

DR. RAM MANOHAR LOHIA AVADH
UNIVERSITY, FAIZABAD, U.P.



DEPARTMENT OF PHYSICAL EDUCATION
BACHELOR OF PHYSICAL EDUCATION
(FACULTY OF ARTS)

ORDINANCE AND SYLLABUS

EFFECTIVE FROM SESSION 2015-16

M. Singh

S. W.

P. S. S.

M. K. K.
30/10/15



GUIDELINES OF REGULATIONS AND MODEL SYLLABUS STRUCTURE FOR B. P. ED. TWO YEARS PROGRAMME

B.P.Ed.-Eligibility

Intake, Eligibility and Admission Procedure as per the NCTE norms and standards.

B.P.Ed. -Duration:

The B.P.Ed programme shall be of a duration of two academic years,
However, the students shall be permitted to complete the programme requirements
Within a maximum of three years from the date of admission to the programme.

B.P.Ed.- Courses of Programme:

The following are the various categories of courses suggested for the B.P.Ed. Programme.

Theory Core Course: (CC)

Practical Course: (PC)

Teaching Practice: (TP)

B.P.Ed.- Academic Year:

An academic year will consist 200 actual teaching days.
Scheduled of examination- May/June in every academic Year
The institution shall work five or six days in a week.

B.P.Ed.- Working days:

There shall be at least 200 working days per year exclusive of admission and examination processes etc.

B.P.Ed.- Special Marks for Extra Co-curricular Activities :

1. A. Sports Achievement at State level Competition (Medal Winner)- 1
B. Sports Achievement National level Competition (Medal Winner) – 2
C. Sports participation International level Competition - 4
2. Inter Uni. Participation (Any one game) - 2
3. Inter College Participation (min. two game) - 1
4. National Cadet Corps / National Service Scheme - 2
5. Blood donation / Cleanliness drive / Community services - 2

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6. Mountaineering Basic Camp, Advance Camp / Adventure Activities - 2
7. Organization / Officiating State / National level in any two game - 2
8. News Reposting / Article Writing / book writing / progress report writing - 2
9. Research Project - 4

Students can earn maximum 6 Bonus marks in each year by his/her participation in the Above mentioned activities duly certified by the Head of the institution / Department. This bonus will be used only to compensate loss of attendance marks in academic activities.

B.P.Ed.- Examinations:

There shall be examinations at the end of each academic year.
A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations .

B.P.Ed - Attendance:

Student must have 75% of attendance in each course for appearing the examination.

B.P.Ed – Internal Assessment (30 Marks):

Continuous internal assessment (CIA) by the concerned course teacher or internal examiner in every examination separately. The components for continuous internal assessment are -

One Test -10 Marks
Attendance-10 Marks
Assignment-05 Marks
Seminar/Quiz-05 Marks
Total = 30 Marks

B.P.Ed.- External Assessment (70 Marks)

Practical Course (PC) and Teaching Practices (TP) final examination in every year to be evaluated by internal and external examiners jointly.

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B.P.Ed. –Examination Schedule**B. P. ED. FIRST YEAR**

PART A- THEORETICAL COURSE				
COURSE CODE	TITLE OF THE PAPER	INTERNAL MARKS	EXTERNAL MARKS	TOTAL MARKS
CC-101	HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION	30	70	100
CC-102	ANATOMY AND PHYSIOLOGY	30	70	100
CC-103	HEALTH EDUCATION AND ENVIRONMENTAL STUDIES	30	70	100
CC-104	OFFICIATING AND COACHING	30	70	100
CC-105	YOGA EDUCATION	30	70	100
CC-106	EDUCATION TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION	30	70	100
CC-107	ORGANIZATION AND ADMINISTRATION	30	70	100
CC-108	SPORTS NUTRITION AND WEIGHT MANAGEMENT	30	70	100
PART B- PRACTICAL COURSE				
PC-101	TRACK AND FIELD (RUNNING EVENTS)	30	70	100
PC-102	GYMNASTICS	30	70	100
PC-103	INDIGENOUS SPORTS: KABADDI/ KHO-KHO/MALKHAMBH/ (ANY ONE)	30	70	100
PC-104	MASS DEMONSTRATION ACTIVITIES: DUMBBELLS/WANDS /HOOP/ LEZIM AND MARCH PAST	30	70	100
PC-105	TRACK AND FIELD (JUMPING EVENTS)	30	70	100
PC-106	YOGA	30	70	100
PC-107	RACKET SPORTS: BADMINTON /TABLE TENNIS /TENNIS (ANY ONE)	30	70	100
PART C TEACHING PRACTICE				
TP-101	TEACHING PRACTICE (CLASSROOM AND OUTDOOR)	30	70	100
	TOTAL	480	1120	1600

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B.P.Ed –SECOND YEAR

PART A THEORETICAL COURSE				
COURSE CODE	TITLE OF THE PAPER	INTERNAL MARKS	EXTERNAL MARKS	TOTAL MARKS
CC-201	SPORTS TRAINING	30	70	100
CC-202	COMPUTER APPLICATION IN PHYSICAL EDUCATION	30	70	100
CC-203	SPORTS PSYCHOLOGY AND SOCIOLOGY	30	70	100
CC-204	SPORTS MEDICINE,PHYSIOTHERAPY AND REHABILITATION	30	70	100
CC-205	MEASUREMENT AND EVALAUTION IN PHYSICAL EDUCATION	30	70	100
CC-206	KINESIOLOGY AND BIOMECHANICS	30	70	100
CC-207	RESEARCH AND STATISTICS IN PHYSICAL EDUCATION	30	70	100
CC-208	SPORTS MANAGEMENT	30	70	100
PART B PRACTICAL COURSE				
PC-201	TRACK AND FIELD (THROWING EVENT)	30	70	100
PC-202	WRESTLING/JUDO/FENCING/BOXING/SWIMMING/SHOOTING (ANY ONE)	30	70	100
PC-203	TEAM GAMES A - CRICKET/FOOTBALL/KHO-KHO/ VOLLEYBALL (ANY ONE)	30	70	100
PC-204	AEROBICS	30	70	100
PC-205	TEAM GAMES B –HOCKEY/ KABADDI/ BASKETBALL/ HANDBALL (ANY ONE)	30	70	100
PART C TEACHING PRACTICE				
TP-201	TEACHING PRATICE(TEACHING LESSON PLAN FOR RACKET SPORT/TEAM GAMES/INDIGENOUS SPORTS (OUT OF 10 LESSON 5 INTERNAL AND 5 EXTERNAL AT PRACTICING SCHOOL)	30	70	100
TP-202	SPORTS SPECIALIZATION COACHING LESSONS: TRACK AND FIELD/YOGA/GYMNASTICS –ANY ONE	30	70	100
TP-203	GAME SPECIALIZATION COACHING LESSONS : KABADDI/KHO-KHO,CRICKET/FOOTBALL/HOCKEY/ VOLLEYBALL/HANDBALL/BASKETBALL/BADMINTON/TABLE TENNIS -ANY ONE	30	70	100
	TOTAL	480	1120	1600

