यक्तित्व विकास में खेलों की भूमिका
- अभिप्रेरण की परिभाषा, अभिप्रेरण के प्रकार व तकनीकें
- व्यायाम पालन; व्यायाम करने के कारण, व्यायाम के लाभ
- व्यायाम के पालन को बढ़ाने के लिए रणनीतियाँ
- खेलकूद में आक्रामकता का अर्थ, अवधारणा व प्रकार

अध्याय 10 खेलों में प्रशिक्षण (Training in Sports)

- शक्ति- परिभाषा, प्रकार तथा शक्ति में सुधार के तरीके - आइसोमीट्रिक तथा आइसोकाइनेटिक सहन-क्षमता विकास की विधियाँ- निरंतर प्रशिक्षण विधि, अंतराल प्रशिक्षण विधि व फार्टलेक विधि
- गति - परिभाषा तथा गति विकसित करने के तरीके: त्वरण दौड़ और पैर दौड़
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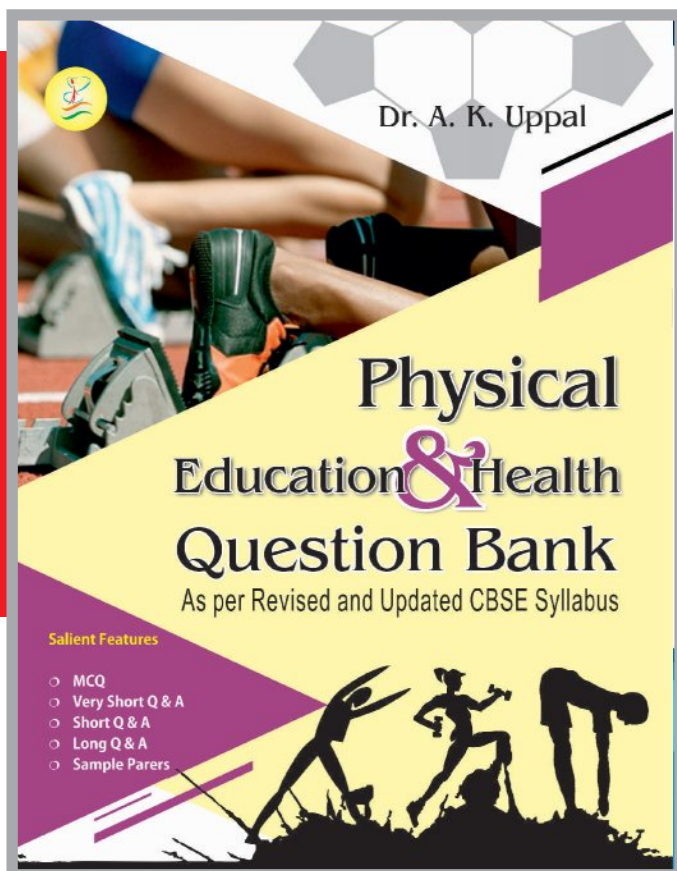
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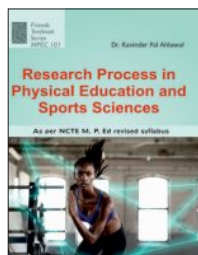
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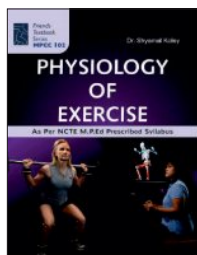
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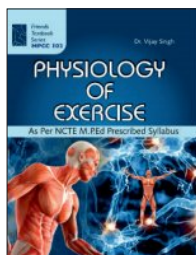
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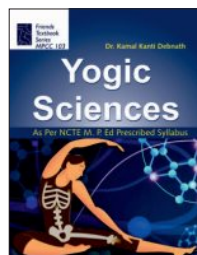
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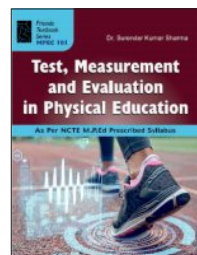
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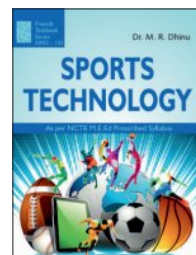
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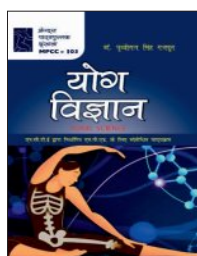
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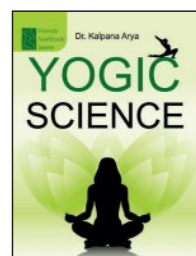
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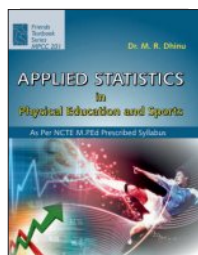


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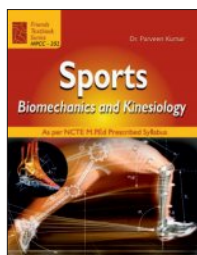


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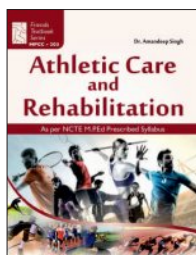
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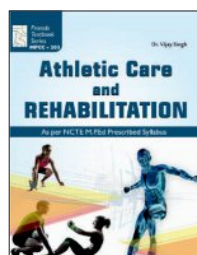
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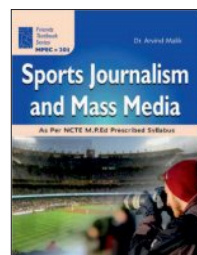
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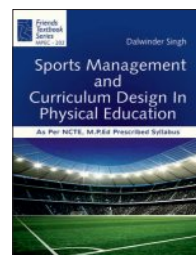
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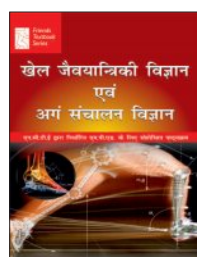
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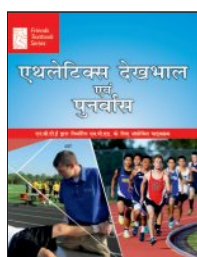
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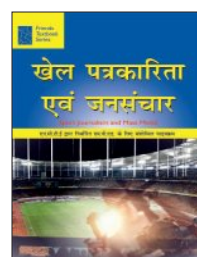
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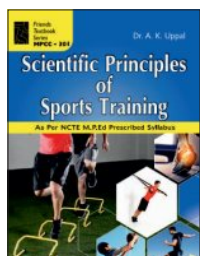
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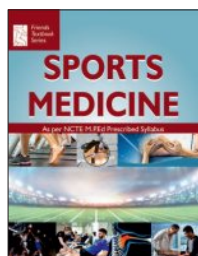
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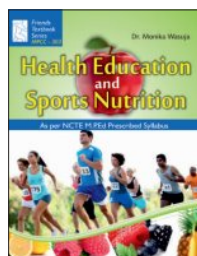
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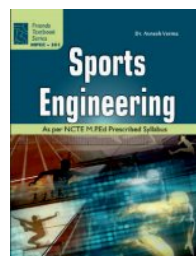
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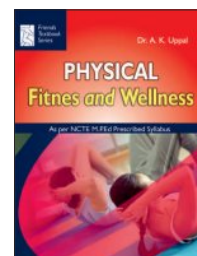
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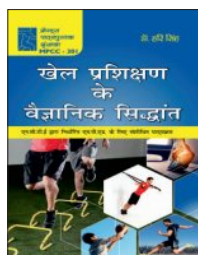
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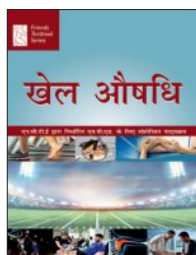
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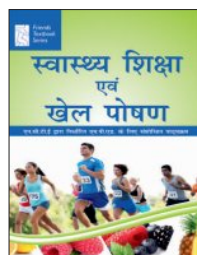
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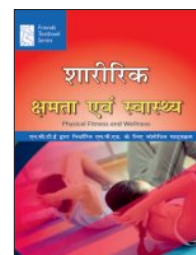
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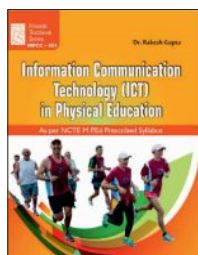


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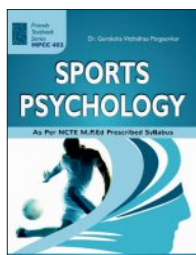
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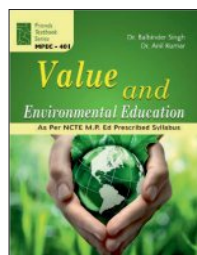
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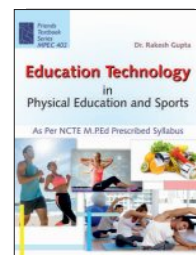
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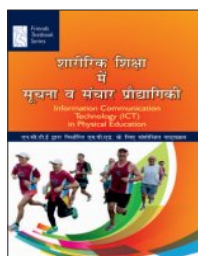
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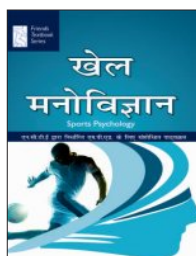
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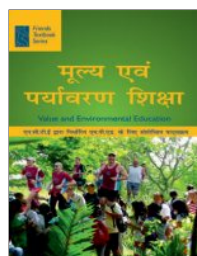
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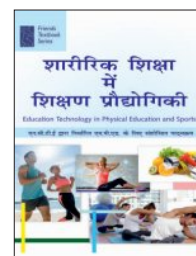
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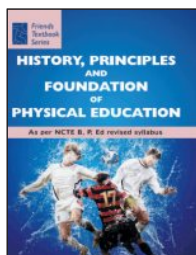
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Gupta, R.

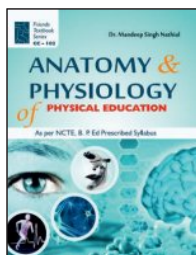
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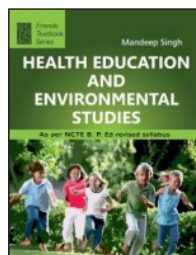
SEMESTER - 1



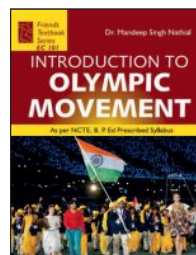
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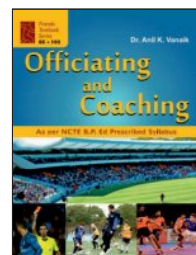
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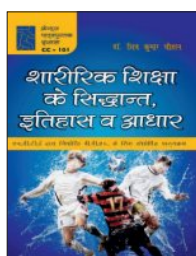
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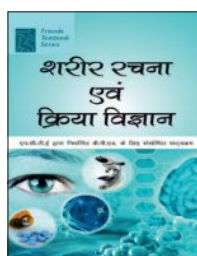
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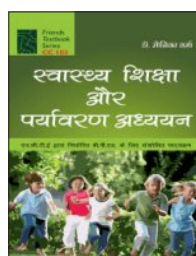
Officiating and Coaching in Physical Education
Vanaik, A. K.
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शारीरिक शिक्षा के सिद्धान्त, इतिहास व आधार
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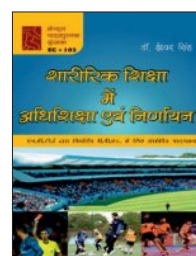
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Malik, A.
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स्वास्थ्य शिक्षा और पर्यावरण अध्ययन
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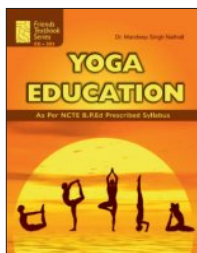


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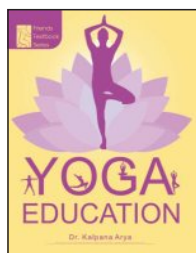


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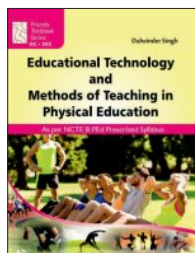
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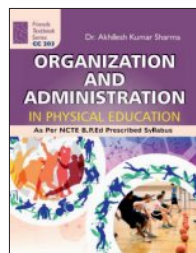
Yoga Education (Year 2019)
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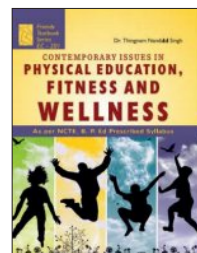
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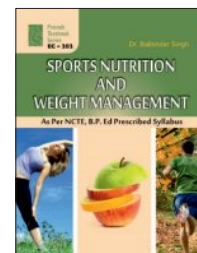
Educational Technologies and Methods of Teaching in Physical Education
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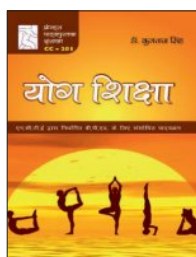
Organization and Administration in Physical Education
Sharma, A. K.
9788172165550 / Rs. 695.00



Contemporary Issues in Physical Education, Fitness and Wellness
Singh, T. N.
9788172165079 / Rs. 795.00



Sports Nutrition and Weight Management
Singh, B.
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योग शिक्षा
Singh, K.
9788172165840 / Rs. 595.00



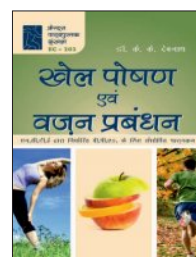
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Saxena, S.
9788172165864 / Rs. 595.00



शारीरिक शिक्षा में संगठन एवं प्रशासन
Sharma, A. K.
9788172165857 / Rs. 595.00



शारीरिक शिक्षा, क्षमता तथा स्वास्थ्य के सामयिक मुद्दे
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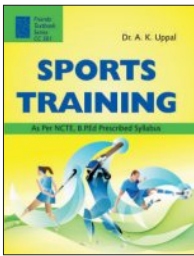
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SEMESTER - 3

9

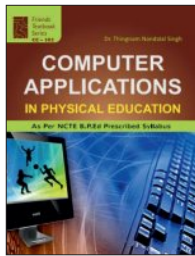
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Sports Training

Uppal, A. K.

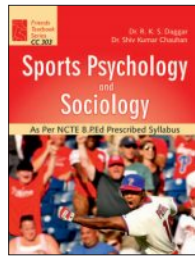
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Computer Application in Physical Education

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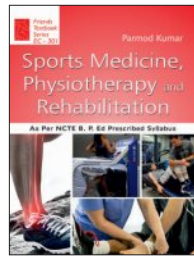
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Sports Psychology and Sports Sociology

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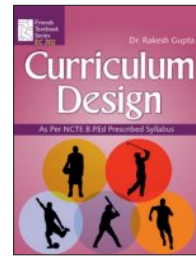
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Sports Medicine, Physiotherapy and Rehabilitation

Kumar, P.

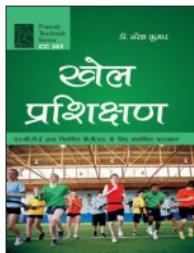
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Curriculum Design

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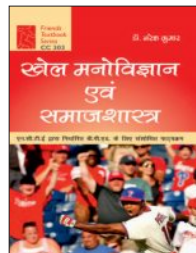
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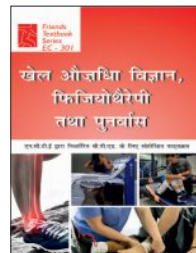
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खेल मनोविज्ञान एवं समाजशास्त्र

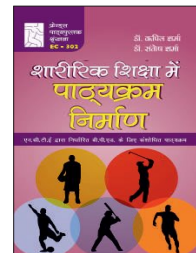
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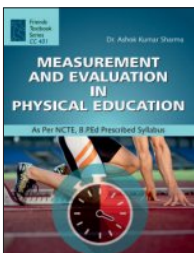


शारीरिक शिक्षा में पाठ्यक्रम निर्माण

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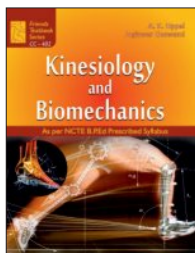
SEMESTER - 4



Measurement and Evaluation in Physical Education (Year 2019)

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Kinesiology and Biomechanics (Year 2019)

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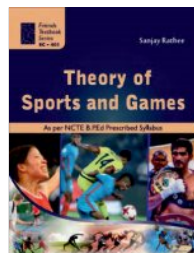
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Research & Statistics in Physical Education (Year 2019)

Kaur, S.

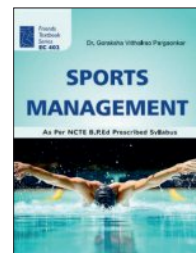
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Theory of Sports and Games (Year 2019)

Rathee, S.

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Sports Management (Year 2019)

Pargaonkar, G. V.

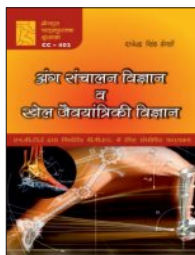
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शारीरिक शिक्षा में मापन व मूल्यांकन

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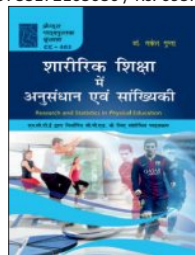
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अंग संचालन विज्ञान व खेल जैवयांत्रिकी विज्ञान

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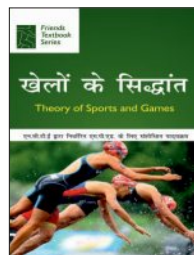
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शारीरिक शिक्षा में अनुसंधान एवं सांख्यिकी

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खेलों के सिद्धान्त

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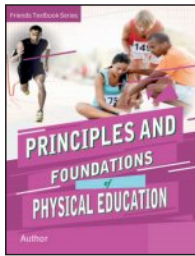
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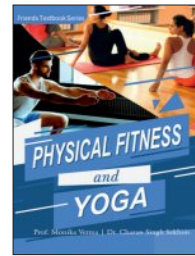
Principles and Foundations of Physical Education
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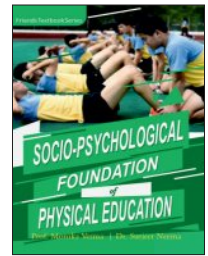
Health and Yoga
Malik, A. K.
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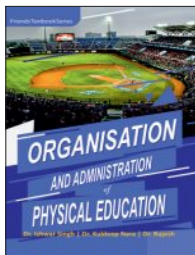
Physical Activity and Health
Pal, I. S.
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Physical Fitness and Yoga
Verma, M. / Sekhon, C. S.
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Socio-Psychological Foundation of Physical Education
Verma, M. / Neema, S.
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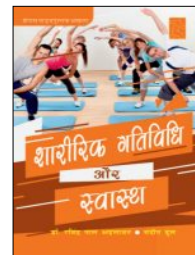
Organisation and Administration of Physical Education
Singh, I. / Nara, K. / Rajesh
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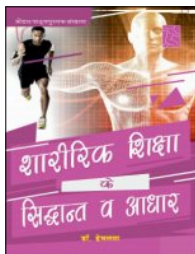
स्वास्थ्य और योग
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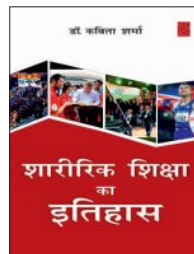
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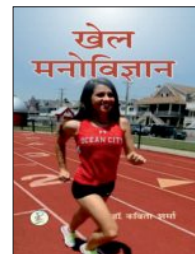
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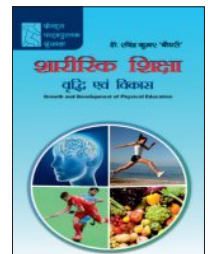
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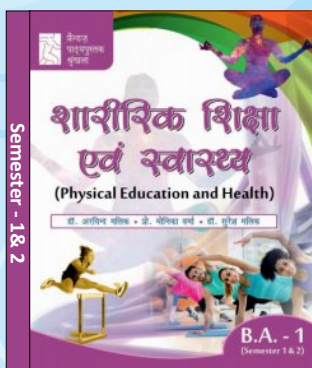


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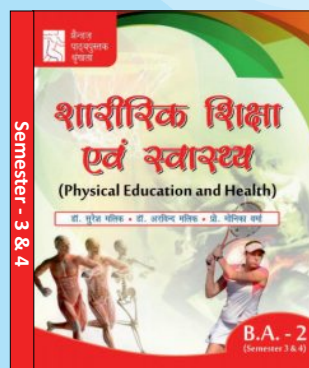


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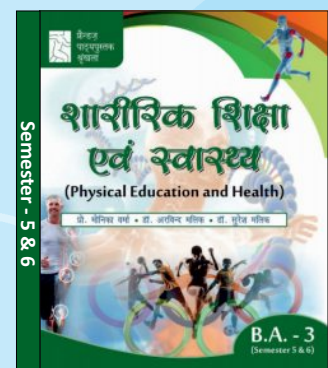
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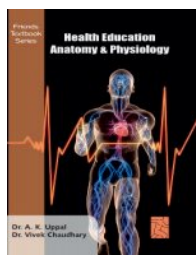
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शारीरिक शिक्षा एवं स्वास्थ्य
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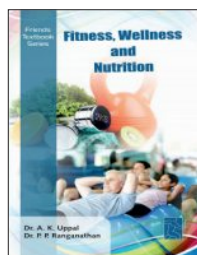
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Health Education and Anatomy & Physiology

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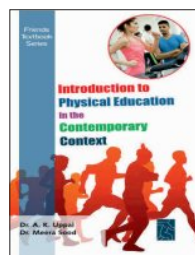
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Fitness, Wellness and Nutrition

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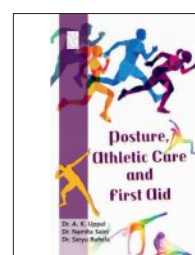
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Introduction to Physical Education in The Contemporary Context

Uppal, A. K.

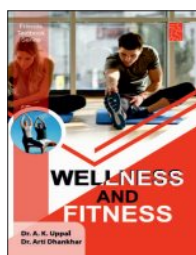
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Posture, Athletic Care and First Aid

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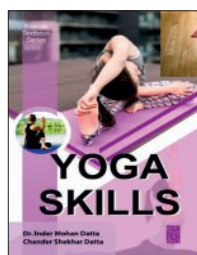
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Wellness and Fitness

Uppal, A. K. / Dhankhar, A.

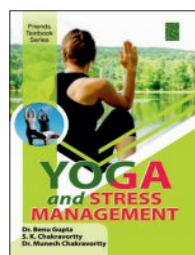
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Yoga Skills

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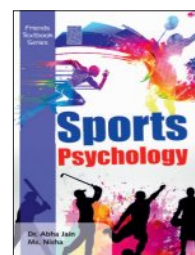
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Yoga and Stress Management

Gupta, B. / S. K. Chakravorty / Chakravorty, M.

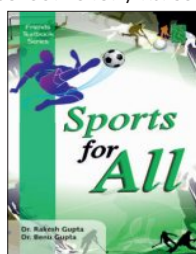
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Sports Psychology

Jain, A. / Nisha

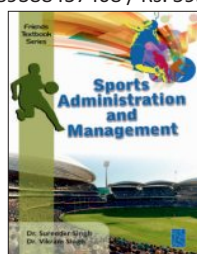
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Sports for All

Gupta, R. / Gupta, B.

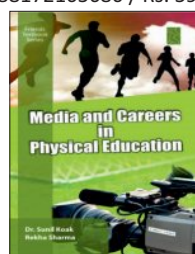
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Sports Administration and Management

Singh, S. / Singh, V.

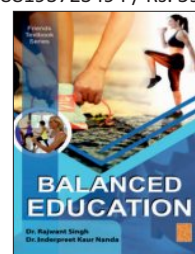
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Media and Career in Physical Education

Koak, S. / Sharma, R.

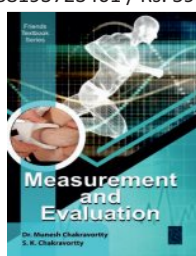
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Balanced Education

Singh, R. / Nanda, I. K.

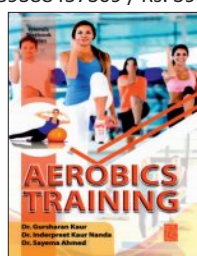
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Measurement and Evaluation

Chakravorty, M. / S. K. Chakravorty

9789388457415 / Rs. 595.00



Aerobics Training

TBA

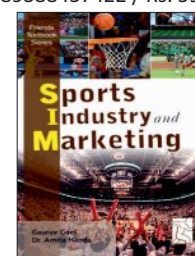
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Sports Journalism

Lal, R.

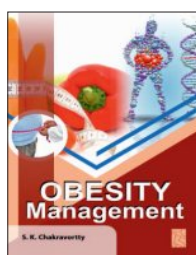
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Sports Industry and Marketing

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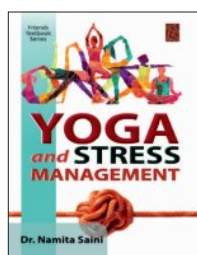
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Obesity Management

S. K. Chakravorty

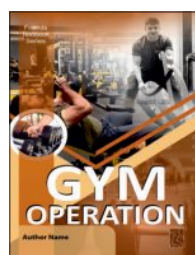
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Yoga and Stress Management

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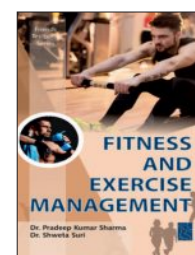
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Gym Operation

TBA

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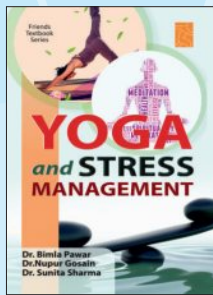


Fitness and Exercise Management

Sharma, P. K. / Suri, S.

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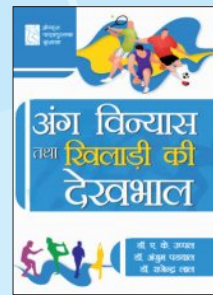




Yoga and Stress Management
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Gosain, N. / Sharma, S.
9788172165796 / Rs. 595.00



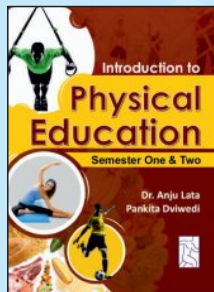
Fitness and Exercise Management
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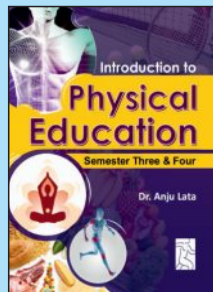
अंग विन्यास तथा खिलाड़ी की देखभाल
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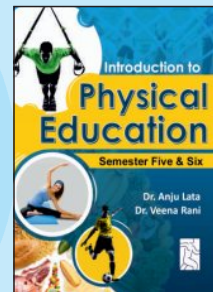
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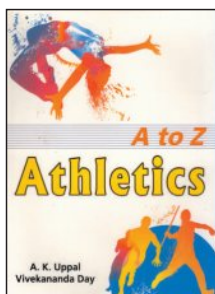
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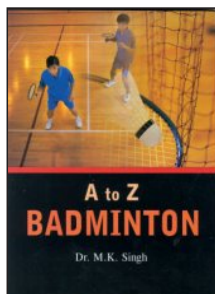
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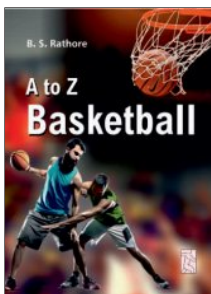
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**A to Z Athletics**

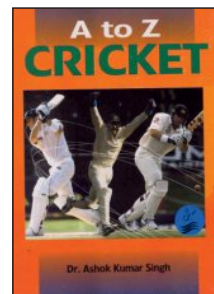
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**A to Z Badminton**

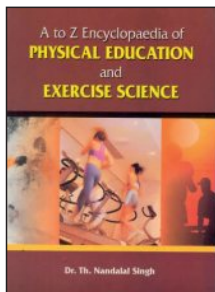
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**A to Z Basketball**

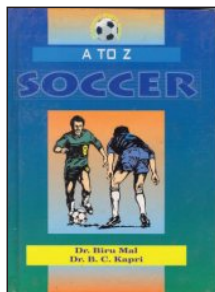
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**A to Z Cricket**

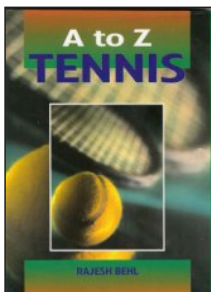
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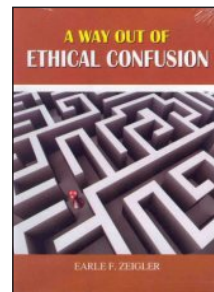
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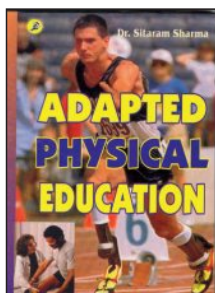
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**A to Z Tennis**

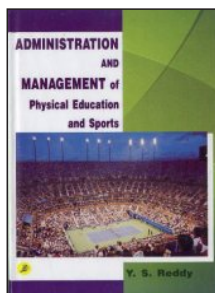
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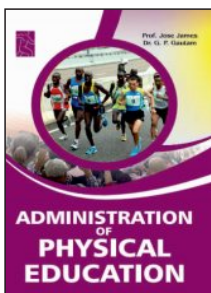
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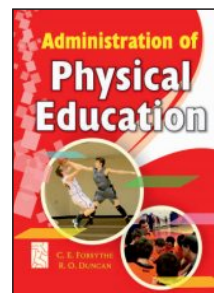
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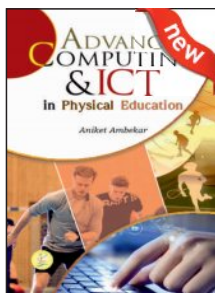
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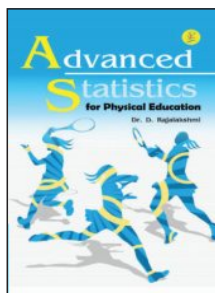
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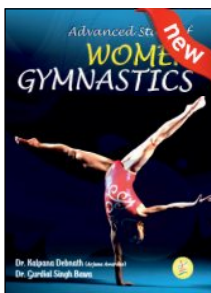
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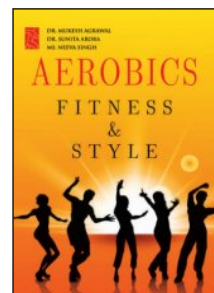
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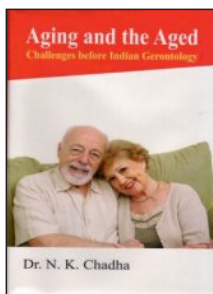
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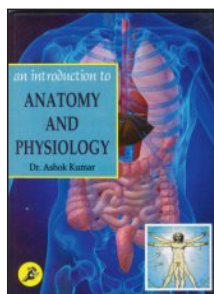
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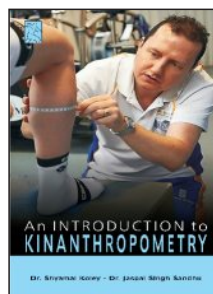
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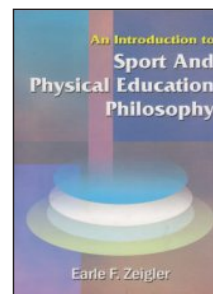
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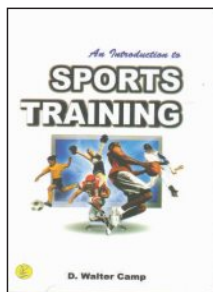
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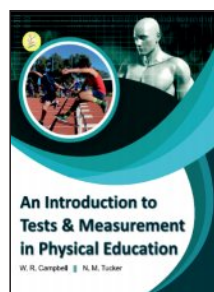
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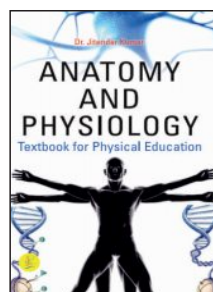
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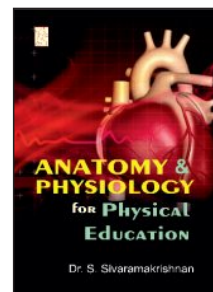
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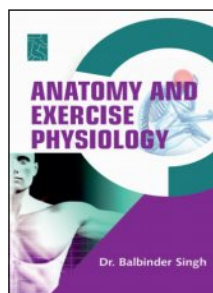
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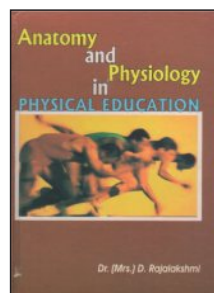
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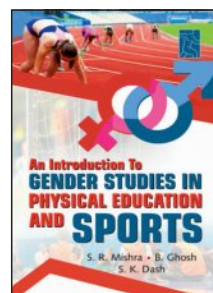
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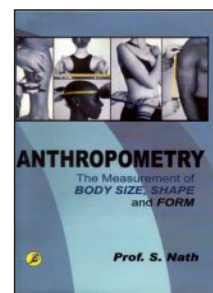
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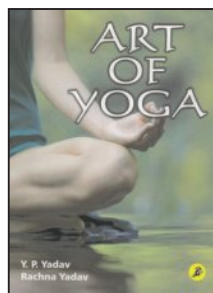
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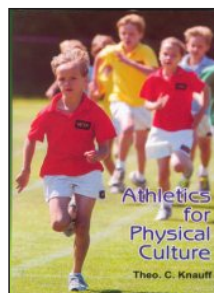
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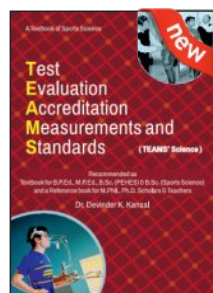
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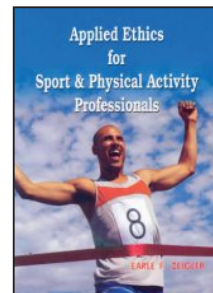
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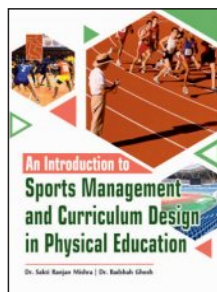
A Textbook of Sports Science Test Evaluation Accreditation Measurements and Standards

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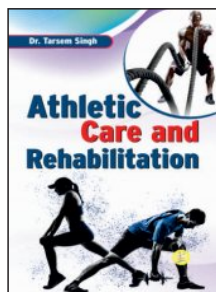


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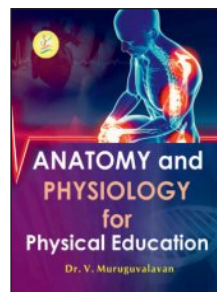
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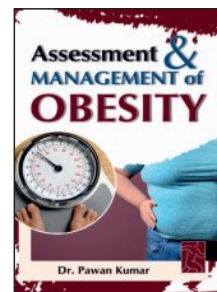
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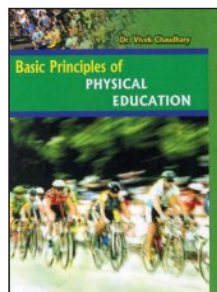
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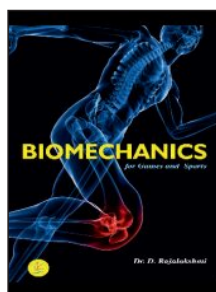
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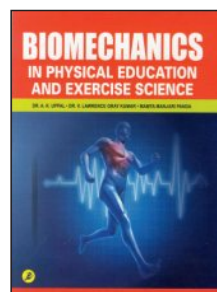
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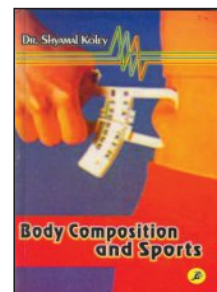
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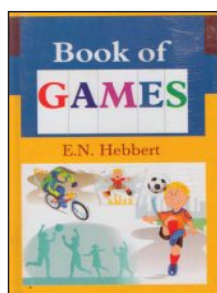
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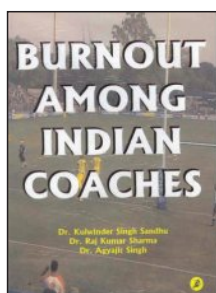
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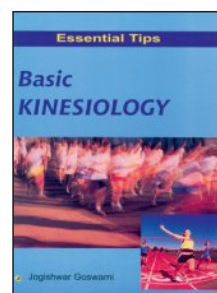
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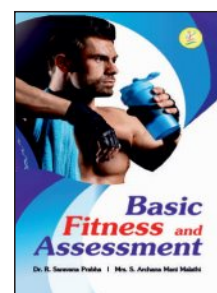
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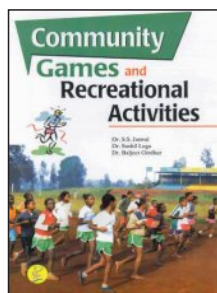
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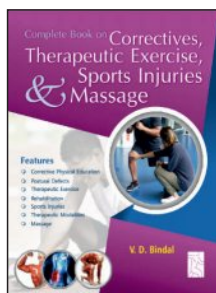
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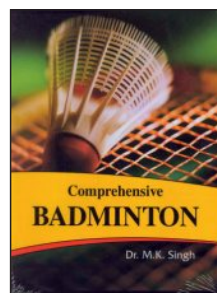
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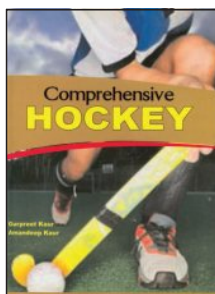


Comprehensive Badminton
Singh, M. K.
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Inch, T.
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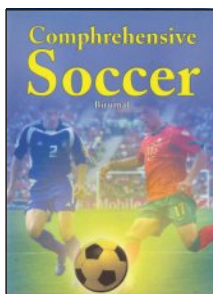




Comprehensive Hockey

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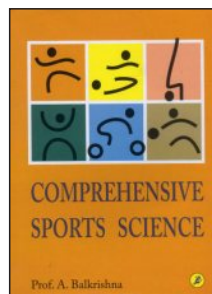
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Birumal

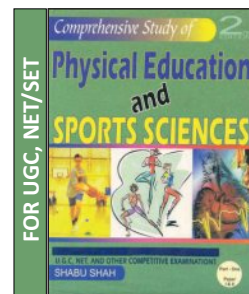
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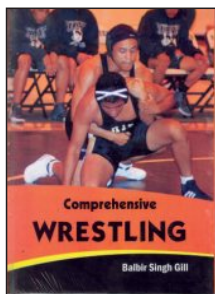
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Comprehensive Study of Physical Education (2 Parts)

Shah, S.

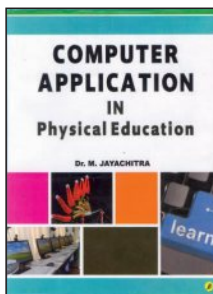
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Comprehensive Wrestling

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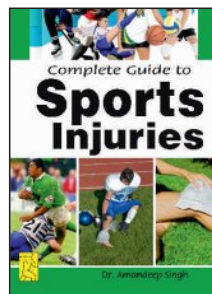
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Jayachitra, M.

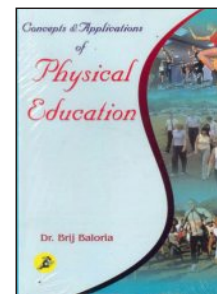
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Singh, A.

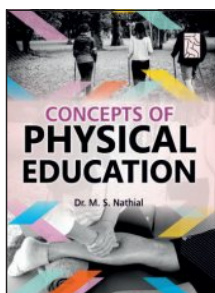
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Baloria, B

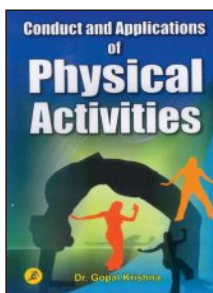
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Concepts of Physical Education

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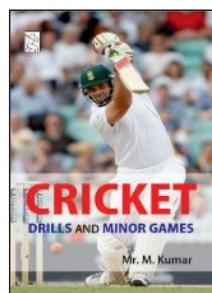
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Conduct and Applications of Physical Activities

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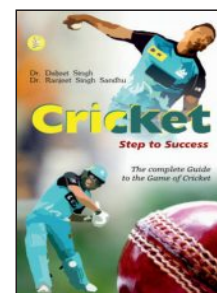
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Cricket Drills and Minor Games

Kumar, M.

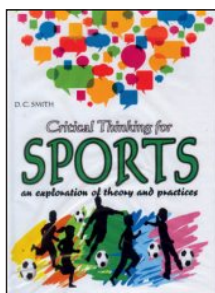
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Singh, D./Sandhu, R. S.

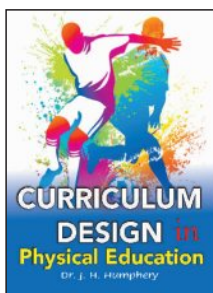
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Critical Thinking of Sports

Smith, D. C.

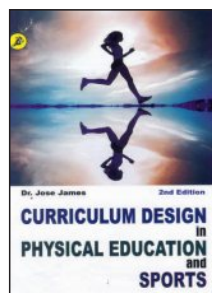
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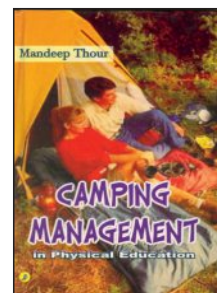
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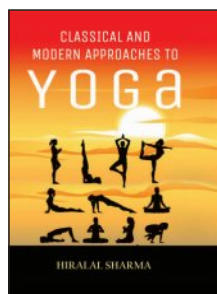
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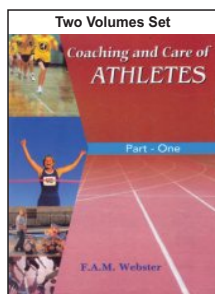
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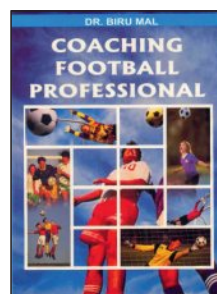
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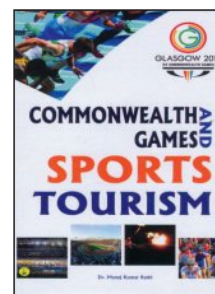
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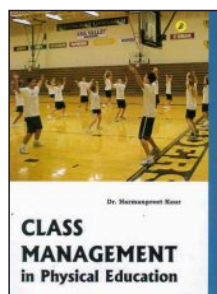
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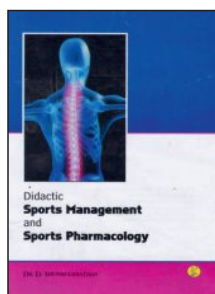
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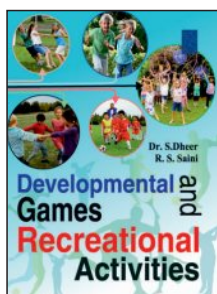
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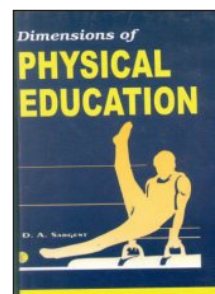
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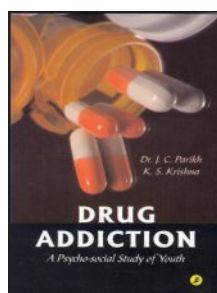
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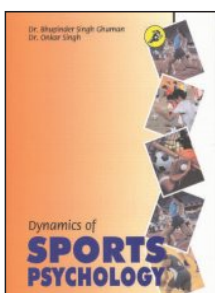
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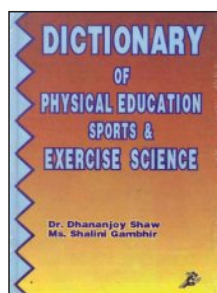
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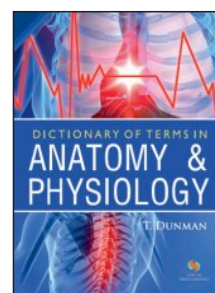
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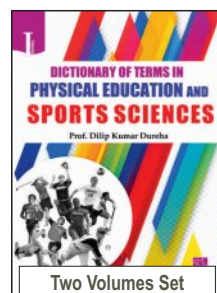
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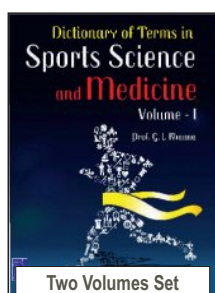
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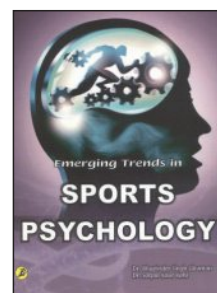
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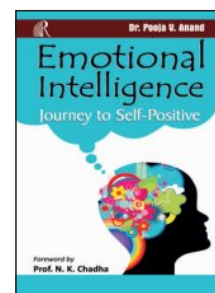
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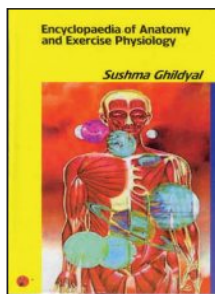
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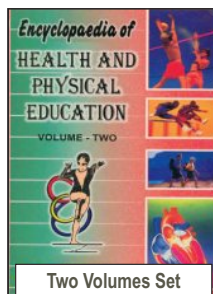
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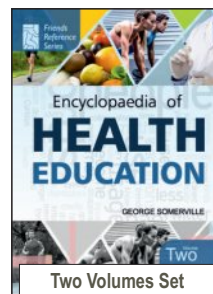




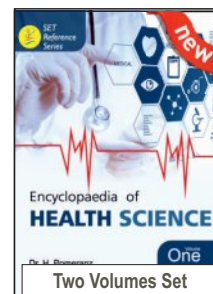
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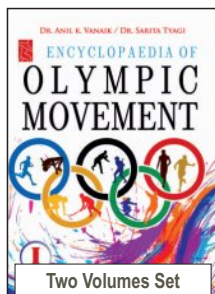
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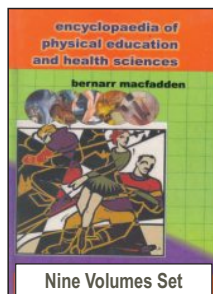
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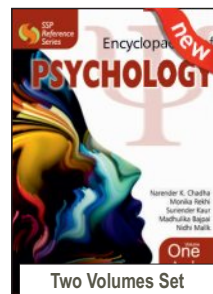
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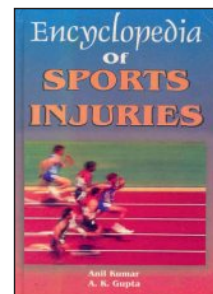
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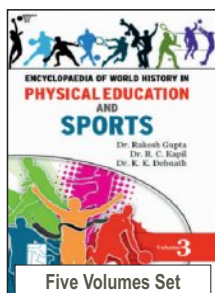
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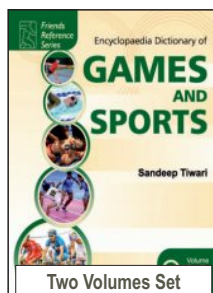
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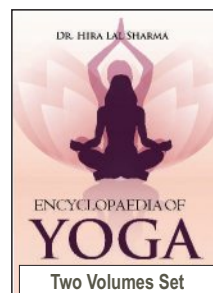
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Kumar, A.
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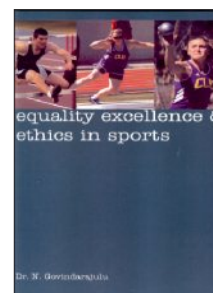
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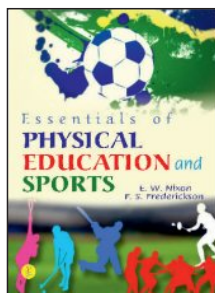
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Tiwari, S.
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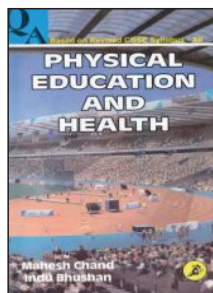
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Sharma, H. L.
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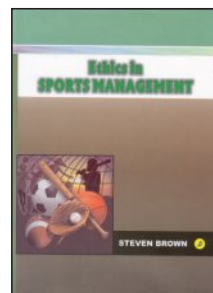
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Govindrajulu, N.
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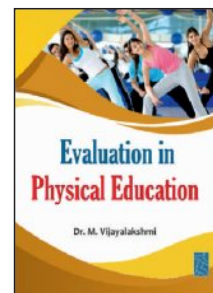
Essential of Physical Education and Sports
Nixon, E. W.
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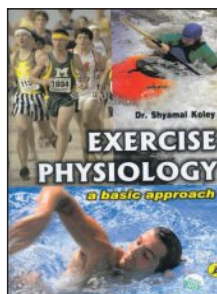
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Chand, M.
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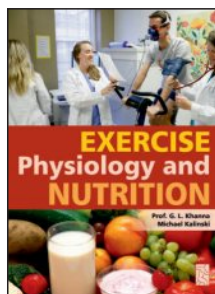
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Koley, S.