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B.P.Ed. -Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e. 12 marks out of 30 marks and 28 marks out of 70 marks respectively for theory courses. The minimum passing for both CIA & external examination shall be 50%, i.e. 15 marks out of 30 and 35 marks out of 70 marks for the practical courses.

B.P.Ed.- Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the Degree of Bachelor of Physical Education in the **First class / Second class / Third class** or **First class with Distinction**.

PERCENTAGE	DIVISION
75 % and above	DISTINCTION
60% and above	FIRST DIVISION
45% and above	SECOND DIVISION
40% and above	THIRD CLASS

B.P.Ed. - Grievance Redressal Committee:

The college/department shall form a Grievance Redressal Committee for each course in each college/department with the course teacher / Principal / Director and the HOD of the faculty as the members. This Committee shall solve all grievances of the students.

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B. P. Ed. Theory Syllabus First Year

PAPER -I

CC-101 HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

Unit- 1: Introduction

- Meaning, Definition and Scope of Physical Education
- Aims and Objective of Physical Education.
- Importance of Physical Education in present era.
- Misconceptions about Physical Education.
- Relationship of Physical Education with General Education.
- Physical Education as an Art and Science.

Unit- 2: Historical Development of Physical Education in India

- Indus Valley Civilization Period. (3250 BC 2500 BC)
- Vedic Period (2500 BC 600 BC)
- Early Hindu Period (600 BC 320 AD) and Later Hindu Period (320 AD 1000 AD)
- Medieval Period (1000 AD 1757 AD)
- British Period (Before 1947)
- Physical Education in India (After 1947)
- Contribution of Akhadas and Vyayamshals
- Y.M.C.A. and its contributions.

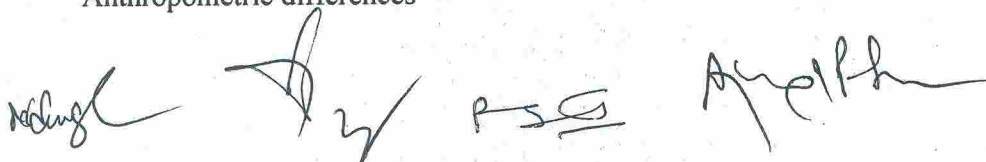
Unit- 3: Foundation of Physical Education

- Philosophical foundation:
- Idealism, Pragmatism, Naturalism, Realism , Humanism, Existentialism and Indian
- Philosophy and Culture.
- Fitness and wellness movement in the contemporary perspectives.
- Sports for all and its role in the maintenance and promotion of fitness.

Unit-4 : Principles of Physical Education

- Biological-

Growth and development
Age and gender characteristics
Body Types
Anthropometric differences





- Psychological-
 - Learning types, learning curve
 - Laws and principles of learning
 - Attitude, interest, cognition, emotions and sentiments
- Sociological -
 - Society and culture
 - Social acceptance and recognition
 - Leadership §
 - Social integration and cohesiveness

References:

Foundation of physical education. Bucher, C. A. (n.d.) St. Louis: The C.V. Mosby Co.
Physical Education in Ancient India Deshpande, S. H. (2014). . Amravati: Degree college of Physical education.
Principles of physical education. Mohan, V. M. (1969). Delhi: Metropolitan Book Dep.
An introduction to physical education Nixon, E. E. & Cozen, F.W. (1969). . Philadelphia: W.B. Saunders Co.
Delbert physical education Obertuffer, (1970). . New York: Harper & Brothers Publisher.
Introduction to physical education Sharman, J. R. (1964). . New York: A.S. Barnes & Co.
The principles of physical education William, J. F. (1964). . Philadelphia: W.B. Saunders Co.

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PAPER -II

CC-102 ANATOMY AND PHYSIOLOGY

UNIT-I Basic

- o Brief Introduction of Anatomy and physiology in the field of Physical Education.
- o Introduction of Cell and Tissue.
- o The arrangement of the skeleton - Function - of the skeleton - Ribs and Vertebral column and the extremities - joints of the body and their types
- o Gender differences in the skeleton.

UNIT-II System of Body

- o **Blood and circulatory system:** Constituents of blood and their function Blood groups and blood transfusion, clotting of blood, the structure of the heart-properties of the heart muscle, circulation of blood, cardiac cycle, blood pressure, Lymph and Lymphatic circulation Cardiac Output.
- o **The Respiratory system:** The Respiratory passage the lungs and their structure and exchange of gases in the lungs, mechanism of respiration (internal and external respiration) lung capacity, tidal volume.
- o **The Digestive system:** structure and functions of the digestive system, Digestive organs, Metabolism,
- o **The Excretory system:** Structure and functions of the kidneys and the skin.
- o **The Endocrine glands:** Functions of glands pituitary, Thyroid, Parathyroid. Adrenal, Pancreatic and the sex glands.
- o **Nervous systems:** Function of the Autonomic nervous system and Central nervous system. Reflex Action,
- o **Sense organs:** A brief account of the structure and functions of the Eye and Ear.

UNIT-III Muscles

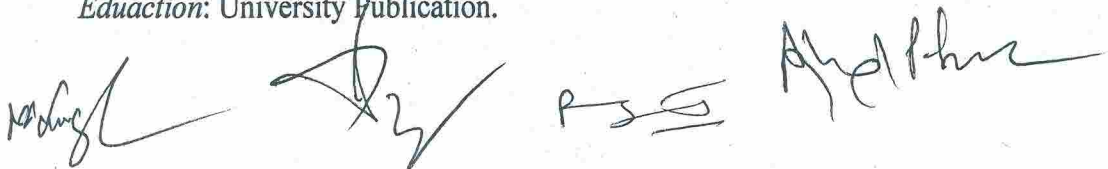
- o Structure, Composition, Properties and functions of muscles
- o Structure, Composition, Properties and functions of skeletal muscles.
- o Nerve control of muscular activity:
- o Neuromuscular junction
- o Transmission of nerve impulse across it.
- o Fuel for muscular activity
- o Role of oxygen- physical training, oxygen debt, second wind, vital capacity.

UNIT-IV Effect on System

- o Definition of physiology and its importance in the field of physical education and sports.
- o Effect of exercise and training on cardiovascular system.
- o Effect of exercise and training on respiratory system.
- o Effect of exercise and training on muscular system
- o Physiological concept of physical fitness, warming up, conditioning and fatigue.

References:

- Gupta, A. P. (2010). *Anatomy and physiology*. Agra: SumitPrakashan.
- Singh, A. & Yadav R. (2014). *Anatomy, Physiology & Kinesiology in physical Education*: University Publication.





PAPER -III

CC-103 HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Unit - I Health Education

- o Definition of Health, Health Education, Health Instruction, Health Supervision
- o Aim, objective and Principles of Health Education
- o Concept, Dimensions, and Determinants of Health
- o Health Service and guidance instruction in personal hygiene

Unit - II Health Problems in India

- o Communicable and Non Communicable Diseases
- o Personal and Environmental Hygiene for schools
- o Objective of school health service, Role of health education in schools
- o Health Services - Care of skin, Nails, Eye health service, Health appraisal, Health record, Healthful school environment, first-aid and emergency care etc.

Unit - III Environmental Science

- o Definition, Scope, Need and Importance of environmental studies.
- o Concept of environmental education, Historical background of environmental education,
- o Celebration of various days in relation with environment.
- o Plastic recycling & probation of plastic bag / cover.
- o Role of school in environmental conservation and sustainable development.

Unit – IV Natural Resources and related environmental issues:

- o Definition, Meaning, Types and Importance of Nature Resources, Water resources, food resources and Land resources.
- o Effects and control measures of:
- o Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution
- o Management of environment and Govt. policies , Role of pollution control board.

References:

- Agrawal, K.C. (2001). *Environmental biology* .Bikaner: Nidhi publishers Ltd.
- Frank, H. &Walter, H., (1976). *Turners school health education*. Saint Louis: The C.V. Mosby Company.
- Nemir, A. (n.d.). *The school health education*. New York:Harber and Brothers.
- Odum, E.P. (1971). *Fundamental of ecology*. U.S.A.: W.B. Saunders Co.

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PAPER-IV

CC-104 OFFICIATING AND COACHING

Unit-1 Introduction of Officiating and Coaching

- Coaching:- Meaning & definition
- Coaching:- Characteristics and principles
- Officiating- Meaning and principles
- Measures of improving the standards of officiating and coaching.

Unit-2 Coach as a Mentor

- Duties of coach in general, pre, during and post game
- Philosophy of coaching
- Responsibilities of a Coach on the field and of the field.
- Psychology of competition and coaching

Unit-3 Duties of Official

- Duties of official in general, pre, during and post game
- Philosophy of officiating.
- Mechanism of officiating-position,singles and movement in different games
- Ethics of officiating.

Unit-4 Qualities and Qualifications of Coach and Official

- Coach:- Qualification, qualities, characteristics and responsibilities.
- Official: - Qualification, qualities, characteristics and responsibilities.
- General rules of games and sports.
- Eligibility rules of inter collegiate and inter university tournaments.
- Integrity and value of sports.

Reference Books:

- Bunn, J. W. (1968). *The art of officiating sports*. Englewood cliffs N.J. Prentice Hall.
- Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood cliffs N. J. Prentice Hall.
- Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd.
- Lawther, J.D. (1965). *Psychology of coaching*. New York: Pre. Hall.
- Singer, R. N. (1972). *Coaching, athletic & psychology*. New York: M.C. Graw Hill.

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PAPER -V

CC-105 YOGA EDUCATION

Unit - I: Introduction

- o Meaning and Definition of Yoga
- o Aims and Objectives of Yoga
- o Yoga in Early Upanisads
- o The Yoga Sutra: General Consideration
- o Need and Importance of Yoga in Physical Education and Sports

Unit - II: Foundation of Yoga

- o Influences of relaxtive, meditative posture on various system of the body
- o Types of Bandhas and mudras
- o Type of kriyas
- o Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga
- o Characteristics of yogi

Unit – III: Asanas

- o The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
- o Effect of Asanas and Pranayama on various system of the body
- o Classification of asanas with special reference to physical education and sports

Unit – IV: Yoga Education

- o Basic, applied and action research in Yoga
- o Difference between yogic practices and physical exercises
- o Yoga education centers in India and abroad
- o Competitions in Yogasanas

References:

- Brown, F. Y.(2000). *How to use yoga*. Delhi:Sports Publication.
- Gharote, M. L. &Ganguly, H. (1988). *Teaching methods for yogic practices*.Lonawala: Kaixydahmoe.
- Rajjan, S. M. (1985). *Yoga strenthening of frelexation for sports man*. New Delhi:Allied Publishers.
- Shankar,G.(1998). *Holistic approach of yoga*. New Delhi:Aditya Publishers.
- Shekar,K. C. (2003). *Yoga for health*. Delhi: Khel Sahitya Kendra.
- Kumar Ashwani (2015) *Yoga a way of Life* Delhi: Khel Sahitya Kendra.