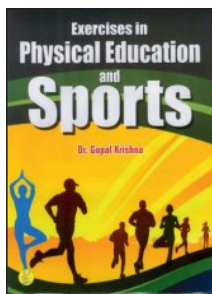
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Exercise Physiology and Nutrition

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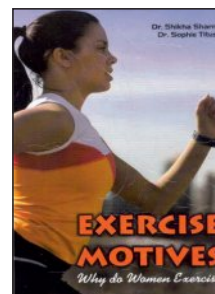
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Krishna, G.

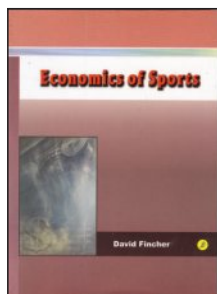
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Exercise Motives

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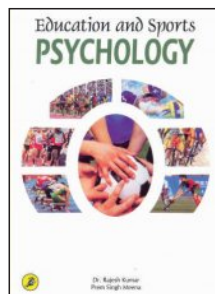
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Economics of Sports

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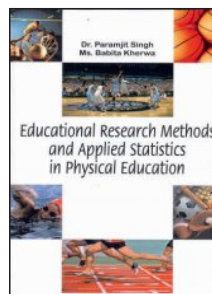
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Education and Sports Psychology

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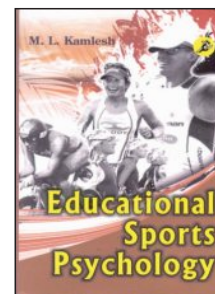
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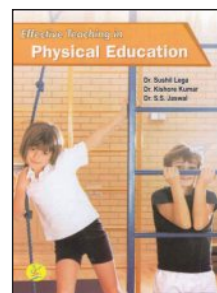
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Educational Sports Psychology

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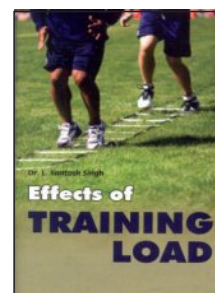
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Effective Teaching in Physical Education

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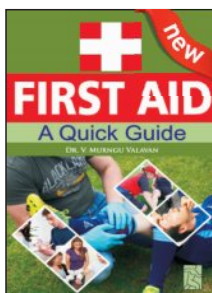
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Effects of Training Load

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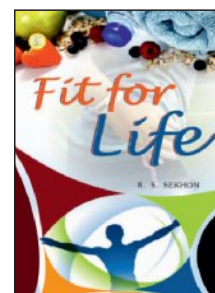
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Murugulavan

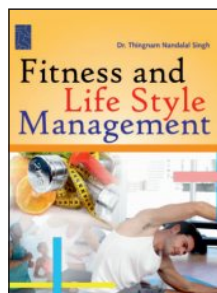
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Fit for Life

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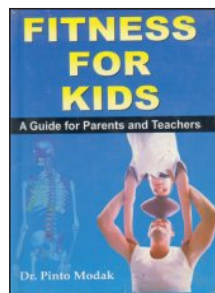
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Fitness and Life Style Management

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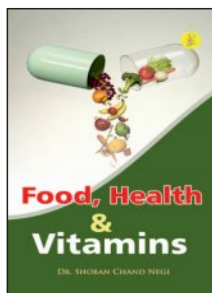
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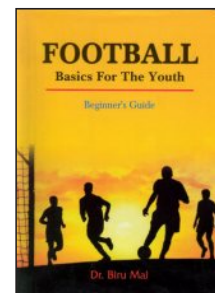
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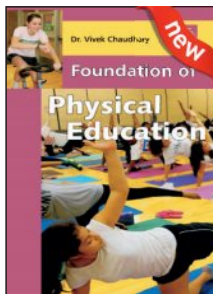


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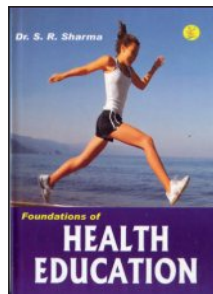




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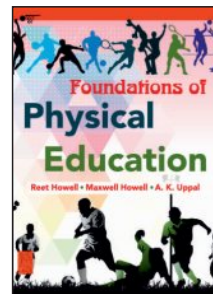
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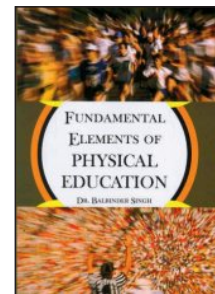
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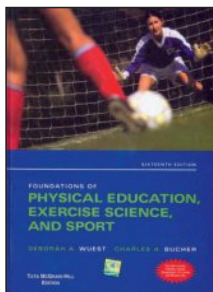
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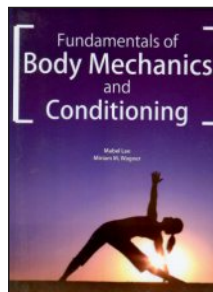
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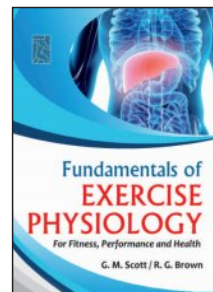
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Fundamentals of Body Mechanics and Conditioning

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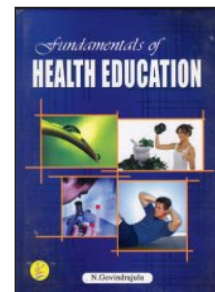
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Fundamentals of Exercise Physiology

Brown, R. G.

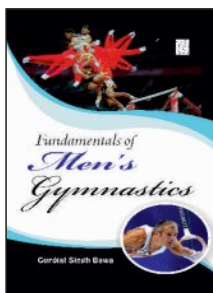
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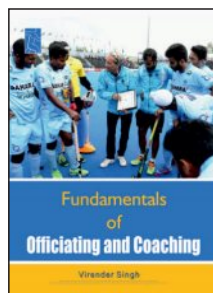
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Fundamentals of Men's Gymnastics

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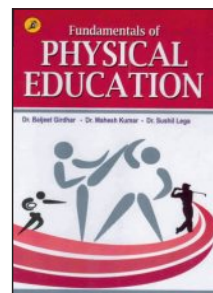
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Fundamental of Officiating and Coaching

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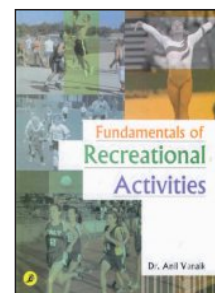
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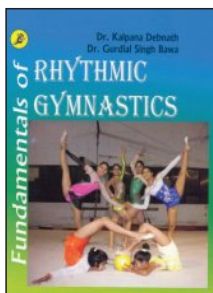
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Vanaik, A.

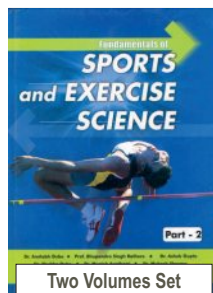
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Debnath, K.

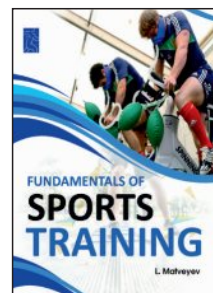
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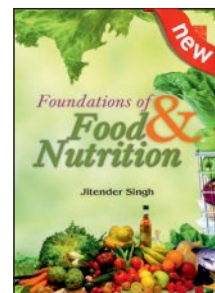
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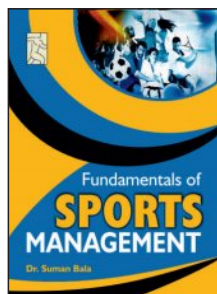
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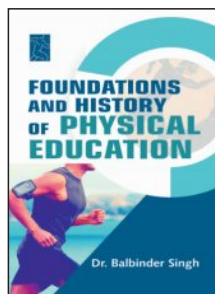
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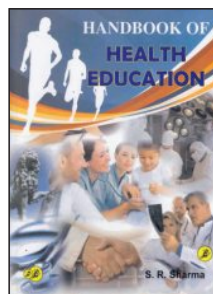
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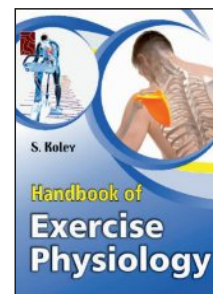
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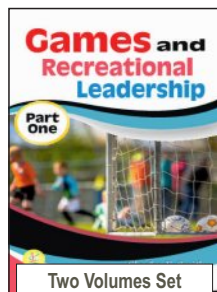
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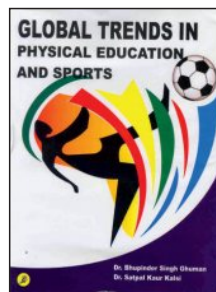
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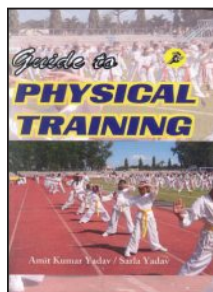
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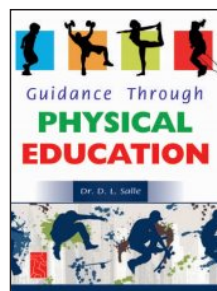
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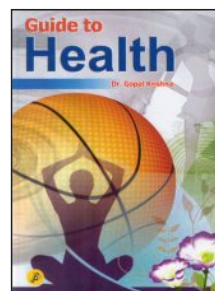
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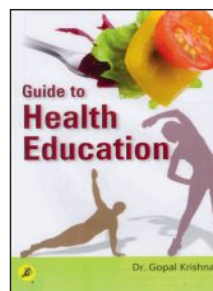
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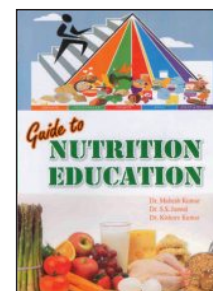
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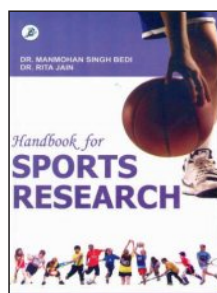
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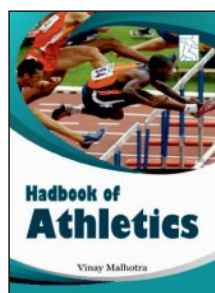
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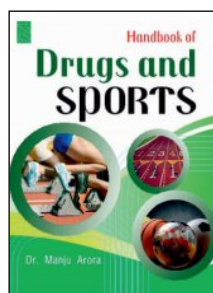
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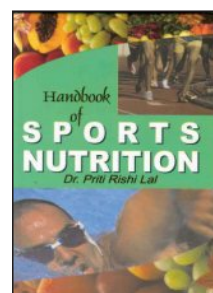
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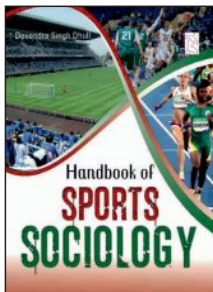
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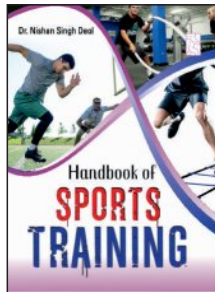
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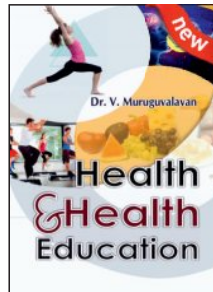




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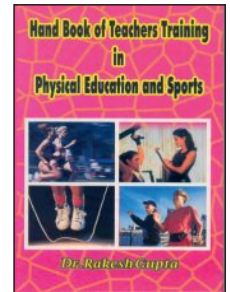
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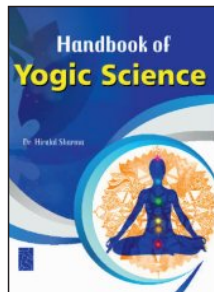
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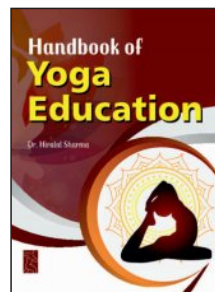
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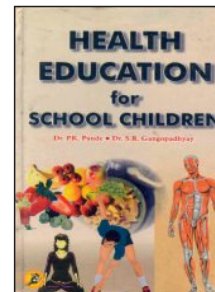
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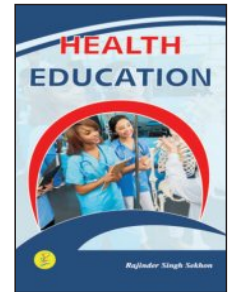
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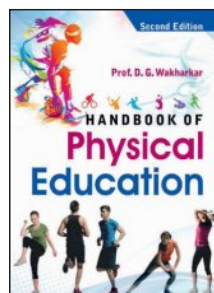
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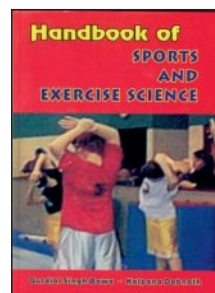
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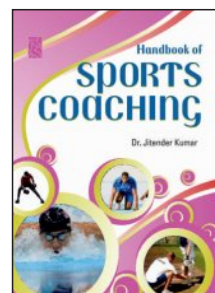
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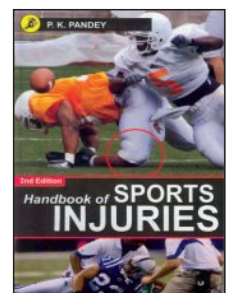
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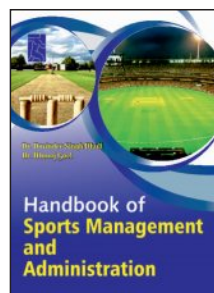
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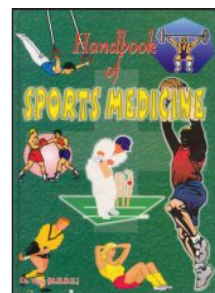
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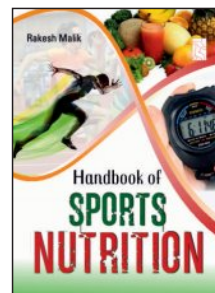
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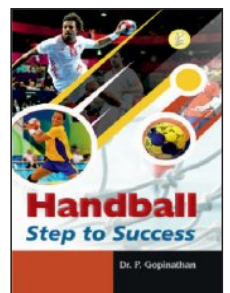
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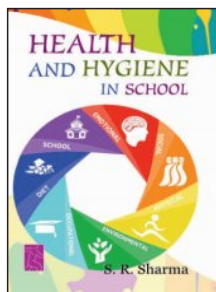
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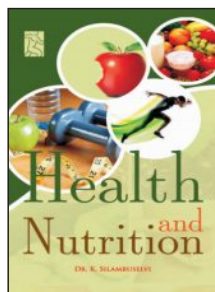


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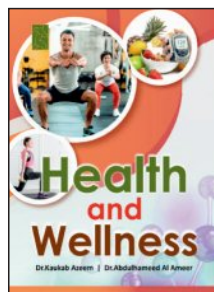
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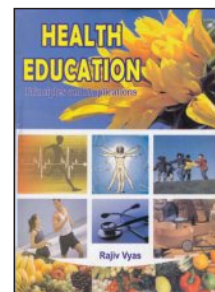
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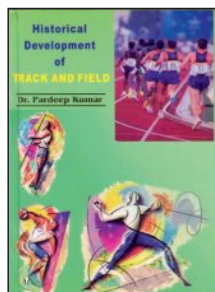
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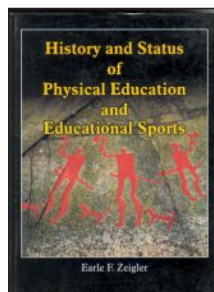
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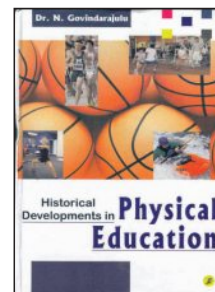
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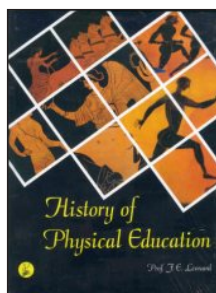
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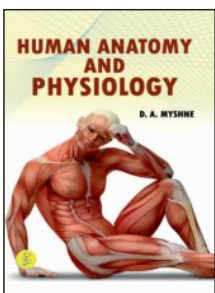
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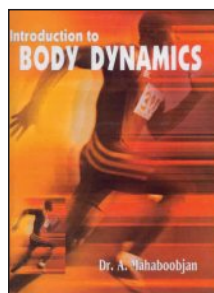
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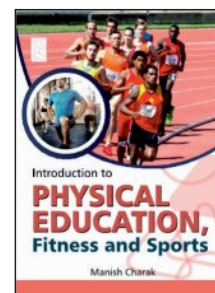
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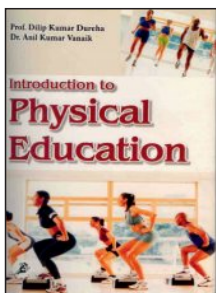
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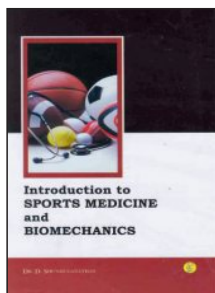
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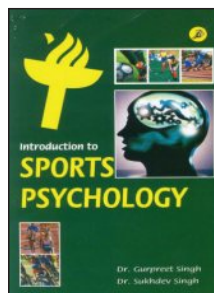
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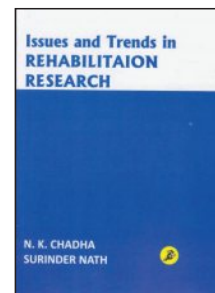
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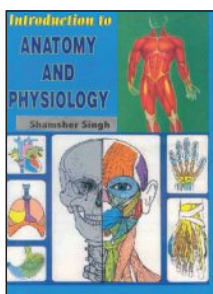
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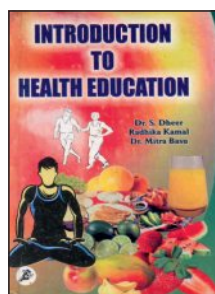
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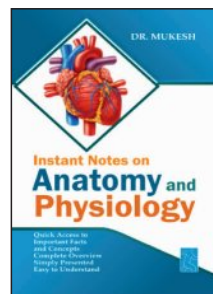