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PAPER -VI

CC-106 EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION

Unit - I Introduction

- o Education and Education Technology- Meaning and Definitions
- o Types of Education- Formal, Informal and Non- Formal education.
- o Educative Process
- o Importance of Devices and Methods of Teaching
- o Role of ICT in physical Education.

Unit - II Teaching Technique

- o Teaching Technique - Lecture method, Command method, Demonstration method, Imitation method, project method ,Seminar ,Conferences, workshop etc
- o Teaching Procedure - Whole method, whole - part - whole method, part - whole method.
- o Presentation Technique - Personal and technical preparation, Group Discussion ,Extempore
- o Command- Meaning, Types and its uses in different situations.

Unit - III Teaching Aids

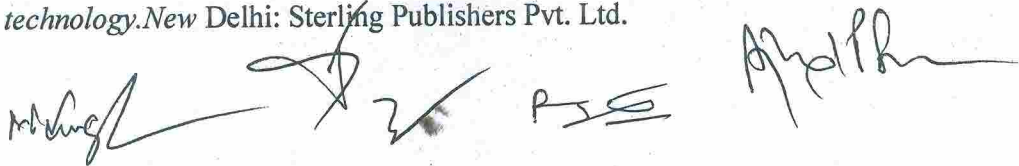
- o Teaching Aids - Meaning, Importance and its criteria for selecting teaching aids.
- o Teaching aids - Audio aids, Visual aids, Audio - visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture Camp, picnic etc
- o Team Teaching - Meaning, Principles and advantage of team teaching.
- o Difference between Teaching Methods and Teaching Aid.

Unit - IV Lesson Planning and Teaching Innovations

- o Lesson Planning - Meaning, Type and principles of lesson plan.
- o General and specific lesson plan.
- o Micro Teaching - Meaning, Types and steps of micro teaching.
- o Simulation Teaching - Meaning, Types and steps of simulation teaching.

Reference:

- Bhardwaj, A. (2003). *New media of educational planning*. New Delhi: Sarup of Sons.
- Bhatia, & Bhatia, (1959). *The principles and methods of teaching*. New Delhi: Doaba House.
- Kochar, S.K. (1982). *Methods and techniques of teaching*. New Delhi: Sterling Publishers Pvt. Ltd.
- Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). *Introduction to educational technology*. New Delhi: Sterling Publishers Pvt. Ltd.





PAPER -VII

CC- 107 ORGANIZATION AND ADMINISTRATION

Unit - I: Organization and administration

- o Meaning and importance of Organization and Administration in physical education
- o Qualification and Responsibilities of Physical Education teacher and pupil leader
- o Planning and their basic principles,
- o Program planning: Meaning, Importance, Principles of program planning in physical education.& Camping
- o Functions of Planning, organizing, staffing, directing, communicating, co-ordination, controlling, evaluating and innovating.

Unit- II: Office Management, Record, Register & Budget

- o Office Management: Meaning, definition, functions and kinds of office management
- o Records and Registers: Maintenance of attendance Register, stock register, cash register, physical efficiency record, Medical examination Record.
- o Budget: Meaning, Importance of Budget making,
- o Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget.

Unit-III: Facilities, & Time-Table Management

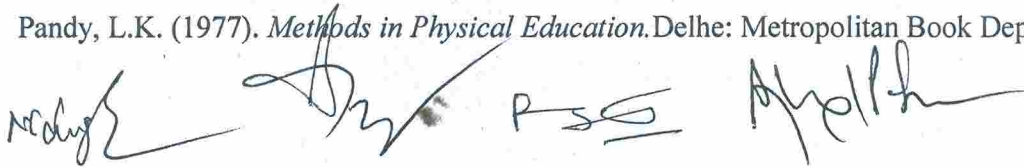
- o Facilities and equipment management: Types of facilities Infrastructure-indoor, out door.
- o Care of school building, Gymnasium, swimming pool, Play fields, Play grounds
- o Equipment: Need, importance, purchase, care and maintenance.
- o Time Table Management: Meaning, Need, Importance and Factor affecting time table.

Unit-IV: Competition Organization

- o Meaning & Importance of Tournament,
- o Types of Tournament and its organizational structure - Knock-out Tournaments, League or Round Robin Tournaments, Combination Tournament and challenge Tournament.
- o Organization structure of Athletic Meet
- o Sports Event Intramurals & Extramural Tournament planning

References:

- Bucher, C. A. (1983). *Administration of Physical Education and Athletic programme*. St. Louis: The C.V. Mosby Co.
- Kozman, H.C. Cassidy, R. & Jackson, C. (1960). *Methods in Physical Education*. London: W.B. Saunders Co.
- Pandey, L.K. (1977). *Methods in Physical Education*. Delhi: Metropolitan Book Depot.





PAPER VIII

CC-108 SPORTS NUTRITION AND WEIGHT MANAGEMENT

Unit –I: Introduction to Sports Nutrition –

- Meaning and Definition of Sports Nutrition
- Basic Nutrition guidelines
- Role of nutrition in sports
- Factor to consider for developing nutrition plan

Unit –II: Nutrients: Ingestion to energy metabolism –

- Carbohydrates, Protein, Fat Meaning, classification and its function
- Role of carbohydrates, Fat and protein during exercise
- Vitamins, Minerals, Water Meaning, classification and its function
- Role of hydration during exercise, water balance, Nutrition daily caloric requirement and expenditure.

Unit –III: Nutrition and Weight Management –

- Meaning of weight management Concept of weight management in modern era Factor affecting weight management and values of weight management
- Concept of BMI (Body mass index), Obesity and its hazard, Myth of Spot reduction, Dieting versus exercise for weight control, Common Myths about Weight Loss
- Obesity Definition, meaning and types of obesity,
- Health Risks Associated with Obesity, Obesity - Causes and Solutions for Overcoming Obesity.

Unit –IV: Steps of planning of Weight Management –

- Nutrition Daily calorie intake and expenditure, Determination of desirable body weight
- Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle
- Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss

References:

Bessesen, D. H. (2008). Update on obesity. (6), 2027-2034.

Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance.. Obesity (Silver Spring) 15 (12), 3091-3036

M. Singh *A. W.* *P. S. S.* *A. K. H.*



B. P. Ed. Theory Syllabus Second Year

Theory courses

PAPER -I

CC-201 SPORTS TRAINING

Unit – I: Introduction to Sports Training

- Meaning and Definition of Sports Training
- Aim and Objective of Sports Training
- Principles of Sports Training
- System of Sports Training - Basic Performance, Good Performance and High Performance Training

Unit – II: Training Components

- Strength - Mean and Methods of Strength Development
- Speed - Mean and Methods of Speed Development
- Endurance - Mean and Methods of Endurance Development
- Coordination - Mean and Methods of coordination Development
- Flexibility - Mean and Methods of Flexibility Development

Unit – III: Training Process

- Training Load- Definition and Types of Training Load
- Principles of Intensity and Volume of stimulus
- Technical Training - Meaning and Methods of Technique Training
- Tactical Training - Meaning and Methods of Tactical Training

Unit – IV: Training programming and planning

- Periodization - Meaning and types of Periodization
- Aim and Content of Periods - Preparatory, Competition, Transitional etc.
- Planning - Training session
- Talent Identification and Development

Reference:

- Dick, W. F. (1980). *Sports training principles*. London: Lepus Books.
- Harre, D.(1982)..*Principles of sports training*. Berlin: Sporulated.
- Matvyew, L.P. (1981) .*Fundamental of sports training*. Moscow: Progress Publishers.
- Singh, H. (1984).*Sports training, general theory and methods*. Patials: NSNIS.
- Uppal, A.K., (1999).*Sports Training*. New Delhi: Friends Publication.

M. Singh *A. K. Uppal* *P. S. S.* *A. K. Uppal*



PAPER -II

CC-202 COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

Unit - I: Introduction to Computer

- Meaning, need and importance of information and communication technology (ICT).
- Application of Computers in Physical Education
- Components of computer, input and output device
- Application software used in Physical Education and sports

Unit - II: MS Word

- Introduction to MS Word
- Creating, saving and opening a document
- Formatting Editing features Drawing table.
- page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes

Unit-III: MS Excel

- Introduction to MS Excel
- Creating, saving and opening spreadsheet creating formulas
- Format and editing features adjusting columns width and row height understanding charts.

Unit-IV: MS Power Point

- Introduction to MS Power Point
- Creating, saving and opening a ppt. file
- Format and editing features slide show , design , inserting slide number
- Picture, graph ,table
- Preparation of Power point presentations

References:

- Irtegov, D. (2004). *Operating system fundamentals*. Firewall Media.
- Marilyn, M.& Roberta, B.(n.d.). *Computers in your future*. 2nd edition, India: Prentice Hall.
- Milke, M.(2007). *Absolute beginner's guide to computer basics*. Pearson Education Asia.
- Sinha, P. K. & Sinha, P. (n.d.). *Computer fundamentals*. 4th edition, BPB Publication.
- Barrow, H. M. (1983). *Man and movement: principles of physical education*. Philadelphia: Lea and Febiger.

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PAPER -III

CC-203 SPORTS PSYCHOLOGY AND SOCIOLOGY

Unit -I: Introduction

- Meaning, Importance and scope of Educational and Sports Psychology
- General characteristics of Various Stages of growth and development
- Types and nature of individual differences; Factors responsible -Heredity And environment
- Psycho-sociological aspects of Human behavior in relation to physical education and sports

Unit-II: Sports Psychology

- Nature of learning, theories of learning, Laws of learning,
- Plateau in Learning; & transfer of training
- Meaning and definition of personality, characteristics of personality,
- Dimension of personality, Personality and Sports performance
- Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance.
- Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imaginary.
- Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety
- Meaning and nature of stress; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance

Unit-III: Relation between Social Science and Physical Education.

- Orthodoxy, customs, Tradition and Physical Education.
- Festivals and Physical Education.
- Socialization through Physical Education.
- Social Group life, Social conglomeration and Social group, Primary group and Remote group.

Unit-VI: Culture: Meaning and Importance.

- Features of culture,
- Importance of culture.
- Effects of culture on people life style.
- Different methods of studying Observation/ Inspection method, Questionnaire method, Interview method

References:

- Ball, D. W. & Loy, J. W. (1975). *Sport and social order; Contribution to the sociology of sport.* London: Addison Wesley Publishing Co., Inc.
- Kamlesh, M.L. (1998). *Psychology in physical education and sport.* New Delhi: Metropolitan Book Co.
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PAPER -IV

CC-204 SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

Unit-I: - Sports Medicine:

- Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance.
- Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.
- Need and Importance of the study of sports injuries in the field of Physical Education
- Prevention of injuries in sports - Common sports injuries - Diagnosis -
- First Aid - Treatment - Laceration - Blisters - Contusion - Strain - Sprain - Fracture - Dislocation and Cramps - Bandages - Types of Bandages - trapping and supports.

Unit-II: Physiotherapy

- Definition - Guiding principles of physiotherapy, Importance of physiotherapy,
- Introduction and demonstration of treatments - Electrotherapy - infrared rays - Ultraviolet rays -short wave diathermy - ultrasonic rays.

Unit-III: Hydrotherapy:

- Introduction and demonstration of treatments of Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath - Steam Bath - Sauna Bath - Hot Water Fomentation - Massage: History of Massage - Classification of Manipulation (Swedish System) physiological Effect of Massage.

Unit-IV: Therapeutic Exercise:

- Definition and Scope - Principles of Therapeutic Exercise - Classification, Effects and uses of Therapeutic exercise - passive Movements (Relaxed, Forced and passive - stretching) - active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise - Shoulder, Elbow - Wrist and Finger Joints Hips, Knee, ankle and Foot joints – Trunk, Head and Neck exercises.