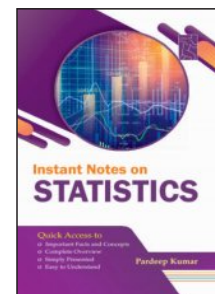
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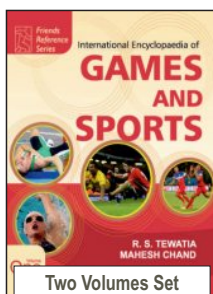
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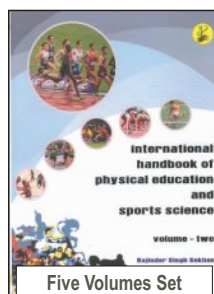
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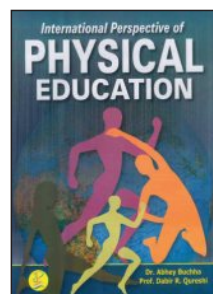
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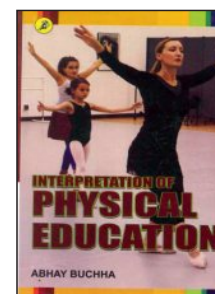
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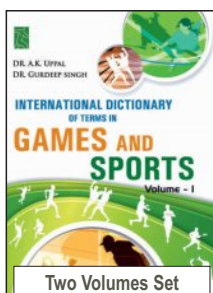
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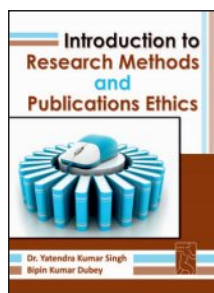
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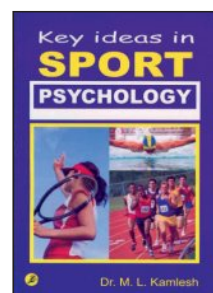
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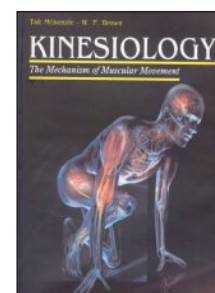
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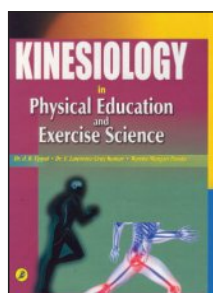
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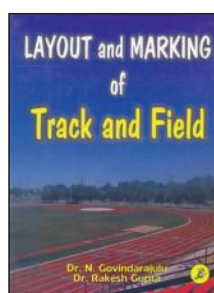
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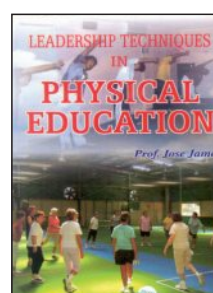
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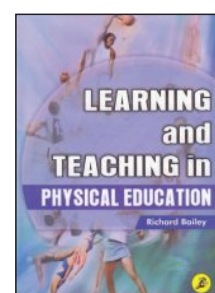
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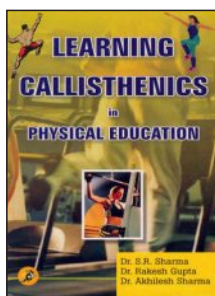
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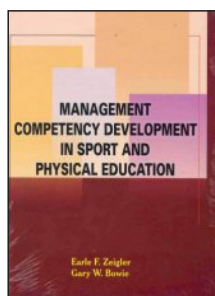
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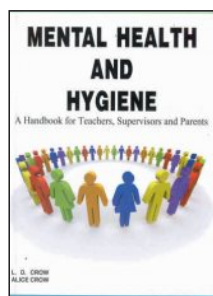
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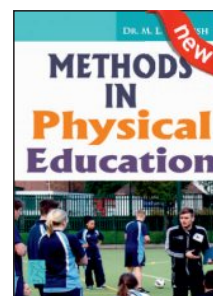
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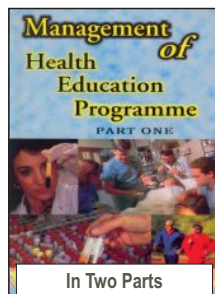
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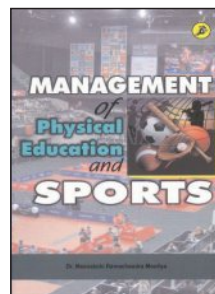
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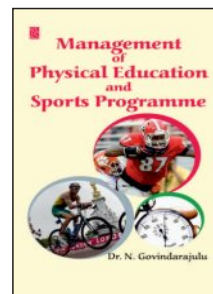
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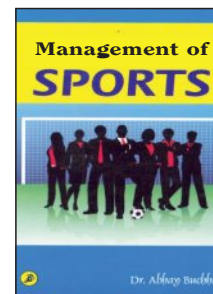
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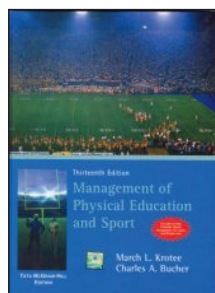
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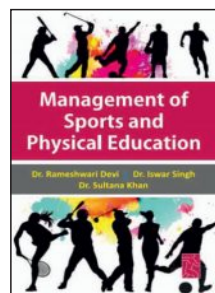
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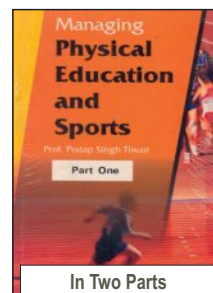
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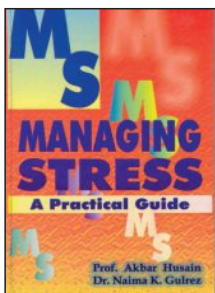
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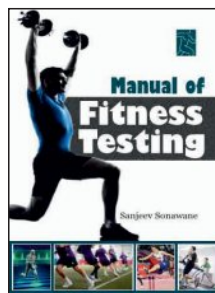
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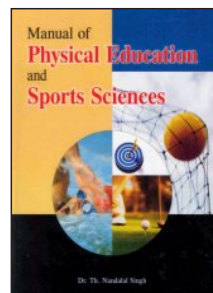
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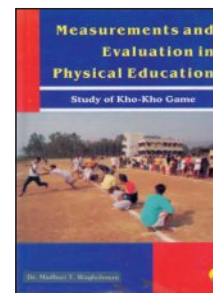
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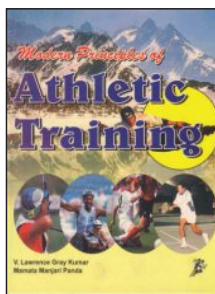


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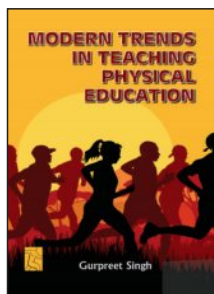




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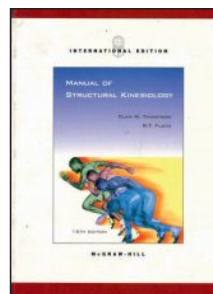
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Modern Trends in Teaching Physical Education

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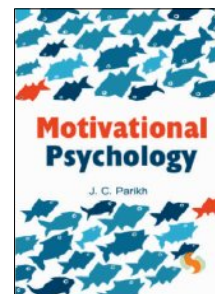
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Manual of Structural Kinesiology

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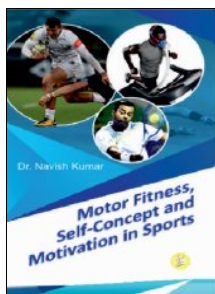
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Motivational Psychology

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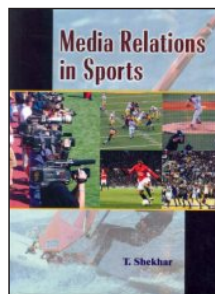
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Motor Fitness, Self-Concepts and Motivation in Sports

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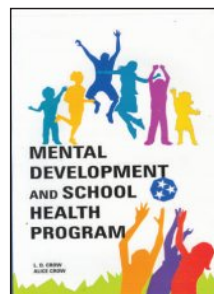
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Media Relation in Sports

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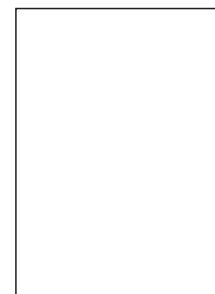
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Mental Development and School Health Program

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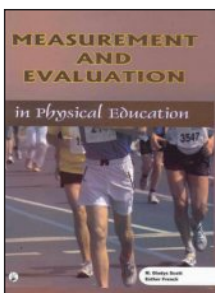
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Mental Health and Mental Disorder

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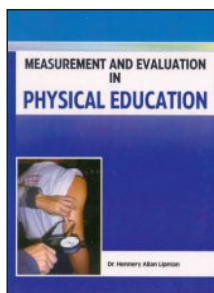
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Measurement & Evaluation in Physical Education & Sports

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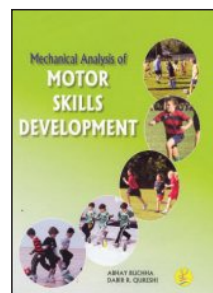
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Measurement and Evaluation in Physical Education

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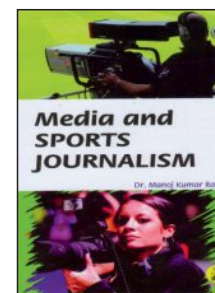
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Mechanical Analysis of Motor Skills Development

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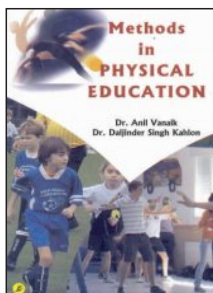
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Media and Sports Journalism

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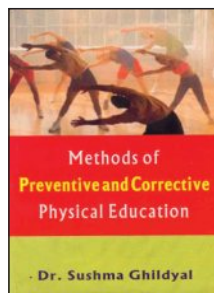
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Methods in Physical Education

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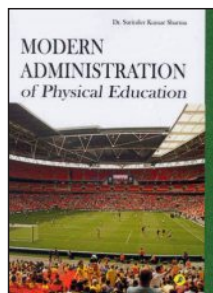
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Methods of Preventive of Corrective Physical Education

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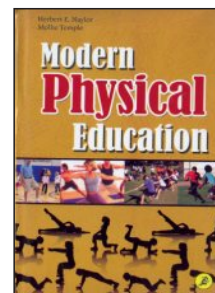
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Modern Administration of Physical Education

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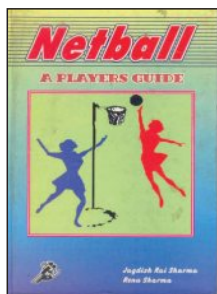
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Modern Physical Education

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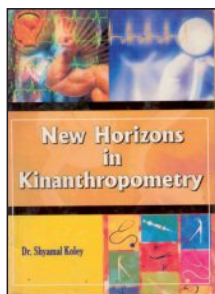
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Netball: A Players Guide

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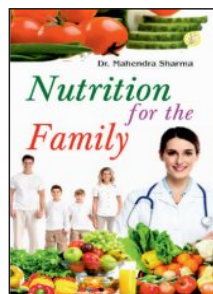
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New Horizon in Kinanthropometry

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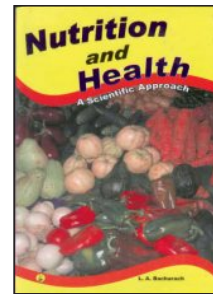
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Nutrition for the Family

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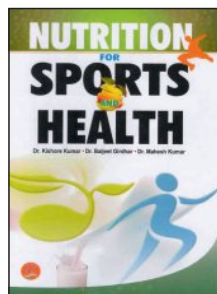
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**Nutrition and Health
A Scientific Approach**

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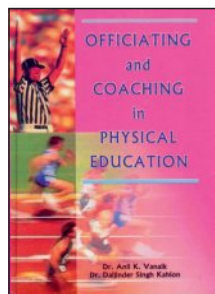
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Nutrition for Sports and Health

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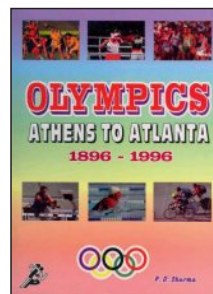
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Officiating and Coaching in Physical Education

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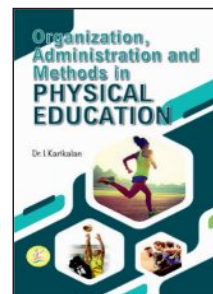
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Olympics: Athens to Atlanta

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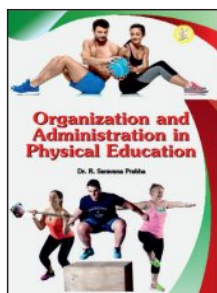
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Organization, Administration and Methods in Physical Education

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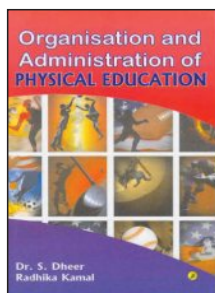
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Organization, Administration and Methods in Physical Education

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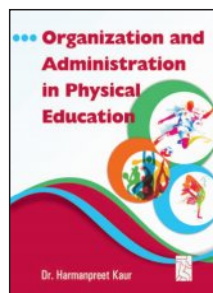
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Organisation & Administration of Physical Education

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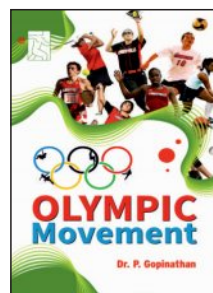
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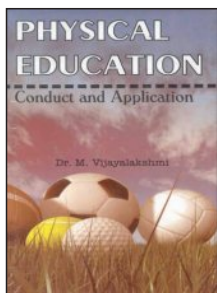
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Olympic Movement

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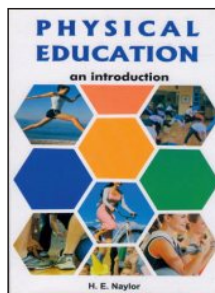
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Physical Education: Conduct and Application

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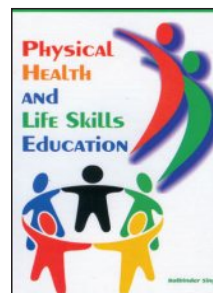
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Physical Education An Introduction

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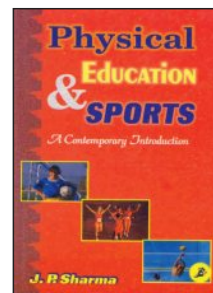
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Physical Health and Life Skills Education

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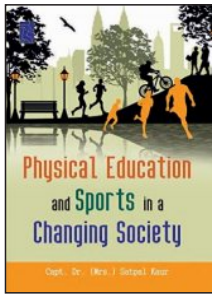


Physical Education and Sports

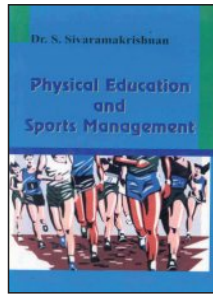
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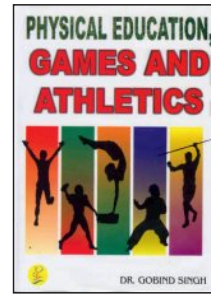




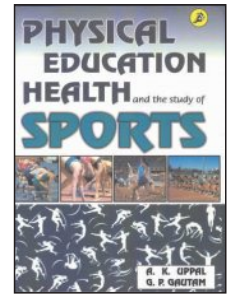
**Physical Education and Sports
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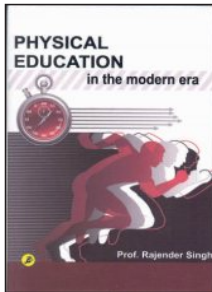
**Physical Education and
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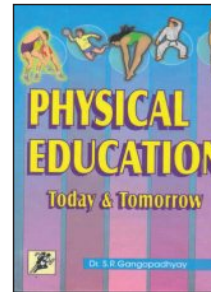
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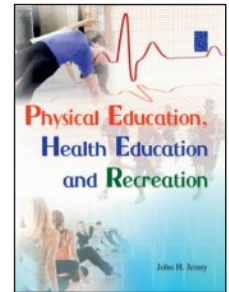
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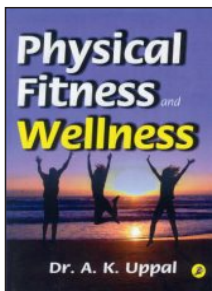
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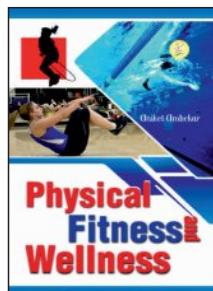
**Physical Education
Today and Tomorrow**
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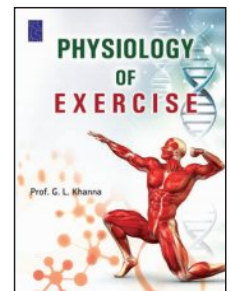
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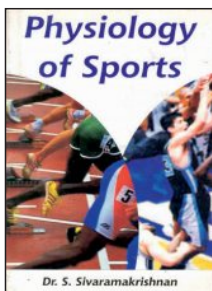
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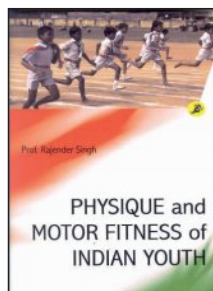
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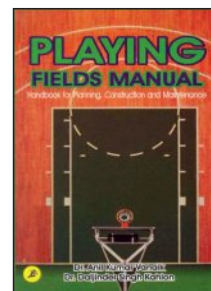
Physiology of Exercise
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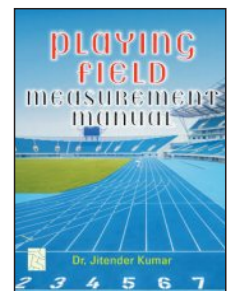
Physiology of Sport
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**Physique and Motor
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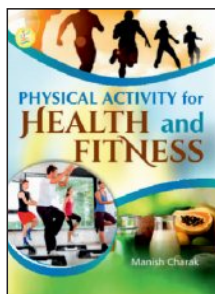


Playing Field Manual
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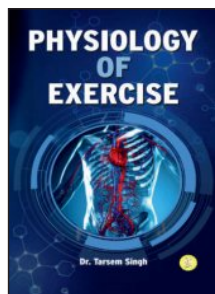
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**Physical Activity for
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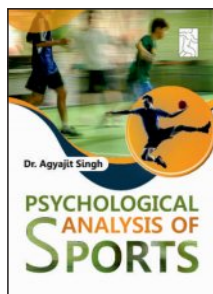
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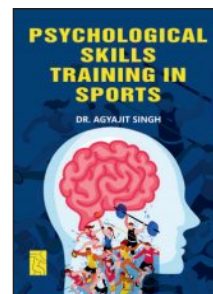
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**Psychological Analysis
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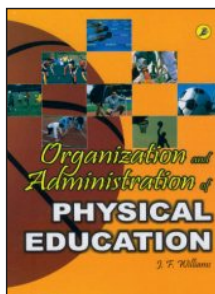
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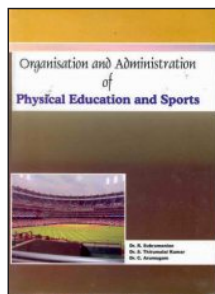
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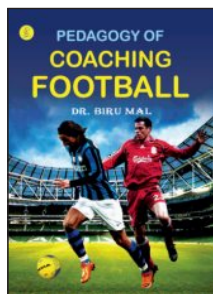
**Organization &
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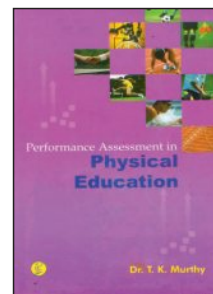
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**Pedagogy of
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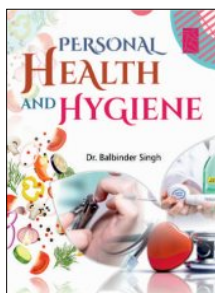
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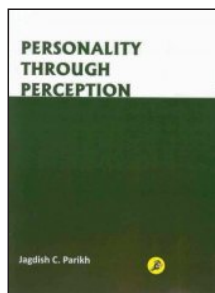
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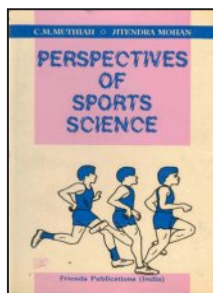
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**Personality Through
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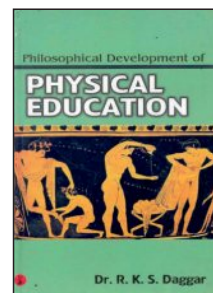
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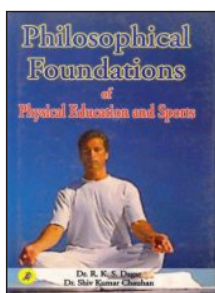
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**Philosophical Development
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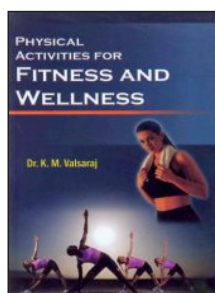
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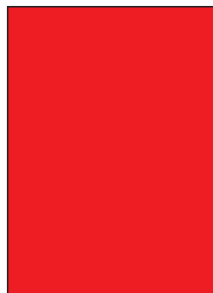
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**Physical Activity for
Fitness and Wellness**

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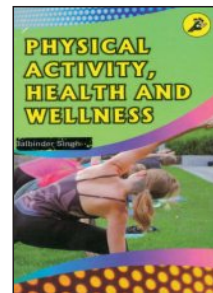
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**Practical Guide to
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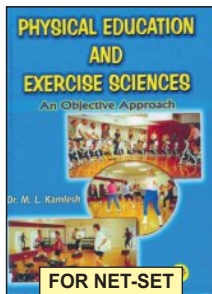


**Physical Activity,
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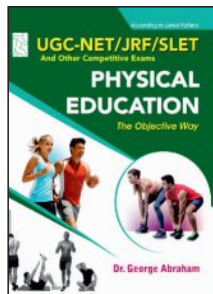
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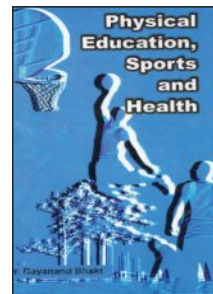




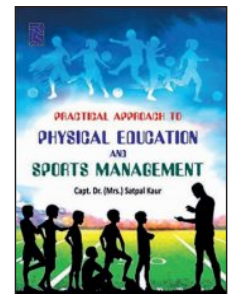
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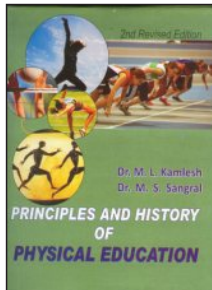
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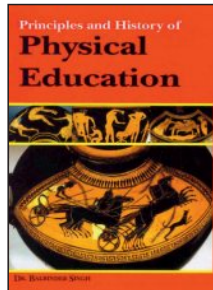
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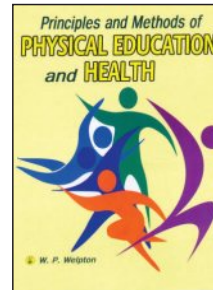
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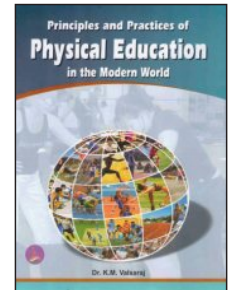
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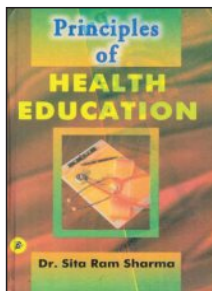
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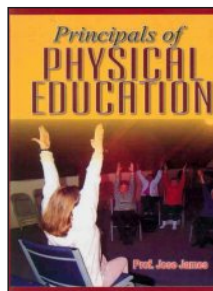
Principles and Methods of Physical Education & Health
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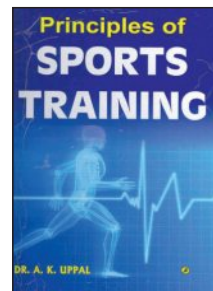
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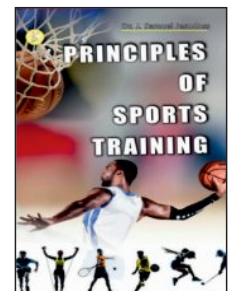
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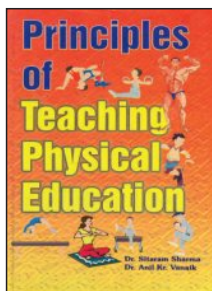
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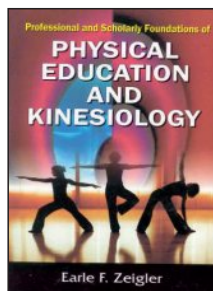
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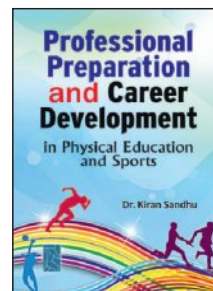
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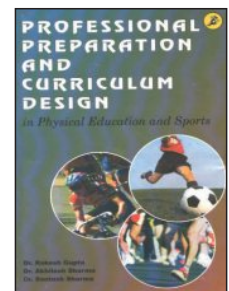
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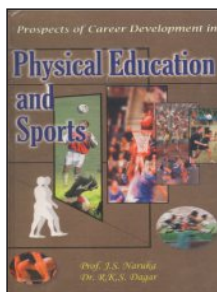
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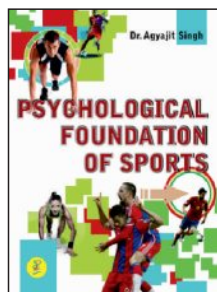
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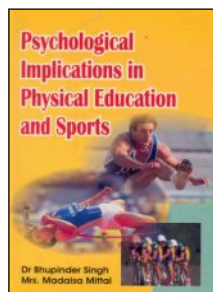
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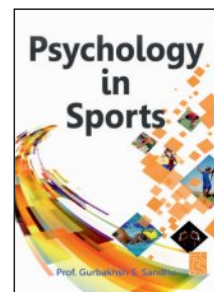
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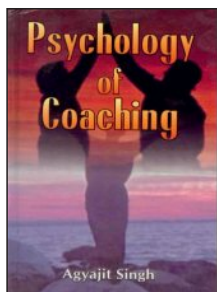
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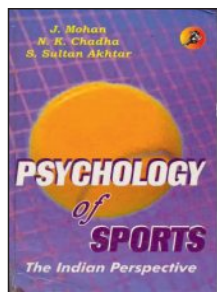
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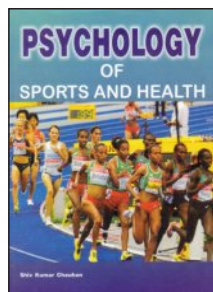
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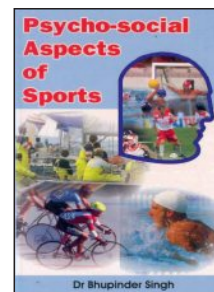
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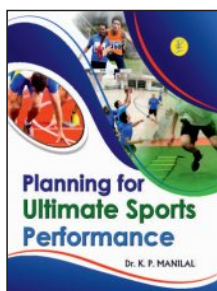
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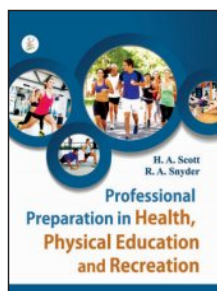
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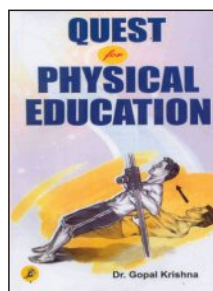
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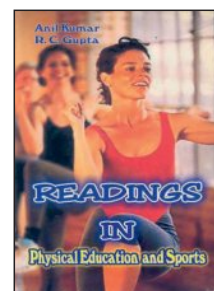
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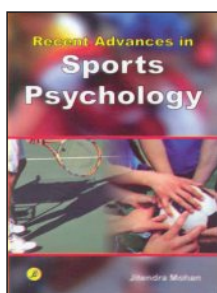
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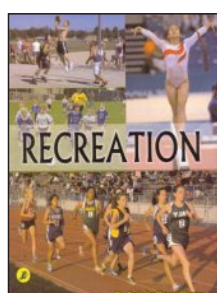
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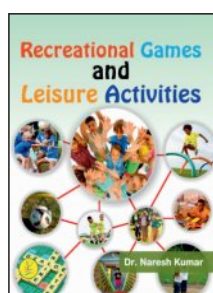
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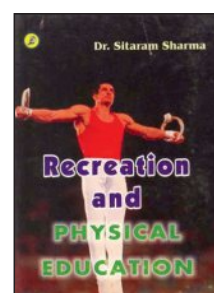
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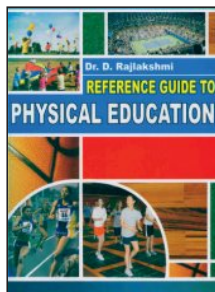