References:

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- Mathew, D.K. & Fox, E.L, (1971). *Physiological basis of physical education and athletics*. Philadelphia:W.B. Saunders Co.
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PAPER -V

CC-205 MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Unit- I: Introduction to Test & Measurement & Evaluation

- Meaning of Test & Measurement & Evaluation in Physical Education
- Need & Importance of Test & Measurement & Evaluation in Physical Education
- Principles of Evaluation

Unit- II: Criteria; Classification and Administration of test

- Criteria of good Test
- Criteria of tests, scientific authenticity (reliability, objectivity, validity and availability of norms)
- Type and classification of Test
- Administration of test, advance preparation - Duties during testing - Duties after testing.

Unit- III: Physical Fitness Tests

- AAHPER youth fitness test
- National physical Fitness Test
- Indiana Motor Fitness Test
- JCR test
- U.S Army Physical Fitness Test

Unit- IV Sports Skill Tests

- Lockhart and McPherson badminton test
- Johnson basketball test
- McDonald soccer test
- S.A.I volleyball test
- S.A.I Hockey test

References:

- Pheasant, S. (1996). *Body space: anthropometry, ergonomics and design of work*. Taylor & Francis, New York.
- Phillips, D. A., & Hornak, J. E. (1979). *Measurement and evaluation in physical education*. New York: John Willey and Sons.
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PAPER -VI
CC-206 KINESIOLOGY AND BIOMECHANICS

Unit – I: Introduction to Kinesiology and Sports Biomechanics

- Meaning and Definition of Kinesiology and Sports Biomechanics
- Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches.
- Terminology of Fundamental Movements
- Fundamental concepts of following terms - Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity

Unit – II: Fundamental Concept of Anatomy and Physiology

- Classification of Joints and Muscles
- Types of Muscle Contractions
- Posture - Meaning, Types and Importance of good posture.
- Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal Innovation

Unit – III: Mechanical Concepts

- Force - Meaning, definition, types and its application to sports activities
- Lever - Meaning, definition, types and its application to human body.
- Newton's Laws of Motion - Meaning, definition and its application to sports activities.
- Projectile - Factors influencing projectile trajectory.

Unit – IV: Kinematics and Kinetics of Human Movement

- Linear Kinematics - Distance and Displacement, speed and velocity, Acceleration
- Angular kinematics - Angular Distance and Displacement, Angular Speed and velocity, Angular Acceleration.
- Linear Kinetics - Inertia, Mass, Momentum, Friction.
- Angular Kinetics - Moment of inertia ,Couple, Stability.

Reference:

- Bunn, J. W. (1972)..*Scientific principles of coaching*. Englewood Cliffs, N.J.: Prentice Hall Inc.
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PAPER –VII

CC-207 RESEARCH AND STATISTICS IN PHYSICAL EDUCATION

Unit-I: Introduction to Research

- Definition of Research
- Need and importance of Research in Physical Education and Sports.
- Scope of Research in Physical Education & Sports.
- Classification of Research
- Research Problem, Meaning of the term, Location and criteria of Selection of Problem, Formulation of a Research Problem, Limitations and Delimitations.

Unit-II: Survey of Related Literature

- Need for surveying related literature.
- Literature Sources, Library Reading
- Research Proposal, Meaning and Significance of Research Proposal.
- Preparation of Research proposal / project.
- Research Report: A group project is to be undertaken by a small batch of students under the supervision of a teacher, wherein it is expected to survey school facilities of physical education, health assessment programme evaluation, fitness status of the students, staff and other stakeholders etc. and submit the report to the institution.

Unit-III: Basics of Statistical Analysis

- Statistics: Meaning, Definition, Nature and Importance
- Class Intervals: Raw Score, Continuous and Discrete Series, Class Distribution, Construction of Tables
- Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Ogive, Pie Diagram

Unit- IV: Statistical Models in Physical Education and Sports

- Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition, Importance, Advantages, Disadvantages and Calculation from Group and Ungrouped data
- Measures of Variability: Meaning, importance, computing from group and ungroup data
- Percentiles and Quartiles: Meaning, importance, computing from group and ungroup data

References:

- Best, J.W. (1963). *Research in education*. U.S.A.: Prentice Hall.
- Bompa, T. O. &Haff, G. G. (2009). *Periodization: theory and methodology of training, 5th ed*. Champaign, IL: Human Kinetics.
- Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). *Research method in physical activity*. U.S.A: Champaign, IL: Human Kinetics Books.
- Uppal, A. K. (1990). *Physical fitness: how to develop*. New Delhi: Friends Publication.
- Verma, J. P. (2000). *A text book on sports statistics*. Gwalior: Venus Publications.

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PAPER -VIII

CC- 208 SPORTS MANAGEMENT

UNIT-1

- Nature and Concept of Sports Management.
- Progressive concept of Sports management.
- The purpose and scope of Sports Management.
- Essential skills of Sports Management.
- Qualities and competencies required for the Sports Manager.
- Event Management in physical education and sports.

Unit-II

- Meaning and Definition of leadership
- Leadership style and method.
- Elements of leadership.
- Forms of Leadership.
 - Autocratic
 - Laissez -faire
 - Democratic
 - Benevolent Dictator
- Qualities of administrative leader.
- Preparation of administrative leader.
- Leadership and Organizational performance.

Unit-III

- Sports Management in Schools, colleges and Universities.
- Factors affecting planning
- Planning a school or college sports programme.
- Directing of school or college sports programme.
- Controlling a school, college and university sports programme.
 - Developing performance standard
 - Establishing a reporting system
 - Evaluation
 - The reward/punishment system

Unit-IV

- Financial management in Physical Education & sports in schools, Colleges and Universities.
- Budget Importance, Criteria of good budget,
- Steps of Budget making
- Principles of budgeting

REFERENCES:

*Physical education and intramural programmes, Daughtrey, G. & Woods, J.B. (1976).
organisation and administration. Philadelphia U.S.A. : W.B. Saunders Cp.*
Management competency development in sports and physical Earl, F. Z, & Gary, W. B. (1963).

MS/ *SS* *Part B* *MS/*



Practical Courses (I & II Year)

Track and Field: Running Event

Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.

Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug

Ground Marking, Rules and Officiating

Hurdles:

- Fundamental Skills - Starting, Clearance and Landing Techniques.
- Types of Hurdles
- Ground Marking and Officiating.

Relays: Fundamental Skills

Various patterns of Baton Exchange

Understanding of Relay Zones

Ground Marking

Interpretation of Rules and Officiating.

Gymnastics: Floor Exercise

Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap.

Vaulting Horse

Approach Run, Take off from the beat board, cat vault, squat vault

Parallel Bar

Mount from one bar

Straddle walking on parallel bars.

Single and double step walk

Perfect swing

Shoulder stand on one bar and roll forward.

Roll side

Shoulder stand

Front on back vault to the side(dismount)

Horizontal /Single Bar:

Grip

Swings

Fundamental Elements

Dismount

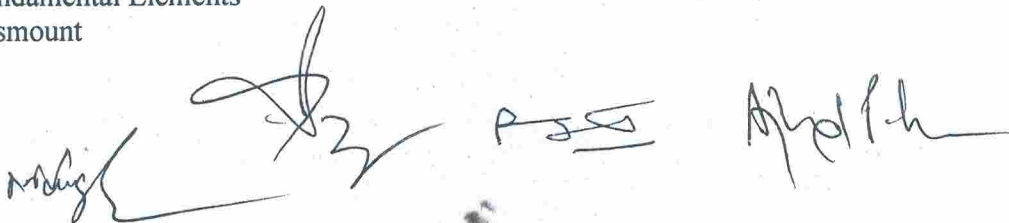
Uneven Parallal Bar:

Grip

Swings

Fundamental Elements

Dismount



Malkhambh and Light Apparatus:

Lathi-Two counts exercises, Four Count exercises, eight count exercises, sixteen count exercises.

Mass P.T. Exercises – Two count, four count and eight count exercises.

Hindustani Lezuim - Char Awaaz, EkJagah, AantiLagaav, Pavitra, Do Rukh, Chau Rukh, Chau rukhbethak, Momiya.

Malkhamb -Salaami, Hold, Saadiudi, Bagaludi, Dashrangudi, Bagliudi, Veludi, Soydoro, Phirki, Padmasana, T.Balance, Pataka, Landing.

Mass demonstration activities:**Dumbbells/ Wands/ Hoop/ Umbrella drill and Marching: fundamental skills**

Apparatus/ Light apparatus Grip

Attention with apparatus/ Light apparatus

Stand at ease with apparatus/ light apparatus

Exercise with verbal command, drum, whistle and music Two count, Four count, Eight Count and Sixteen count.

Standing Exercise

Jumping Exercise

Moving Exercise

Combination of above all

Track and Field: Jumping Events

Long Jump, Hop Step Jump, High Jump

Approach Run,

Take off

Clearance over the bar.

Landing

Ground Marking, Interpretation of rules and Officiating

Yoga:

Surya Namaskara,

Pranayams

Corrective Asanas

Kriyas

Asanas

•Sitting

•Standing

•Laying Prone Position,

•Laying Spine Position

Aerobics: Introduction of Aerobics

Rhythmic Aerobics - dance

Low impact aerobics

High impact aerobics

Aerobics kick boxing

Postures Warm up and cool down

THR Zone Being successful in exercise and adaptation to aerobic workout.

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Badminton: Fundamental Skills

Racket parts, Racket grips, Shuttle Grips.

The basic stances.

The basic strokes -Serves, Forehand-overhead and underarm, Backhand-overhead and Underarm

Drills and lead up games

Types of games -Singles, doubles, including mixed doubles.

Ground Marking, Rules and their interpretations and duties of officials.

Table Tennis: Fundamental Skills

The Grip-The Tennis Grip, Pen Holder Grip.

Service-Forehand, Backhand, Side Spin, High Toss.

Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop Drive.

Stance and Ready position and foot work.

Ground Marking, Rules and their interpretations and duties of officials.

Tennis: Fundamental Skills

Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip.

Stance and Footwork.

Basic Ground strokes- Forehand drive, Backhand drive.

Basic service.

Basic Volley.

Over-head Volley.

Chop

Tactics Defensive, attacking in game

Ground Marking

Track and field :Throwing Events

Discus Throw, Javelin, Hammer throw, shot-put

Basic Skills and techniques of the Throwing events

Ground Marking / Sector Marking

Interpretation of Rules and Officiating.

Grip

Stance

Release

Recovery/ (Follow through action)

Rules and their interpretation and duties of official

Taekwondo : Fundamental Skills

Player Stances walking, extending walking, L stance, cat stance.

Fundamental Skills Sitting stance punch, single punch, double punch, triples punch.

Punching Skill from sparring position front -fist punch, rear fist punch, double punch, and four combination punch.

Foot Techniques (Balgisul) standing kick (soseochagi), Front kick (AP chagi), Arc kick (BandalChagi), Side kick, (YeopChagi), Turning kick (DollyoChagi), Back kick (Twit Chagi), Reverse turning kick (BandaedollyoChagi), Jump kick (TwimyoChagi), Poomsae (Forms) Jang, Yi Jang, Sam Jang, Sa Jang, O Jang, Yook Jang, Chil Jang, Pal

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Jang (Fundamental Movement eye control, concentration of spirit, speed control, strength control, flexibility, balance, variety in techniques)
Sparring (Kyorugi) One Step Sparring (hand techniques, foot techniques, self defense Techniques, combination kicks), Free Sparring.
Board Breaking (Kyokpa) eye control, balance, power control, speed, point of attack.
Rules and their interpretations and duties of officials.