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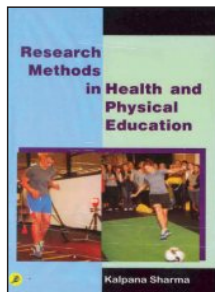


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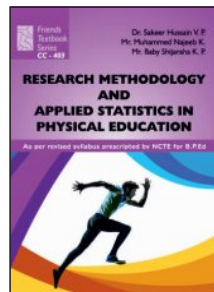




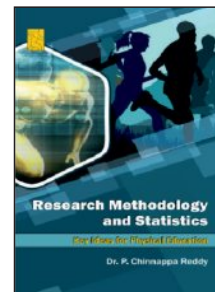
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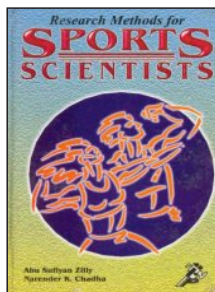
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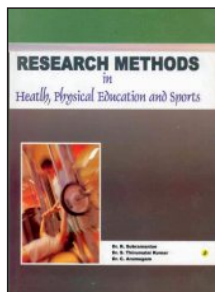
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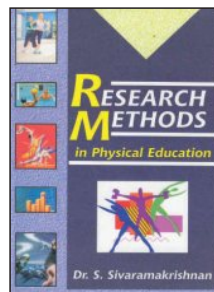
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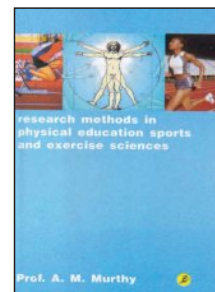
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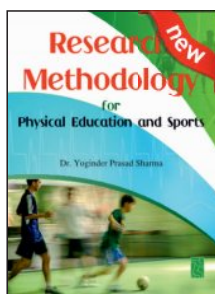
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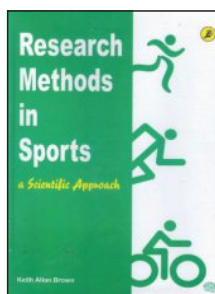
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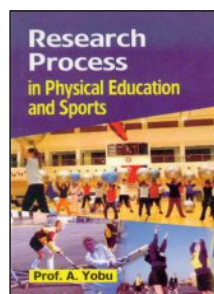
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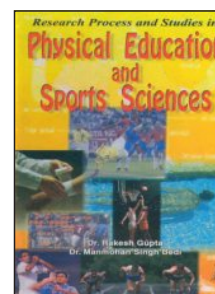
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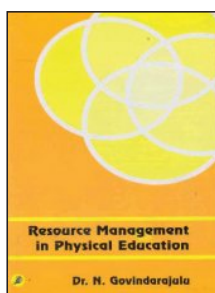
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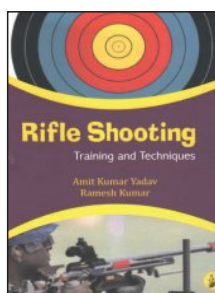
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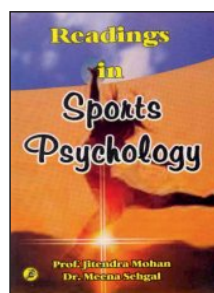
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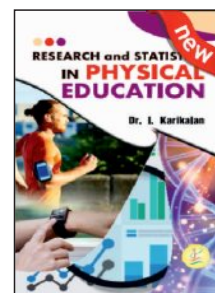
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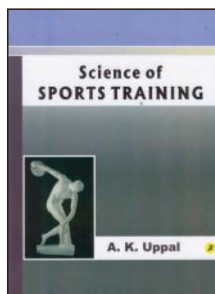
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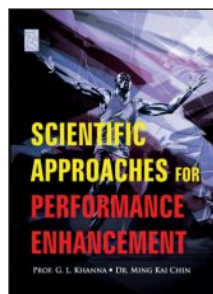
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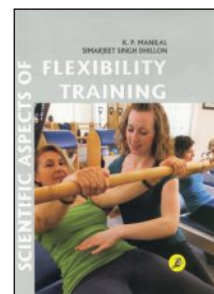
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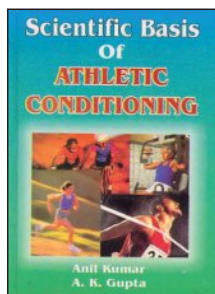
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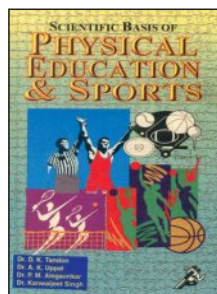
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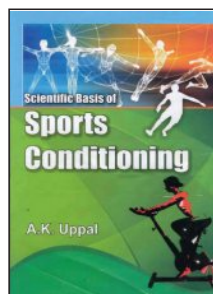
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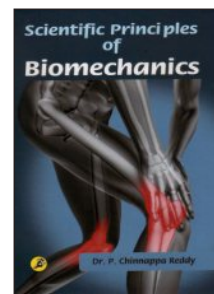
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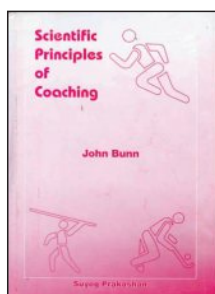
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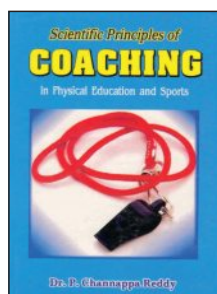
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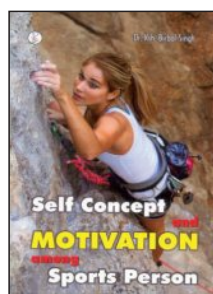
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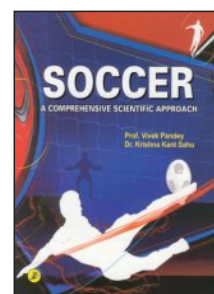
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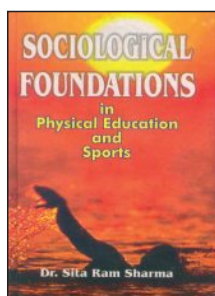
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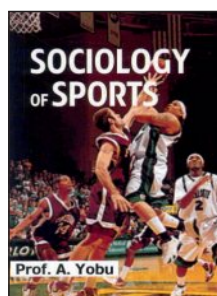
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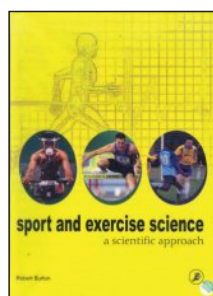
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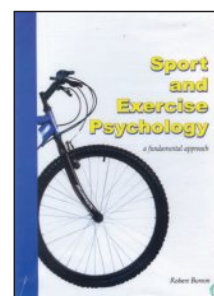
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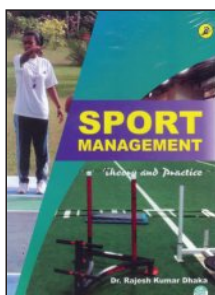


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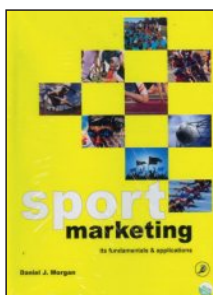
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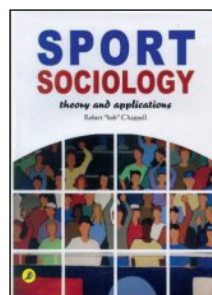


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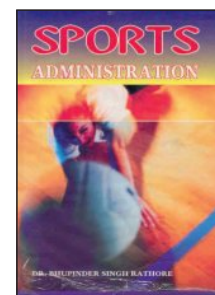
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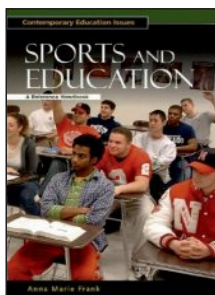
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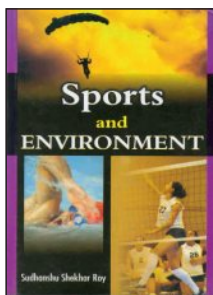
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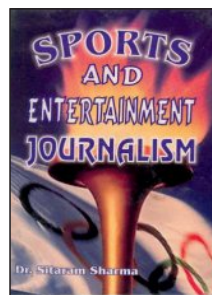
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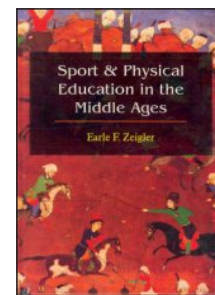
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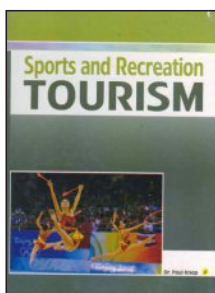
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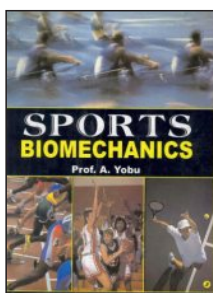
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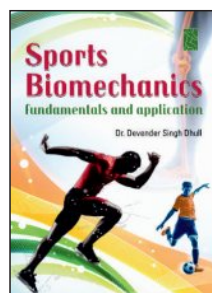
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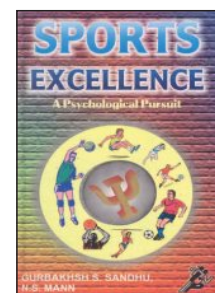
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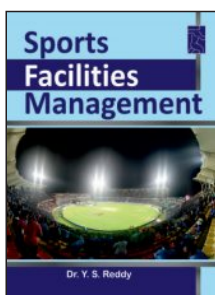
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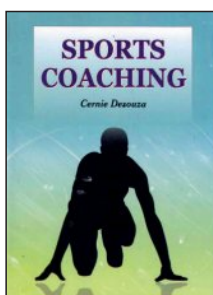
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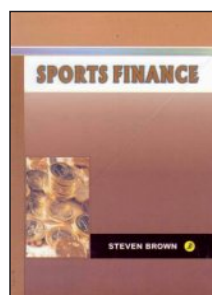
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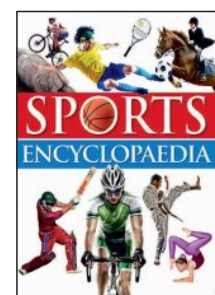
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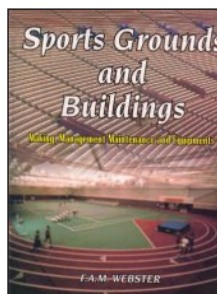
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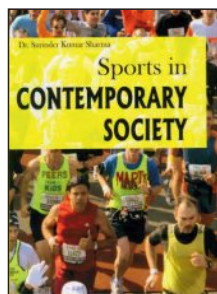
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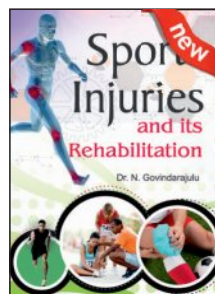


Sports Grounds and Buildings

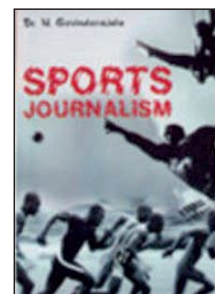
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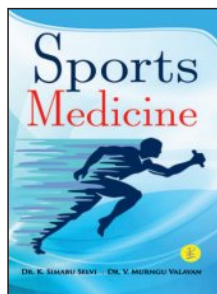
Sports in
Contemporary Society
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Sports Injuries and
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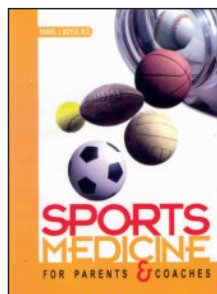


Sports Journalism
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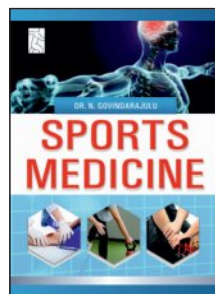


Sports Medicine

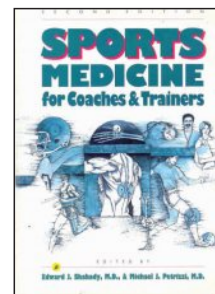
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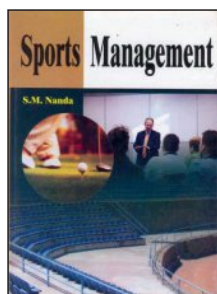
Sports Medicine for
Parents and Coaches
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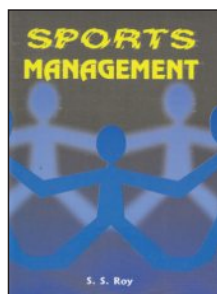


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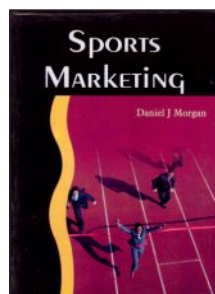


Sports Management

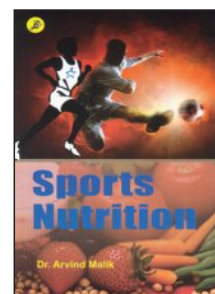
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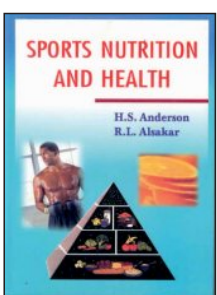
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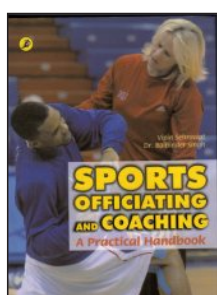


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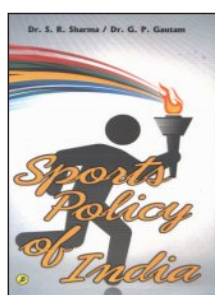


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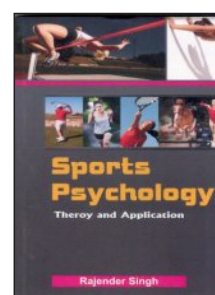
Anderson, H. S.
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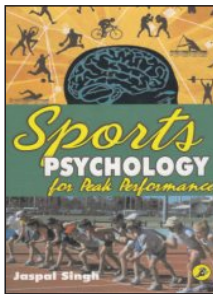


Sports Policy of Indian
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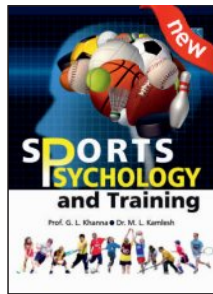


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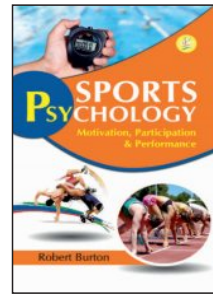




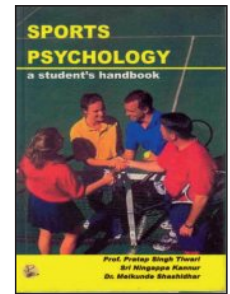
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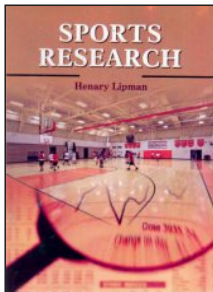
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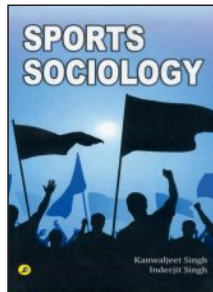
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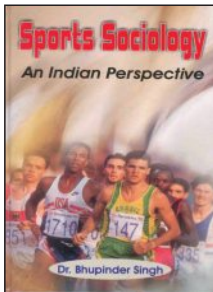
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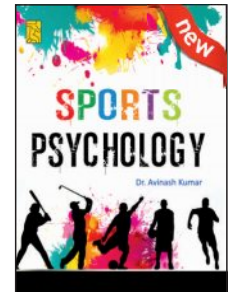
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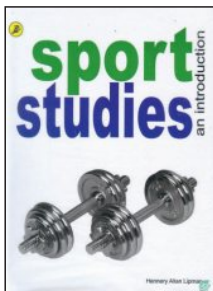
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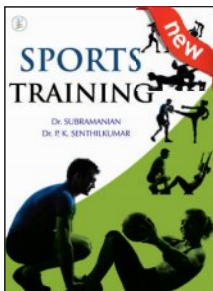
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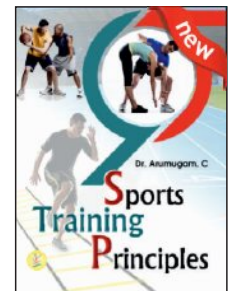
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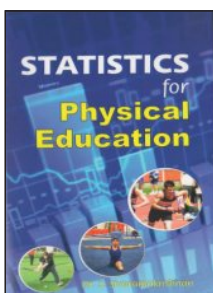
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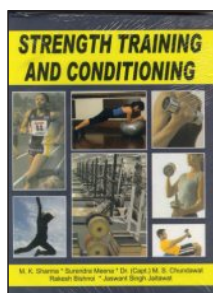
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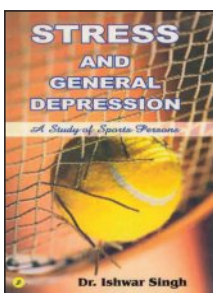
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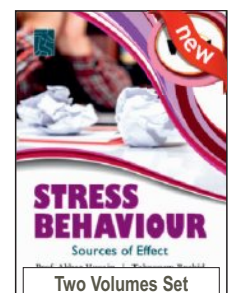
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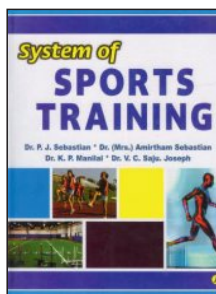
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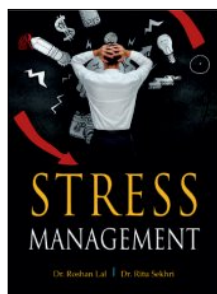


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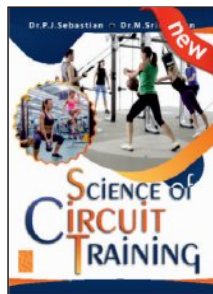
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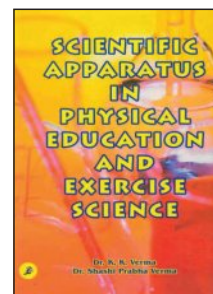
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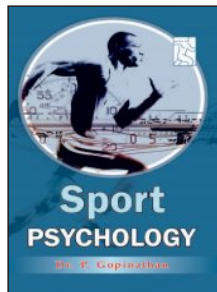
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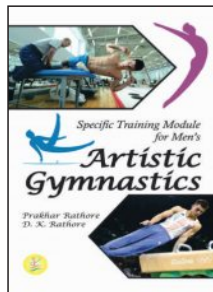
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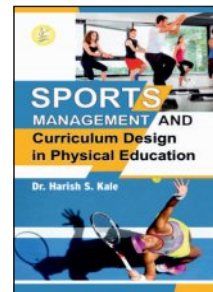
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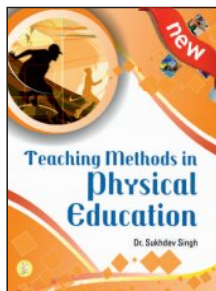
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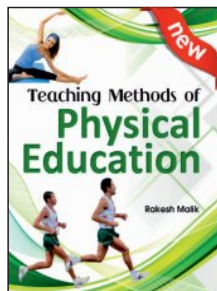
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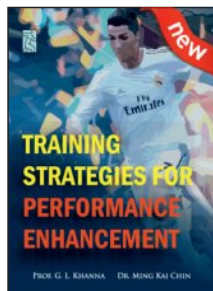
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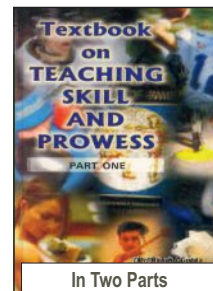
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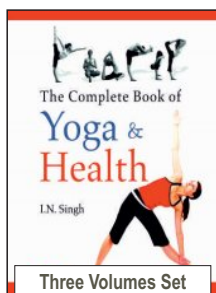
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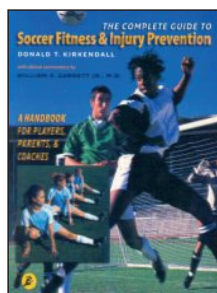
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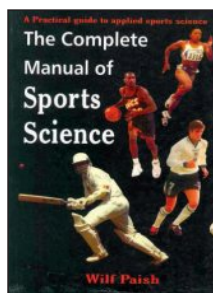
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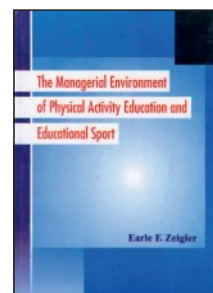
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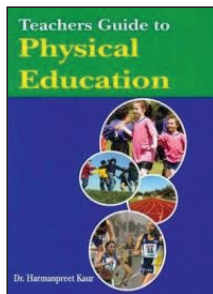
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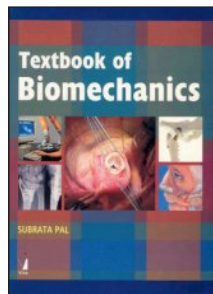




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Kaur, H.

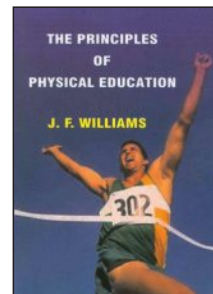
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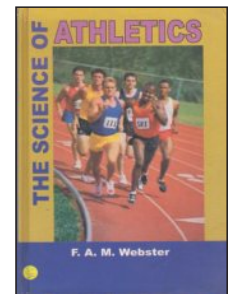
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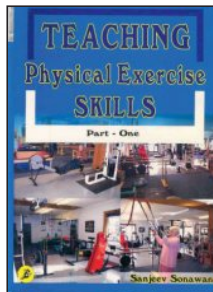
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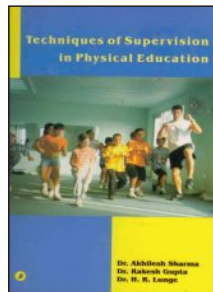
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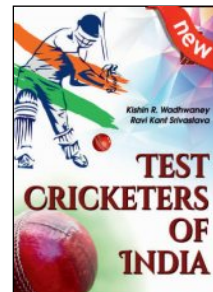
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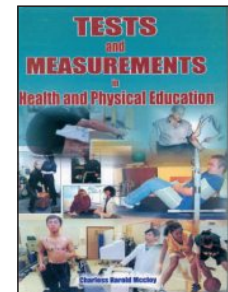
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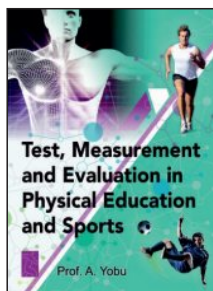
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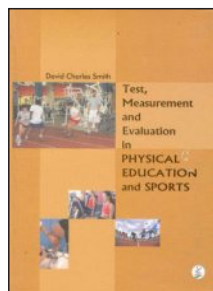
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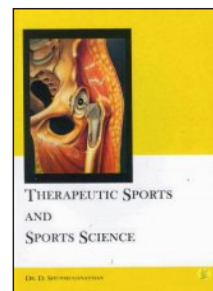
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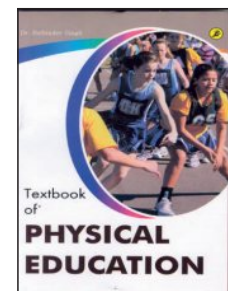
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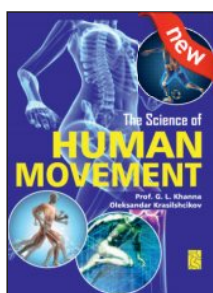
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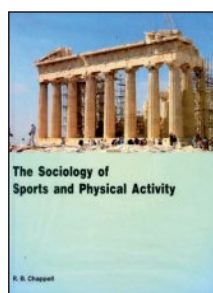
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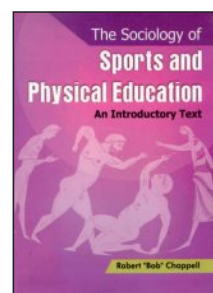
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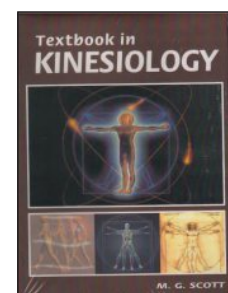
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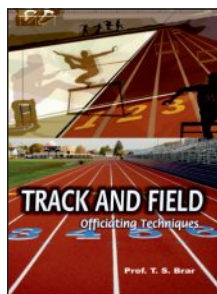
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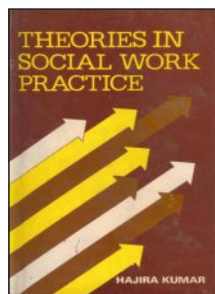
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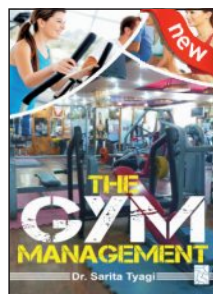
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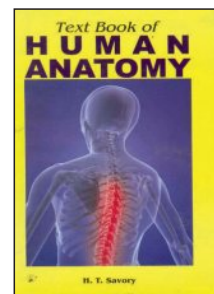
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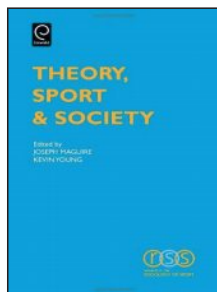
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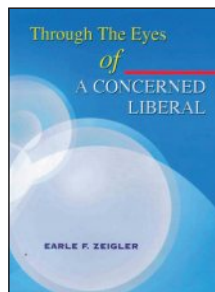
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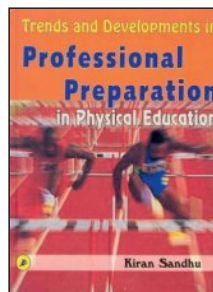
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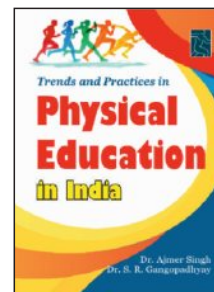
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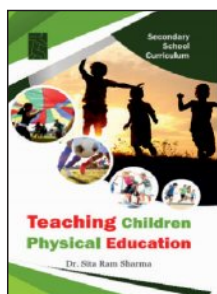
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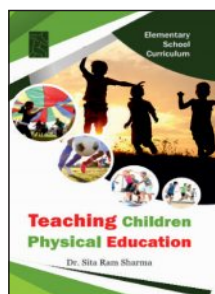
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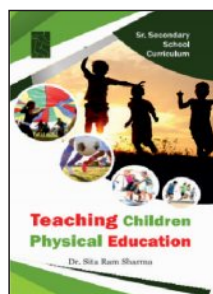
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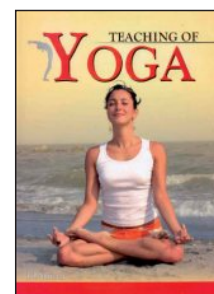
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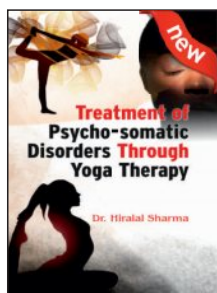
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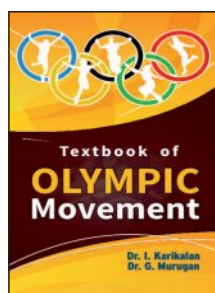
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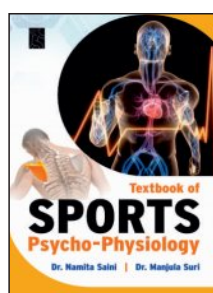
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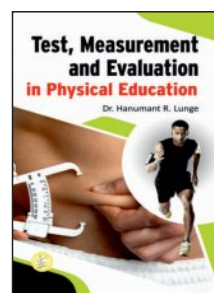
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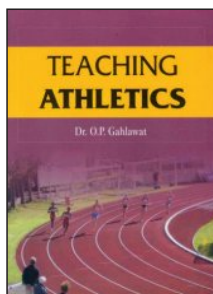


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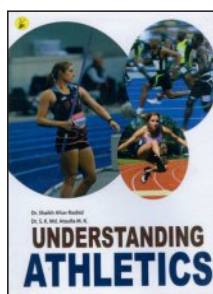
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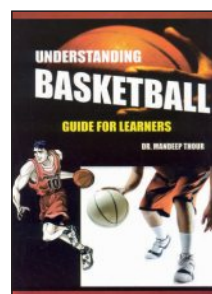
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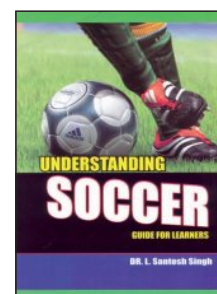
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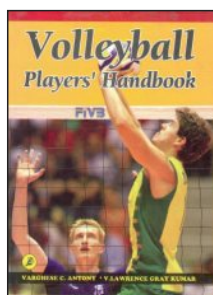
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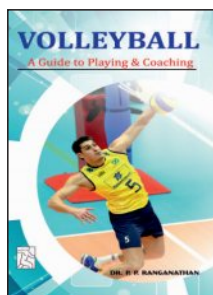
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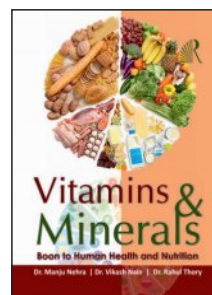
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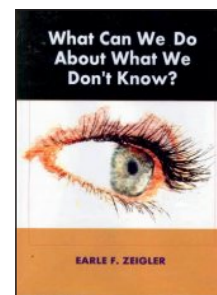
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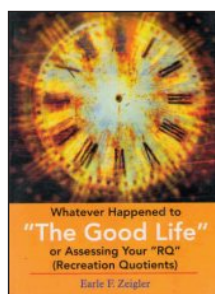
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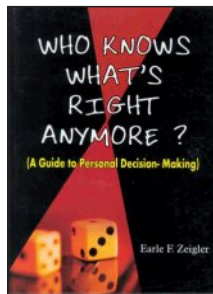
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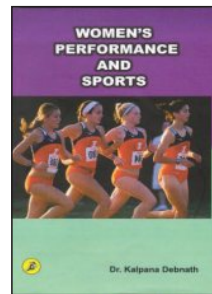
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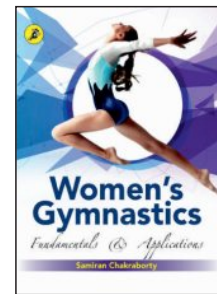
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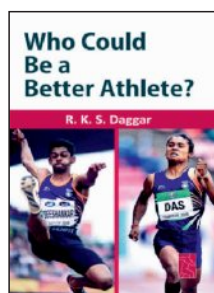
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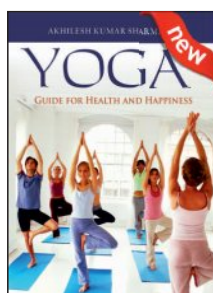
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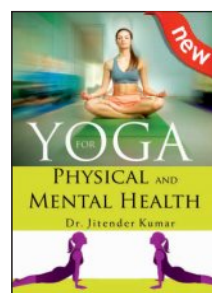
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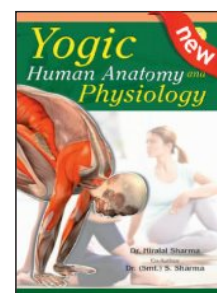
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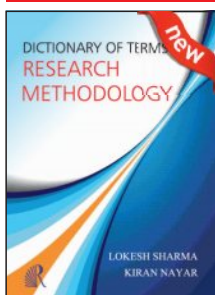
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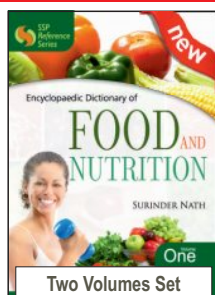
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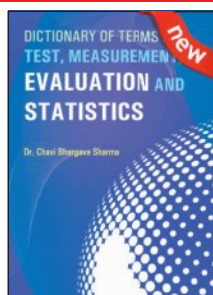
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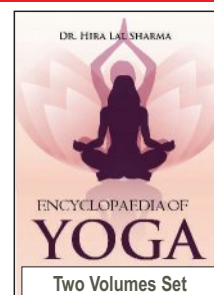
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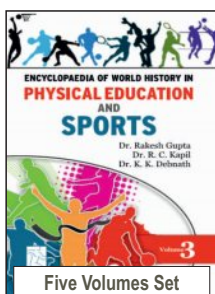
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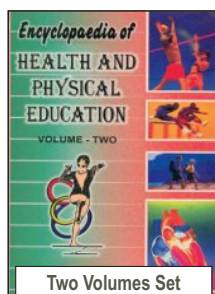
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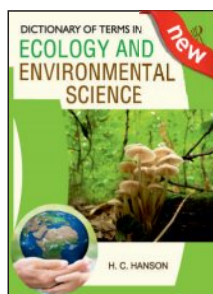
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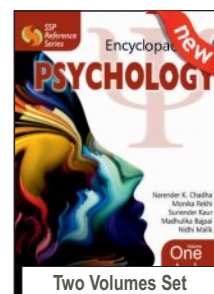
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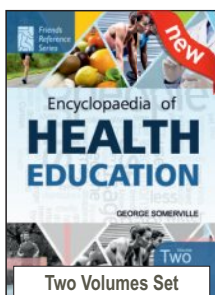
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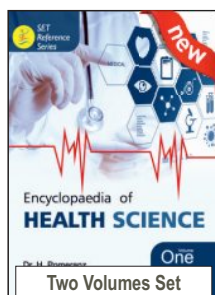
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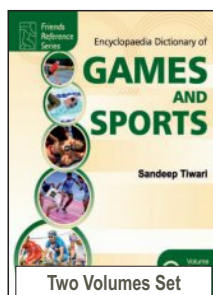
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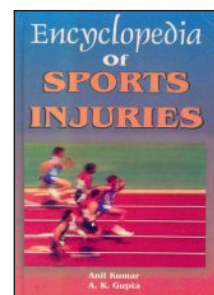
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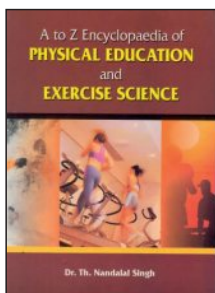
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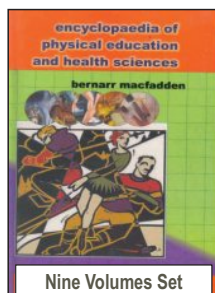
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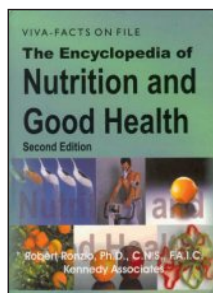
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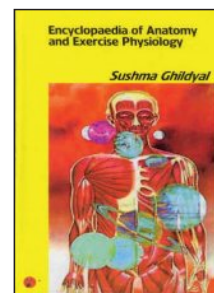
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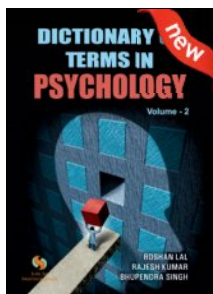


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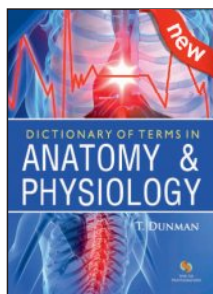




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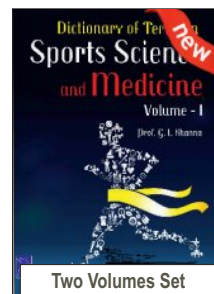
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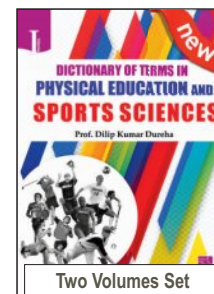
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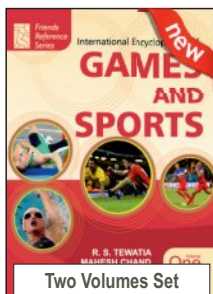
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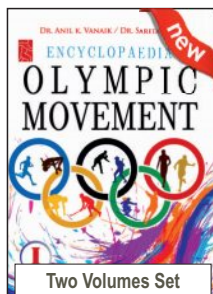
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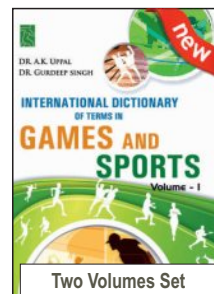
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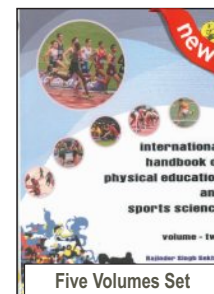
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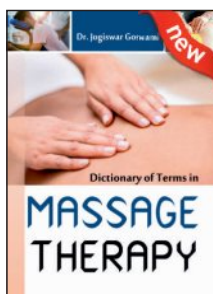
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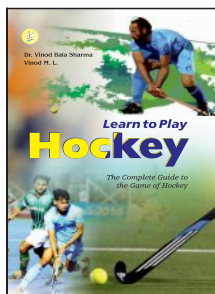
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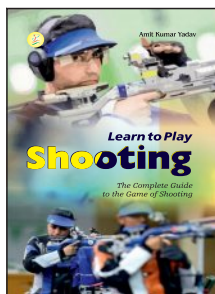
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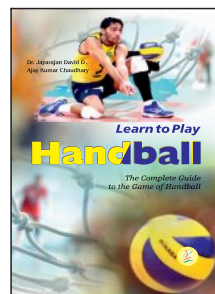
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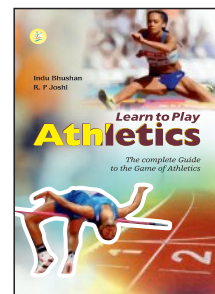
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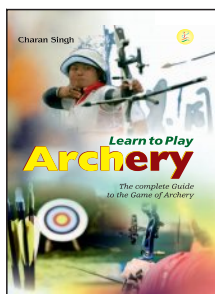
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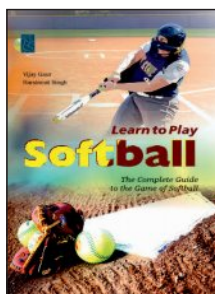
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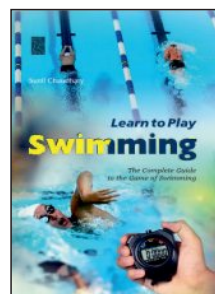
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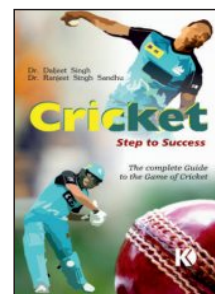
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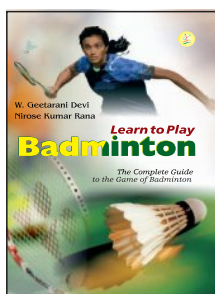
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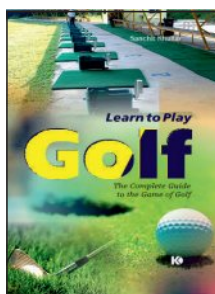
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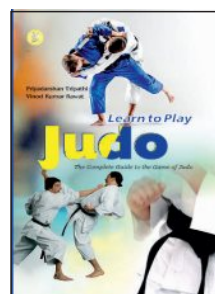
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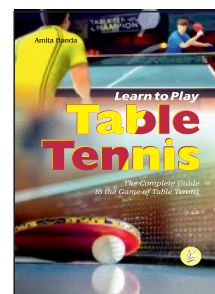
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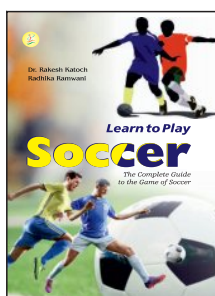
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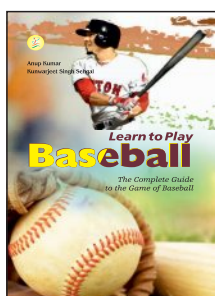
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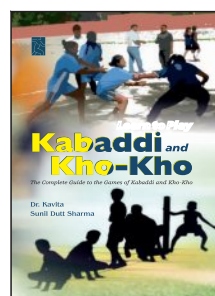
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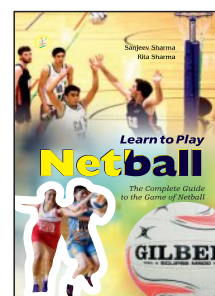
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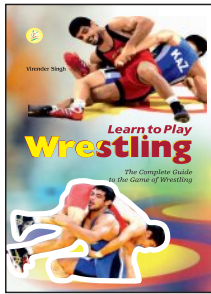
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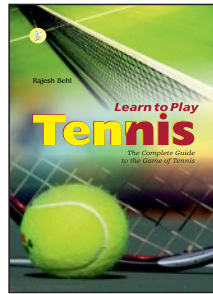