Judo: Fundamental skills


Rei (Salutation)-Ritsurei(Salutation in standing position), Zarai (Salutation in the sitting position)
Kumi kata (Methods of holding judo costume)
Shisei (Posture in Judo)
Kuzushi (Act of disturbing the opponent posture)
Tsukuri and kake (Preparatory action for attack)
Ukemi (Break Fall)-UrhiroUkemi (Rear break Fall), Yoko Ukemi (Side Break Fall), Mae Ukemi (Front Break Fall), Mae mawariUkemi (Front Rolling break fall)
Shin Tai (Advance or retreat foot movement) - Suri - ashi (Gliding foot), Twugi - ashi (Following footsteps), Ayumi-ashi (Waling steps).
Tai Sabaki (Management of the body)
NageWaze (Throwing techniques) - HizaGuruma (Knee wheel), SesaeTwurikomi-ashi (Drawing ankle throw), De ashihari (Advance foot sweep), O Goshi (Major loinm), SeoiNage (Shoulder throw).
Katamawaze(Grappling techniques) - Kesagatame (Scaff hold), Kata gatame (Shoulder hold), Kami shihogatama (Locking of upper four quarters), Method of escaping from each hold.

Wrestling: Fundamental Skills

Take downs, Leg tackles, Arm drag.
Counters for take downs, Cross face, Whizzer series.
Escapes from under - sit-out turn in tripped.
Counters for escapes from under - Basic control back drop, Counters for stand up.
Pinning combination-Nelson series(Half Nelson, Half Nelson and Bar arm), Leg lift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson.
Escapes from pinning: Wing lock series, Dople arm lock roll, Cridge.
Standing Wrestling-Head under arm series, whizzer series
Referees positions.

Fencing: Fundamental Skill

Basic Stance - on-guard position (feet and legs)
Footwork advance, retire, lunge, Step - lunge
Grip hold a foil correctly, Etiquette salute and handshake to coaches and partners
Hit a target (glove, mask, person) at riposte distance
Lunge from an on-guard position.
Attack - simple attacks from sixte direct, disengage, doublé attack, compound attacks
high line one-two and cut-over disengage, Cut-over attack, Low line attacks
Semi circular parries octave and septime
Understand the layout of a piste.
Compound or successive parries.
Lateral parry and direct riposte
Fence about judges etc. salutes and handshakes
Rules and their interpretations and duties of officials.

Mr. Singh  *ASS* 



Netball: Fundamental Skills

Catching: one handed, two handed, with feet grounded, in flight.

Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, Under arm, bounce, lob); two handed passes (push, overhead, bounce).

Footwork: landing on one foot; landing on two feet; pivot; running pass.

Shooting: one hand; two hands; forward step shot; backward step shot.

Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.

Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).

Intercepting: pass; shot.

The toss-up.

Role of individual players

Ground Marking, Rules and their interpretations and duties of officials.

Cricket: Fundamental Skills

Batting-Forward and backward defensive stroke

Bowling-Simple bowling techniques

Fielding-Defensive and offensive fielding

Catching-High catching and Slip catching

Stopping and throwing techniques

Wicket keeping techniques

Ground Marking, Rules and their interpretations and duties of officials.

Football: Fundamental Skills

Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick

Trapping-trapping rolling the ball, trapping bouncing ball with sole

Dribbling-With instep, inside and outer instep of the foot.

Heading-From standing, running and jumping.

Throw in

Feinting-With the lower limb and upper part of the body.

Tackling-Simple tackling, Slide tackling.

Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting.

Ground Marking, Rules and their interpretations and duties of officials.

Hockey: Fundamental Skills

Player stance & Grip

Rolling the ball

Dribbling

Push

Stopping

Hit

Flick

Scoop

Passing Forward pass, square pass, triangular pass, diagonal pass, return pass,

Reverse hit

Dodging

Goal keeping Hand defence, Foot defence

Positional play in attack and defense.

Rules and their interpretations and duties of officials.

Ground Marking.

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Volleyball: Fundamental Skills

Players Stance-Receiving the ball and passing to the team mates,

The Volley (Over head pass),

The Dig (Under hand pass).

Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service.

Ground Marking, Rules and their interpretations and duties of officials.

Positional play in attack and defense.

Hand Ball: Fundamental Skills-

Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre

Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack,

Simple Counter Attack, Counter Attack from two wings and centre, Blocking, Goal

Keeping, Defense.

Ground Marking, Rules and their interpretations and duties of officials.

Basket ball: Fundamental Skills

Player stance and ball handling

Passing-Two Hand chest pass, Two hand Bounce Pass, One Hand Base ball pass, Side

Arm Pass, Over Head pass, Hook Pass.

Receiving - Two Hand receiving, One hand receiving, Receiving in stationary position,

Receiving while jumping, Receiving while running.

Dribbling - How to start dribble, How to drop dribble, High dribble, Low dribble, Reverse

Dribble, Rolling dribble.

Shooting - Layup shot and its variations, one hand set shot, One hand jump shot, Hook

Shot, Free throw.

Rebounding - Defensive rebound, Offensive rebound, Knock out, Rebound Organization.

Individual Defensive - Guarding the man with the ball and without the ball.

Pivoting.

Ground Marking, Rules and their interpretations and duties of the officials.

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TEACHING PRACTICES (TP)
(I Year & II Year)

TP -101 Teaching practice(Classroom and Outdoor)

10 teaching practice lessons out of which 5 lessons in class-room situation and 5 Lessons for out-door activities within premises on the students of B.P.Ed course.

TP-201 Teaching Practice (Teaching lesson plan for racket sport/team games/Indigenous sports)

10 teaching lesson plans for Racket sports/Team sports/ indigenous sports out of which 5 lessons Internal and 5 lessons external at school.

TP-202 Sports Specialization Coaching Lessons(Track And Field/Yoga/Gymnastics)

4 internal lesson plans at practicing school and 1 final external lesson on the students of practicing school as a sports specialization of any discipline mentioned above.

TP-203 Game Specialization Coaching Lesson

**(Kabaddi/Kho-Kho/Cricket/Football/Hockey/Volleyball/Handball/Basketball/
Badminton /Table Tennis)-Any One**

4 internal lesson plans at practicing school and 1 final external lesson on the students of practicing school as a sports specialization of any discipline mentioned above.

Note: This whole syllabus is apply University campus as well as all affiliating colleges.

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