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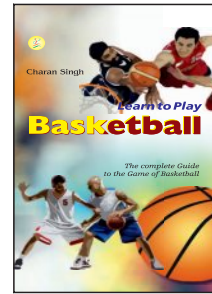
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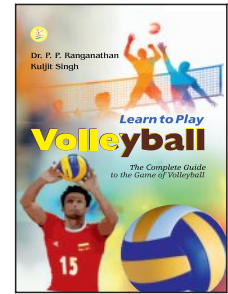
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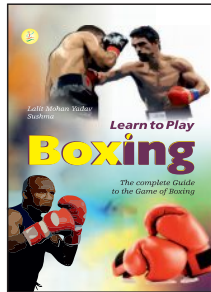
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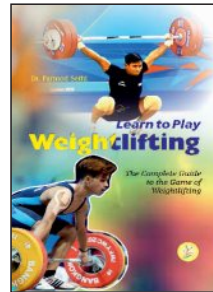
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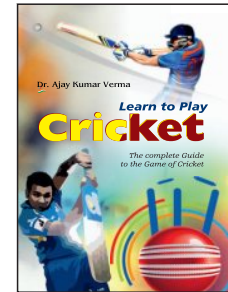
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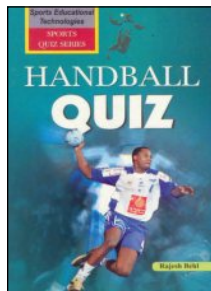
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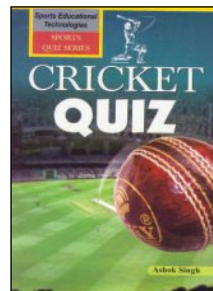
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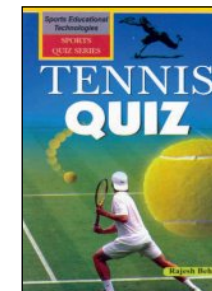
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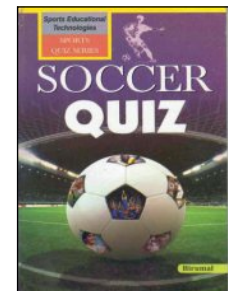
Handball Quiz
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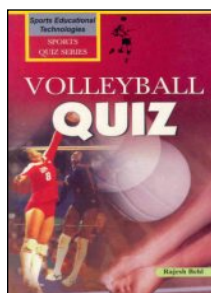
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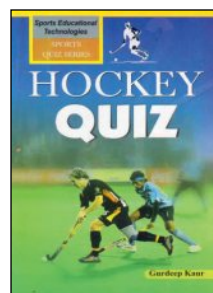
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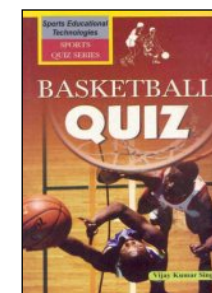
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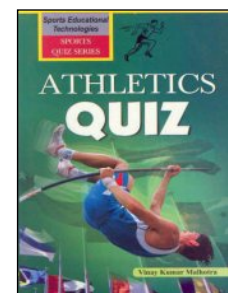
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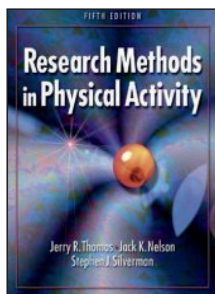
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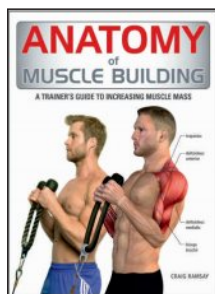
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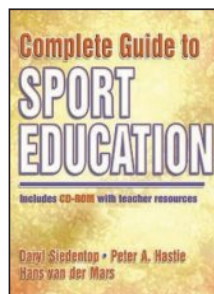
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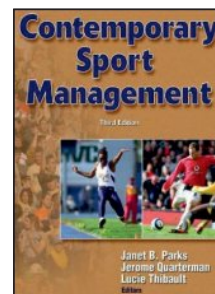
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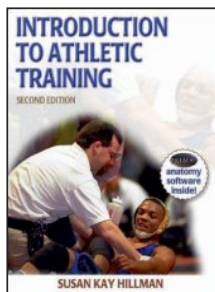
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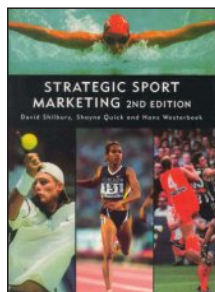
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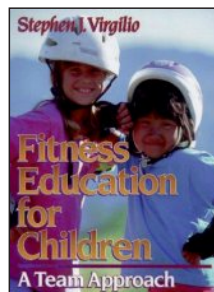
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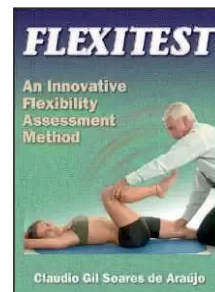
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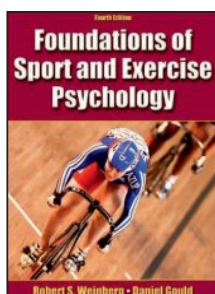
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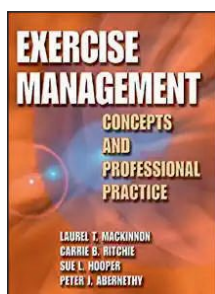
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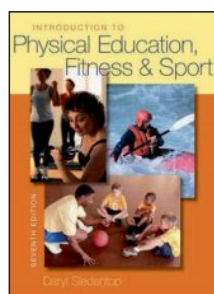
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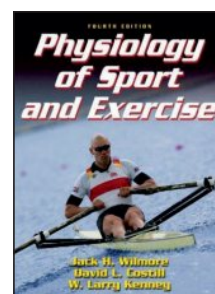
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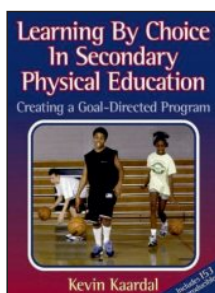
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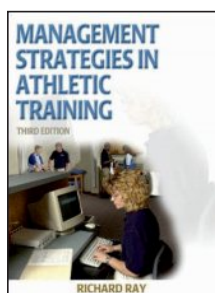
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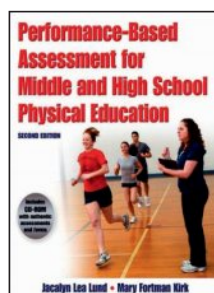
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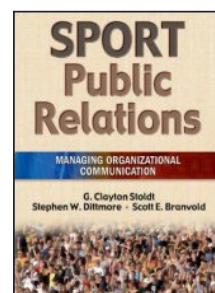
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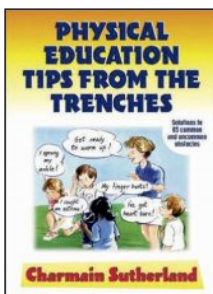
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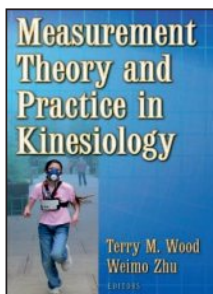
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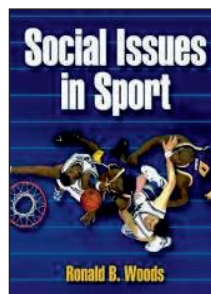
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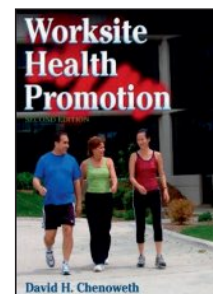
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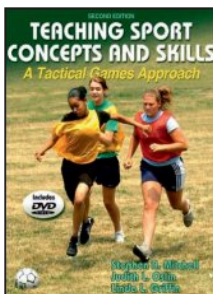
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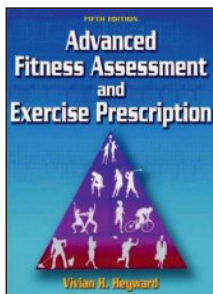
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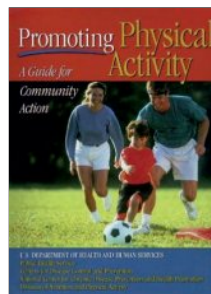
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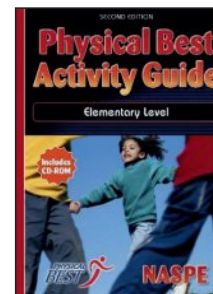
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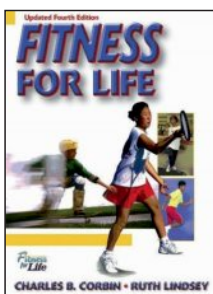
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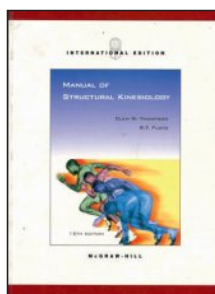
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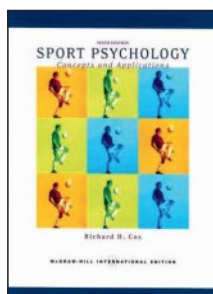
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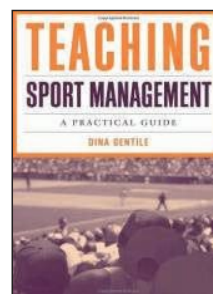
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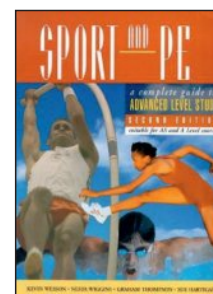
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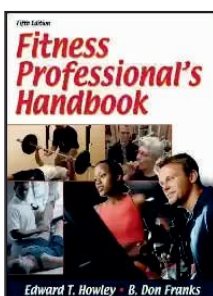
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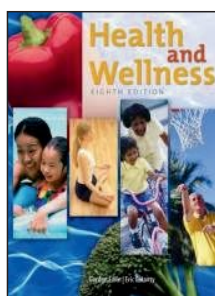
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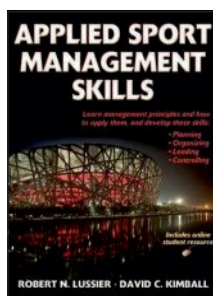
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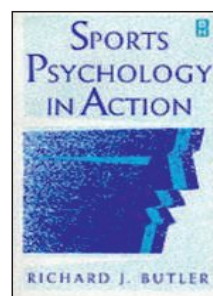
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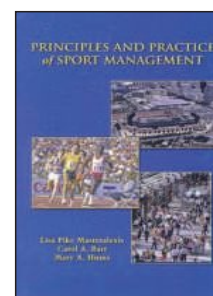
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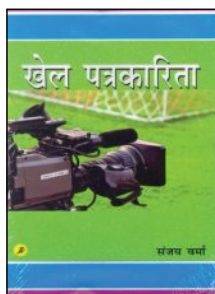
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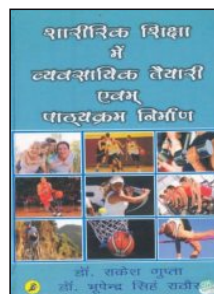
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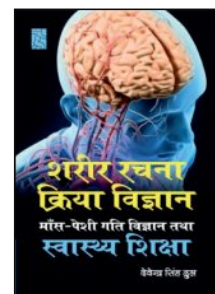
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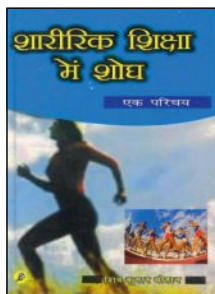
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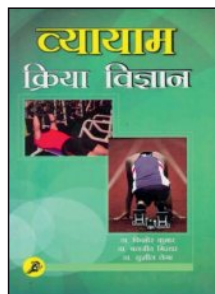
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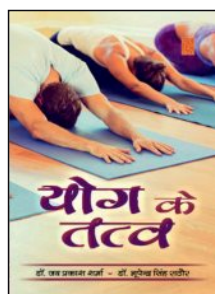
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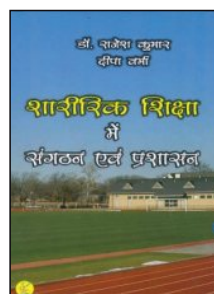
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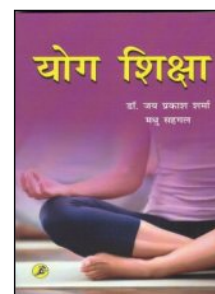
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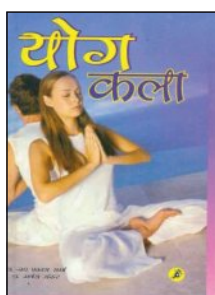
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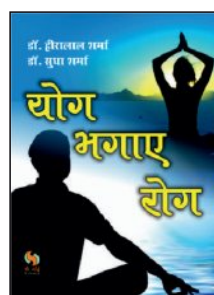
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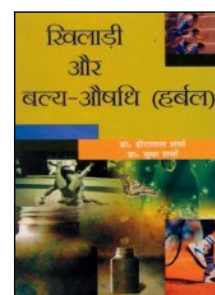
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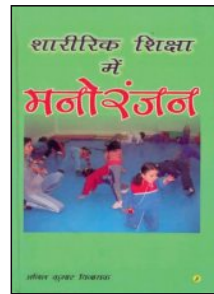
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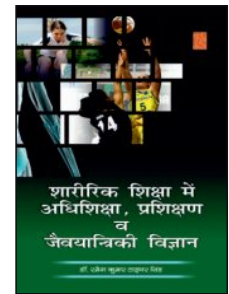
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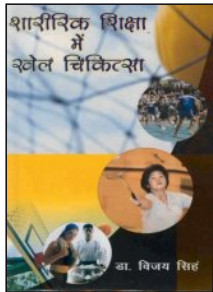
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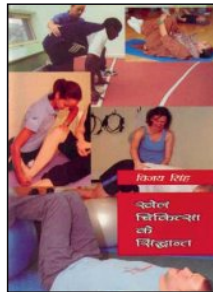
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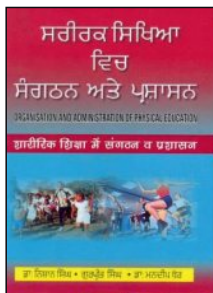
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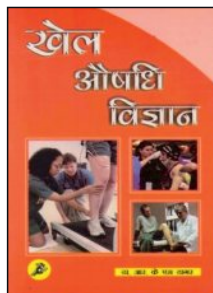
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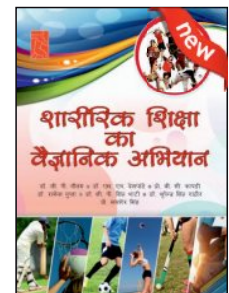
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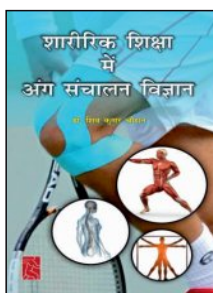
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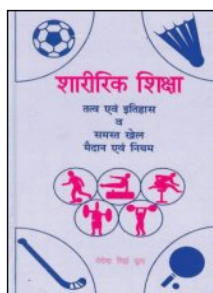
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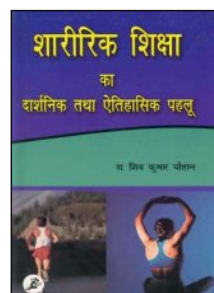
शारीरिक शिक्षा में अंग
संचालन विज्ञान

चौहान, एस. के.
9788172161158 / Rs. 395.00



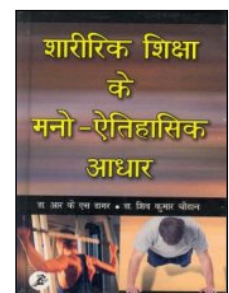
शारीरिक शिक्षा तत्व एवं इतिहास
व समस्त खेल मैदान एवं नियम

दुल, डी. एस.
9788172160313 / Rs. 395.00



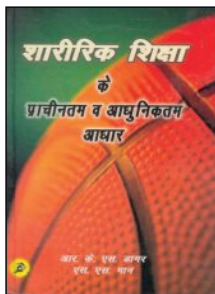
शारीरिक शिक्षा का दार्शनिक
तथा ऐतिहासिक पहलू

चौहान, एस. के.
9788172161123 / Rs. 395.00



शारीरिक शिक्षा के
मनो-ऐतिहासिक आधार

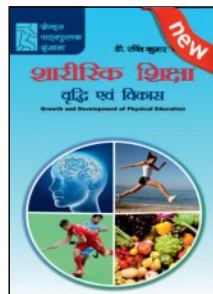
डागर, आर. के. एस.
9788172161077 / Rs. 395.00



शारीरिक शिक्षा प्राचीनतम व
आधुनिकतम आधार
डॉ. आर. के. एस.
9788172160941 / Rs. 395.00



शारीरिक शिक्षा के सिद्धांत
तथा इतिहास
कमलेश, एम. एल.
9788172161034 / Rs. 495.00



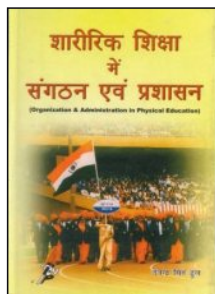
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वृद्धि एवं विकास
चौधरी,
9788172164881 / Rs. 695.00



शारीरिक शिक्षा में निर्णायन
एवं अधिशिक्षा
विनायक, ए. के.
9788172161131 / Rs. 395.00



शारीरिक शिक्षा में पाठ नियोजन
व शिक्षण पद्धति के सिद्धांत
कौशिक, एस.
9788172160402 / Rs. 395.00



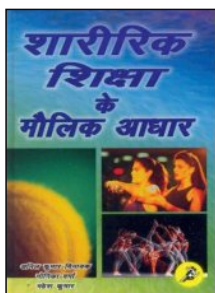
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संगठन एवं प्रशासन
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9788172160542 / Rs. 395.00



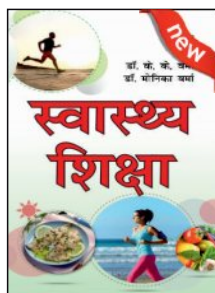
शारीरिक शिक्षा एवं स्वास्थ्य
उपल, ए. के.
9788172160801 / Rs. 395.00



शारीरिक शिक्षा में शिक्षण पद्धतियाँ
गुप्ता, आर.
978817216114X / Rs. 395.00



शारीरिक शिक्षा के मौलिक आधार
विनायक, ए. के.
9788172161226 / Rs. 395.00



स्वास्थ्य शिक्षा
वर्मा, के. के.
9788172161069 / Rs. 695.00



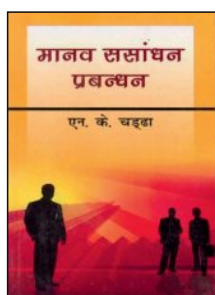
ट्रैक एंड फील्ड में तकनीकी
कार्यपद्धति
बरार, टी. एम.
9788172160747 / Rs. 595.00



शारीरिक शिक्षा की विधियाँ
भक्त, डी.
9788172163938 / Rs. 895.00



आरोग्य शास्त्र एवं स्वास्थ्य शिक्षा
राठौर, बी. एस.
9788172161522 / Rs. 695.00



मानव संसाधन प्रबन्धन
चड्ढा, एन. के.
9788189996116 / Rs. 695.00

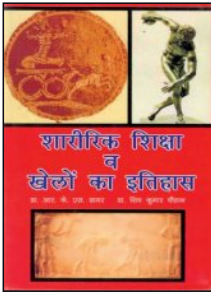


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शर्मा, पी. डी.
9788172162537 / Rs. 595.00

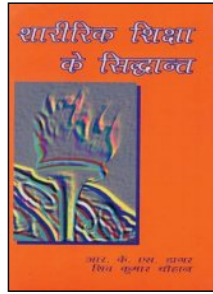


खेल मनोविज्ञान
वर्मा, एम.
9788172162677 / Rs. 695.00

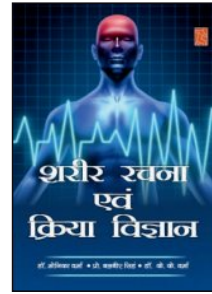




शारीरिक शिक्षा व खेलों का इतिहास
डागर, आर. के. एस.
9788172162324 / Rs. 395.00



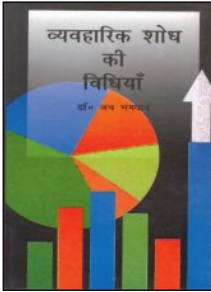
शारीरिक शिक्षा के सिद्धान्त
डागर, आर. के. एस.
9788172162316 / Rs. 295.00



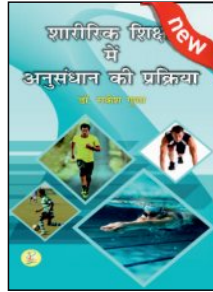
शरीर रचना एवं क्रिया विज्ञान
वर्मा, एम.
9788172162375 / Rs. 795.00



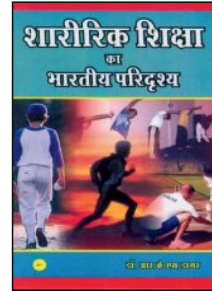
शारीरिक शिक्षा में संगठन प्रशासन व पर्यवेक्षण
सिंह, एम. के.
9788172162367 / Rs. 795.00



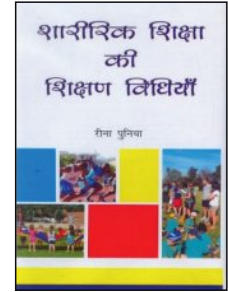
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जय भगवान
9788189996154 / Rs. 695.00



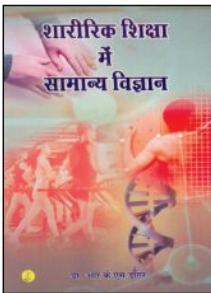
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गुप्ता, आर.
97881899022360 / Rs. 895.00



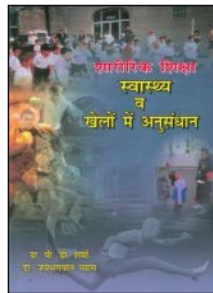
शारीरिक शिक्षा का भारतीय परिदृश्य
डागर, आर. के. एस.
9788189902247 / Rs. 495.00



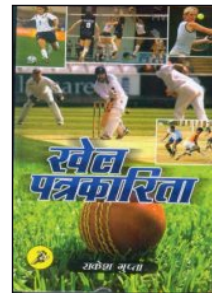
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पुनिया, आर.
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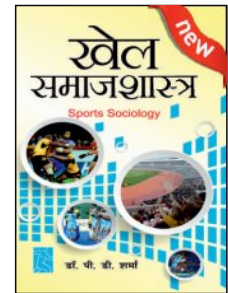
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9788189902254 / Rs. 495.00



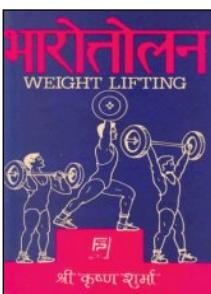
शारीरिक शिक्षा, स्वास्थ्य व खेलों में अनुसंधान
शर्मा, पी. डी.
9788172162502 / Rs. 395.00



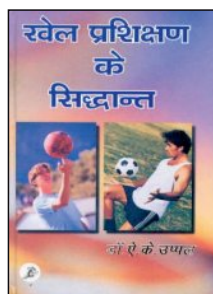
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गुप्ता, आर.
9788172163181 / Rs. 695.00



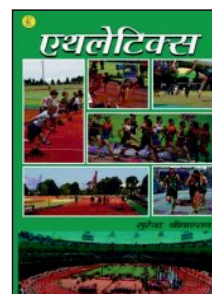
खेल समाजशास्त्र
शर्मा, पी. डी.
9788172162559 / Rs. 995.00



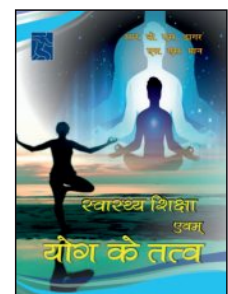
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शर्मा, एस. के.
9788172160194 / Rs. 150.00



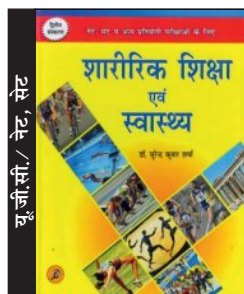
खेल प्रशिक्षण के सिद्धान्त
उप्यल, ए. के.
9788172160682 / Rs. 395.00



एथलेटिक्स
शर्मा, एस. के.
9788189902896 / Rs. 595.00

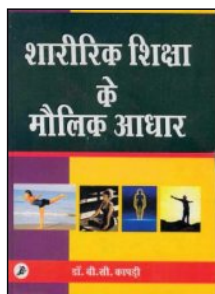


शारीरिक शिक्षा व योग के तत्व
डागर, आर. के. एस.
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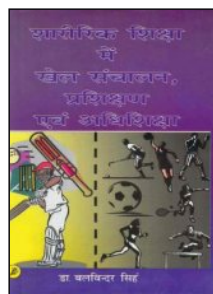
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शर्मा, एस. के.
9788172163464 / Rs. 995.00



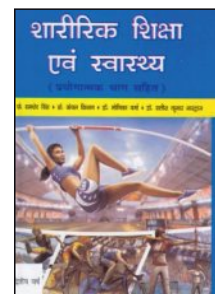
शारीरिक शिक्षा के मौलिक आधार

कापड़ी, बी. सी.
9788172162634 / Rs. 495.00



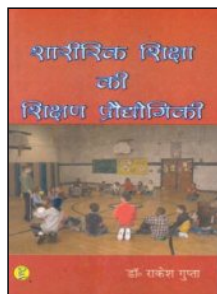
शारीरिक शिक्षा में खेल संचालन,
प्रशिक्षण एवं अधि शिक्षा

सिंह, बी.
9788172162944 / Rs. 695.00



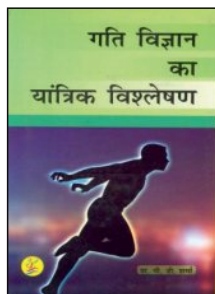
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(बी.ए.) तीन भागों में

सिंह, एम.
9788172162693 / Rs. 1485.00



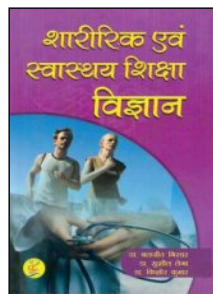
शारीरिक शिक्षा की शिक्षण
प्रौद्योगिकी

गुप्ता, आर.
9788189902384 / Rs. 695.00



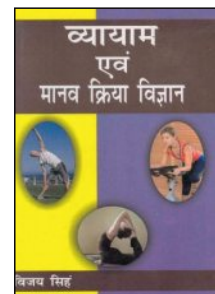
गति विज्ञान का यांत्रिक
विश्लेषण

शर्मा, पी. डी.
9788189902049 / Rs. 695.00



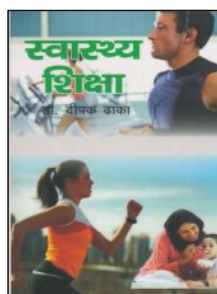
शारीरिक शिक्षा एवं
स्वास्थ्य शिक्षा विज्ञान

गिरधर, बी.
9788189902377 / Rs. 695.00



व्यायाम एवं मानव क्रिया
विज्ञान

सिंह, बी.
9788172162748 / Rs. 495.00



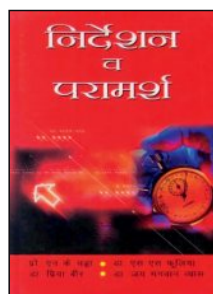
स्वास्थ्य शिक्षा

ढाका, डी.
9788172164041 / Rs. 995.00



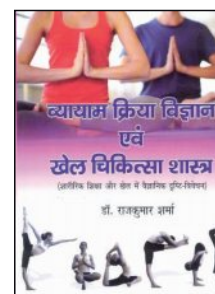
खेल प्रबंध व संगठन
और प्रशासन

अरोड़ा, एम.
9789384603199 / Rs. 795.00



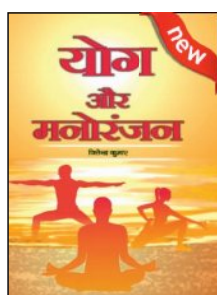
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चड्ढा, एन. के.
9788172162456 / Rs. 595.00



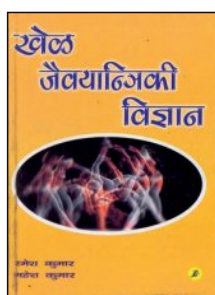
व्यायाम क्रिया विज्ञान एवं
खेल चिकित्सा शास्त्र

शर्मा, आर. के.
9788172163884 / Rs. 1995.00



योग और मनोरंजन

कुमार, जे.
9788172164843 / Rs. 795.00



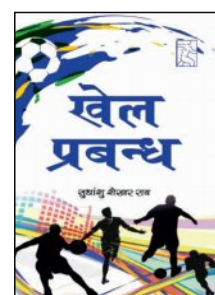
खेल जैवयांत्रिकी विज्ञान

कुमार, आर.
9788172162243 / Rs. 395.00



शारीरिक क्षमता,
स्वास्थ्य एवं चिकित्सा

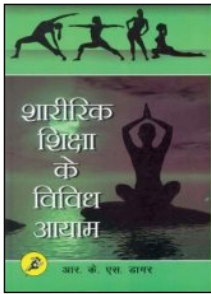
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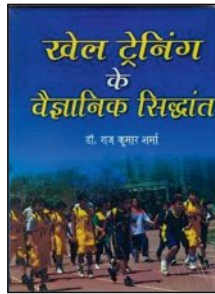
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राय, एस. एस.
9788172164812 / Rs. 595.00

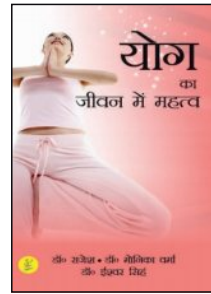




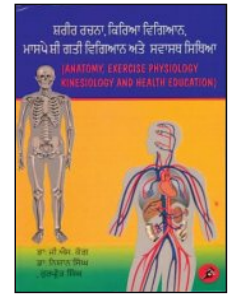
शारीरिक शिक्षा के विविध आयाम
आगर, आर. के. एस.
9788172163198 / Rs. 695.00



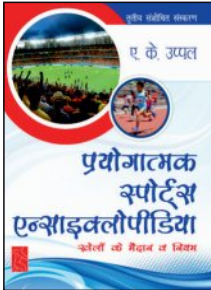
खेल ट्रेनिंग के वैज्ञानिक सिद्धांत
शर्मा, आर. के.
9788172163877 / Rs. 995.00



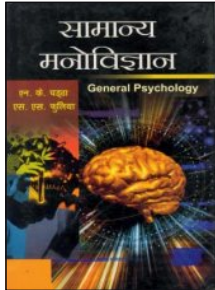
योगा का जीवन में महत्व
राजेश
9789384603069 / Rs. 395.00



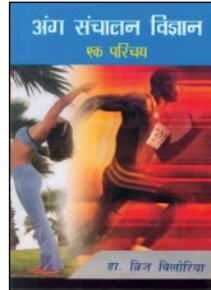
शरीर रचना क्रिया विज्ञान
मॉस पेशी गति विज्ञान तथा
स्वास्थ्य शिक्षा (पंजाबी में)
कंग, जी. एस.
Rs. 395.00



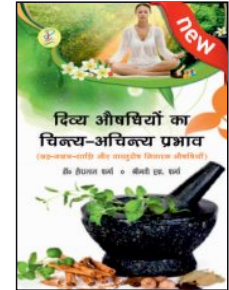
प्रयोगात्मक स्पोर्ट्स
एन्साइक्लोपीडिया खेलों के
मैदान नियम
उप्पल, ए. के.
978819723449 / Rs. 1695.00



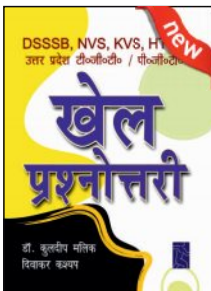
सामान्य मनोविज्ञान
चड्ढा, एन. के.
9788187798831 / Rs. 595.00



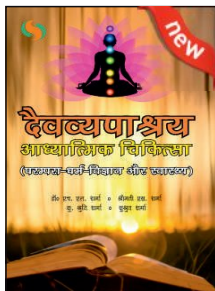
अंग संचालन विज्ञान
बिलोरिया, बी.
9788172162472 / Rs. 695.00



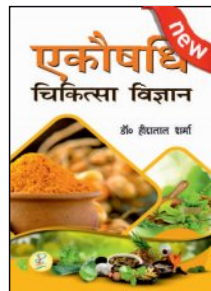
दिव्य औषधियों का चिन्त्य-
अचिन्त्य प्रभाव (ग्रह-नक्षत्र-राशि
और वास्तुदोष निवारक औषधियों)
शर्मा, एच. एल.
9789384603328 / Rs. 1295.00



खेल प्रश्नोत्तरी
मलिक, के. / कश्यप, डी.
9789394799726 / Rs. 395.00



दैवव्यपाश्रय आध्यात्मिक चिकित्सा
शर्मा, एच. एल.
9788186365354 / Rs. 995.00

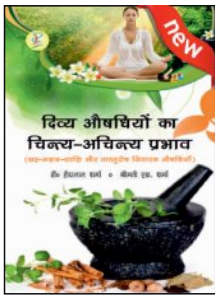


एकौषधि चिकित्सा विज्ञान
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9789384603786 / Rs. 595.00

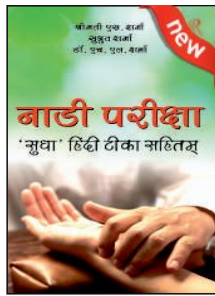
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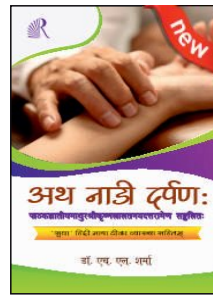
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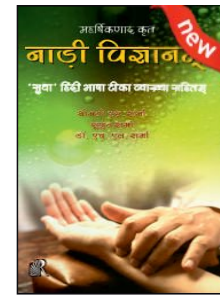
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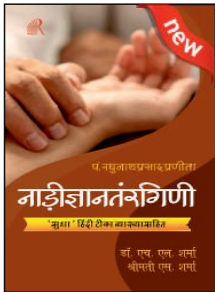
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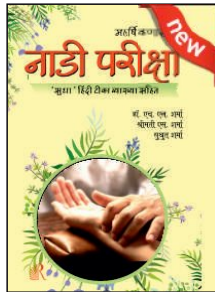
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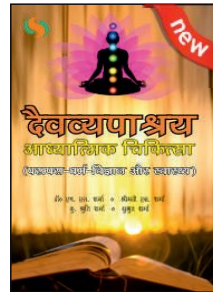
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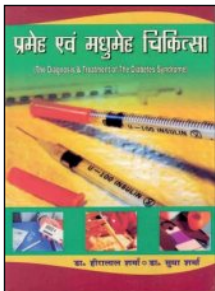
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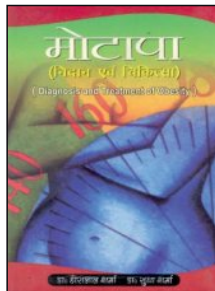
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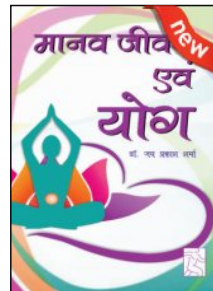
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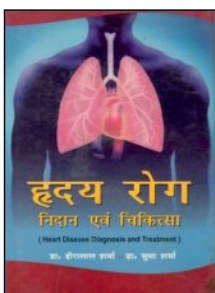
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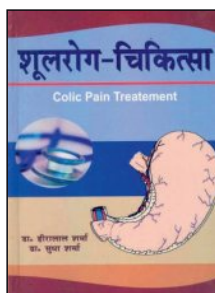
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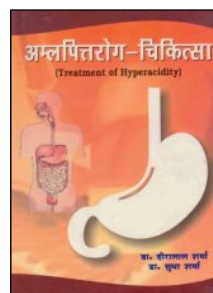
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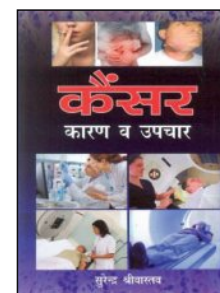
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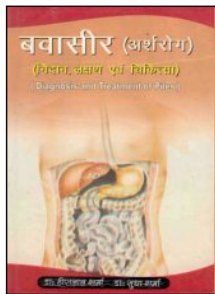


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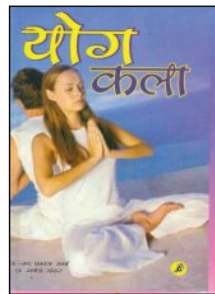


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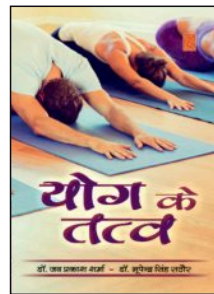




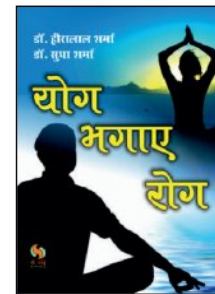
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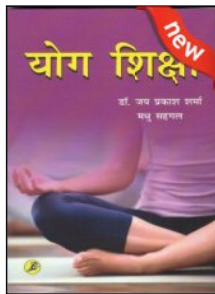
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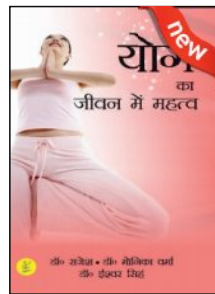
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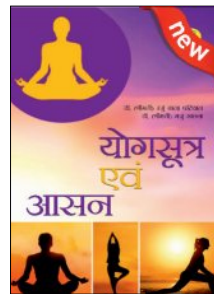
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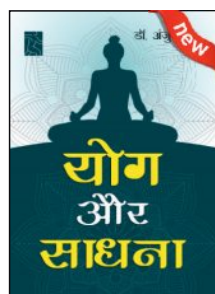
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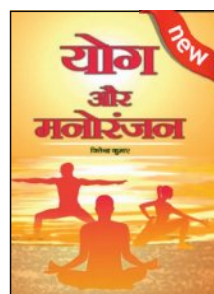
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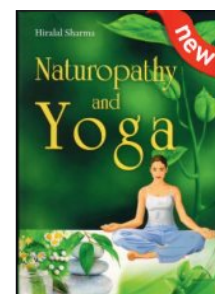
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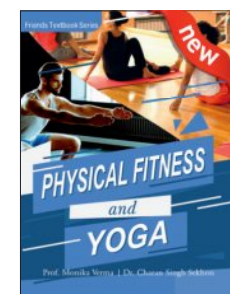
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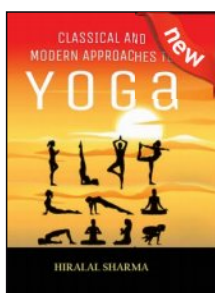
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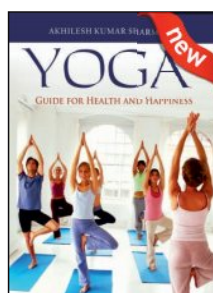
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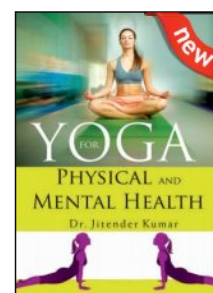
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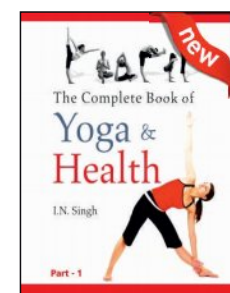
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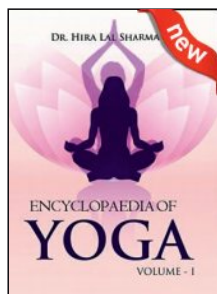
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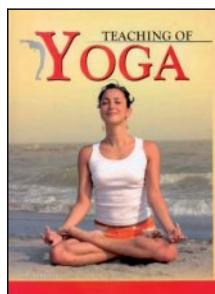
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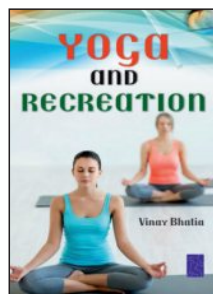
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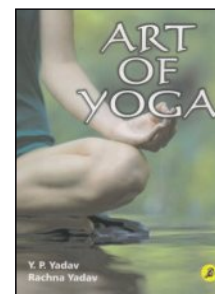
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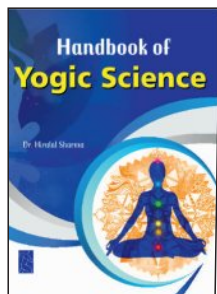
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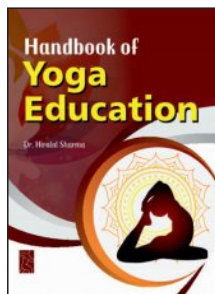
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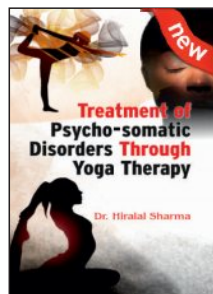
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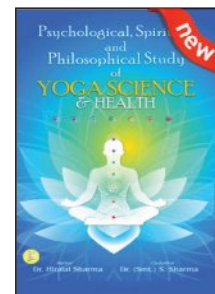
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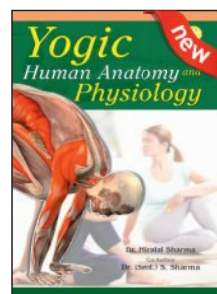
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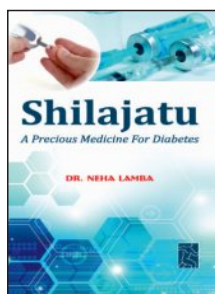
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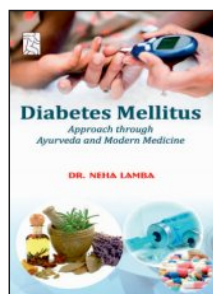
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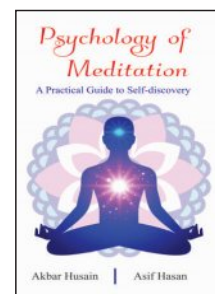
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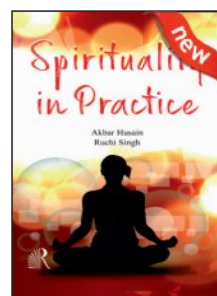
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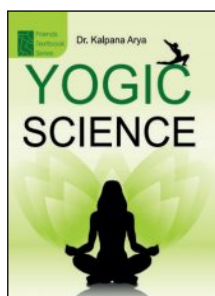
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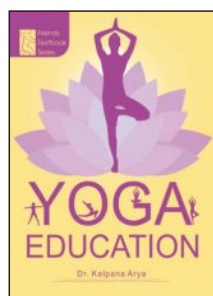
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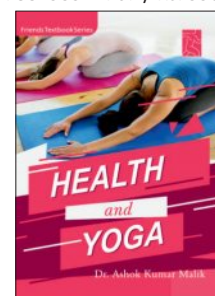
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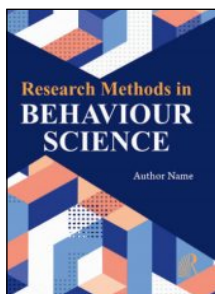
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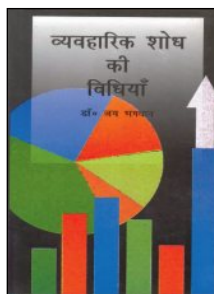
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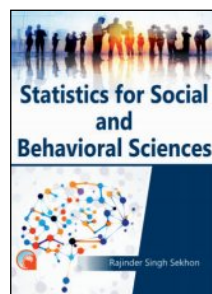
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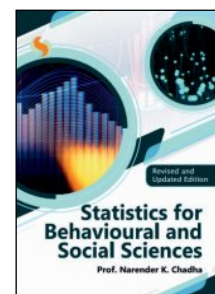
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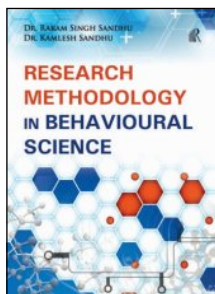
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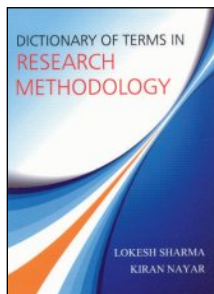
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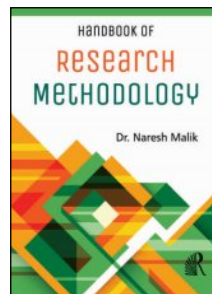
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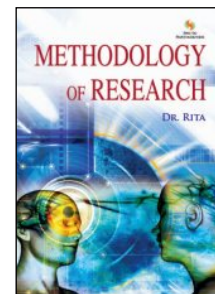
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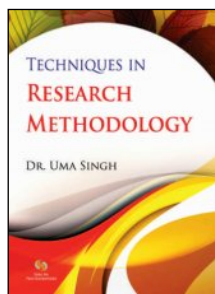
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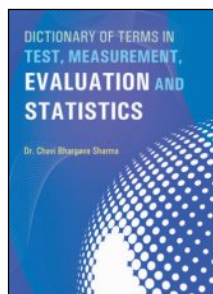
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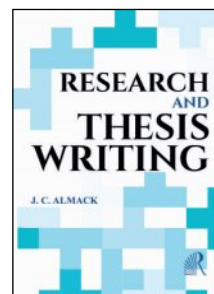
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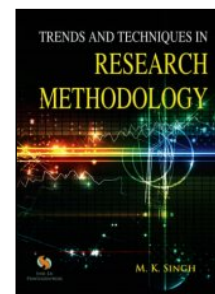
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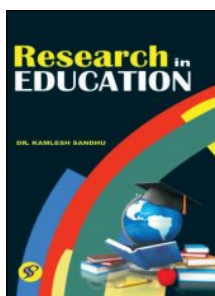
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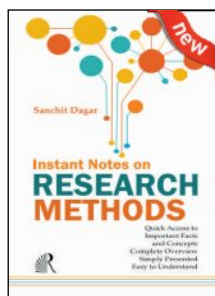
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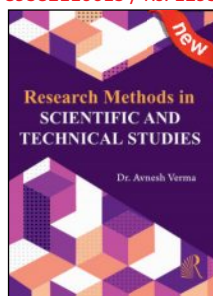
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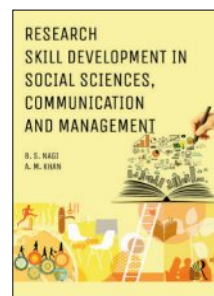
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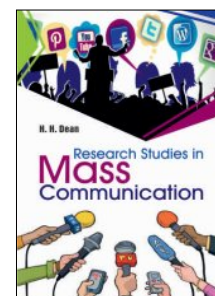
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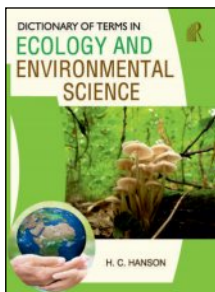
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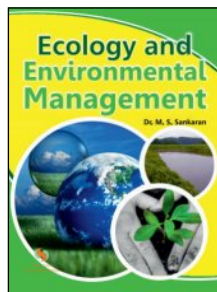
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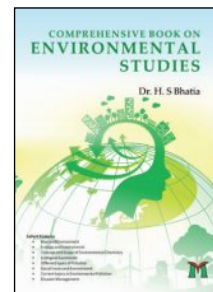
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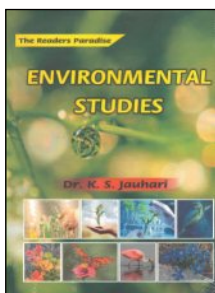
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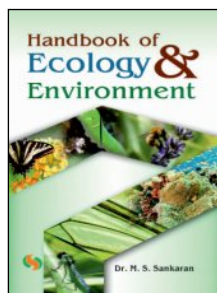
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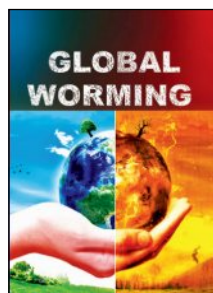
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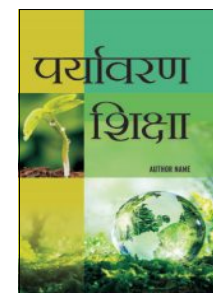
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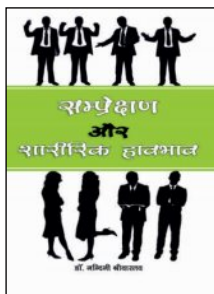
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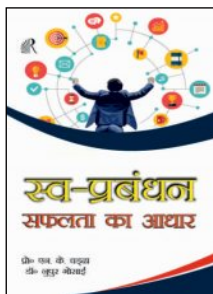
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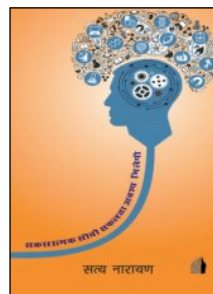




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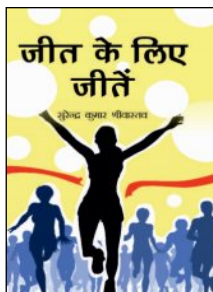
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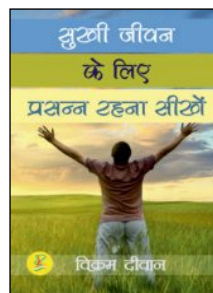
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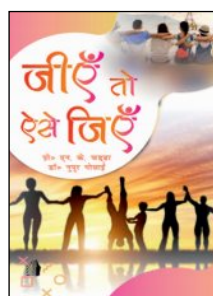
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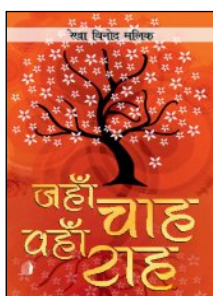
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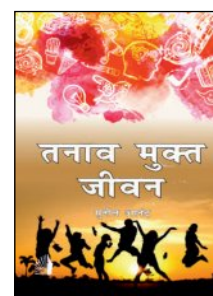
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