

**DR. RAM MANOHAR LOHIA AVADH UNIVERSITY,  
FAIZABAD (U.P.)**



**DEPARTMENT OF PHYSICAL EDUCATION**

**BACHLER OF PHYSICAL EDUCATION AND  
SPORTS (B.P.E.S.)**

**(FACULTY OF ARTS)**

**ORDINANCE AND SYLLABUS**

**EFFECTIVE FROM SESSION 2017-18**

**ORDINANCE AND SYLLABUS B.P.E.S.(BACHELOR OF PHYSICAL  
EDUCATION AND SPORTS) THREE YEAR COURSE**

**B.P.E.S.:** A comprehensive written objective test/merit based on objective type of questions multi-choice (General studies, Aptitude test and current affairs about sports) -300 Marks/Practical Exam : Those candidates who qualify with 40% marks in theory of the entrance test only will be allowed to appear in the practical exam (Physical Efficiency and Skill test).

Minimum 40% marks is required for passing the practical exam Final result would be declared only after the completion of both the category of exams (i.e. theory and practical).

- a. Physical Efficiency obstacle test (AAHPERD Youth fitness Test ) -200 marks.
- b. Skill test on selected games as per specialization on selected games only i.e. Athletics, Badminton, Basketball, Football, Volleyball, Hockey, Tennis, Cricket, Gymnastics and Kabaddi specifically as to give skill test exam in games approved and included in the calendar of association of Indian University.
- c. **Eligibility:** Intermediate with at least 10+2 pass in aggregate is the basic requirement along with sports participation as mentioned above.
- d. **Seats :** As per University/Govt. Norms and Standards.

**ATTENDANCE:**

Attendance in theory and practical subjects shall be compulsory. A minimum of 75% attendance is required separately for each theory and practical's subjects.

Should submitted there fitness certificate will have to undergo medical examination in the Govt. Hospital those candidate who are pronounced medically fit by the Hospital will be given admission.

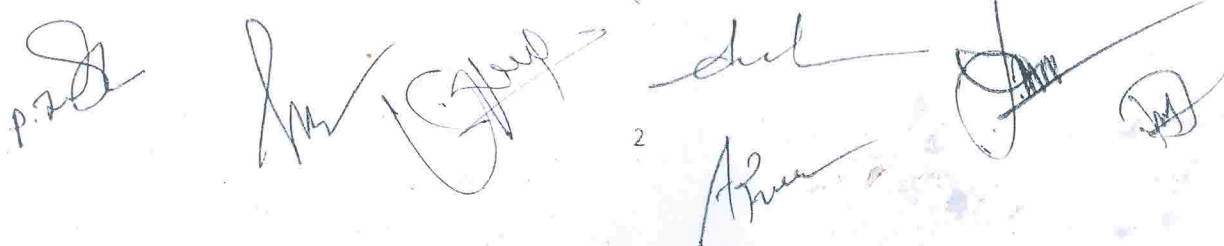
**Uniform :** Black pant, white shirt, Mahroon tie, Black colour shoe and track shuit, Twoshorts, T-Shirt, Dark Navy Blue Blessure, sports shoe, shocks and Bag.

**Medium :** The medium of instruction and examination shall be in English and Hindi.

**Instructions :**

- In addition to the above rules the student must fulfill the following requirements to appear in the final examination.
- Should have attended educational Tour organized by the Department of Physical Education at least 07 days.
- Attended minimum of 07 days Adventure Leadership Training Camp organized by the Department of Physical Education.
- The student will have to submit tour/camp report within ten days after arrival from tour/camp compulsorily in the Department of Physical Education failing which the result will not be declared.

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### Examination:

(1) There shall be final examination at the end of each year and a candidate must pass separately in :

Part -A.....Theory

Part -B.....Practical

Part -C.....Teaching Ability

Part -D.....Games Specialization

(2) Exam of specialization will be conducted as per the choice of the student opted out of ten games offered in B.P.E.S.syllabus.

Exam of specialization will be conducted as per the choice of the student opted out of ten games offered in B.P.E.S. Syllabus.

Part -A ..... Theory, Part -B ..... Practical

Part -C ..... Teaching Ability, Part -D ..... Games Specialization

Including marks of Educational Tour/Leadership training camp. Division of student will be given on the basis of aggregate marks obtained from all the parts including tour/camp marks. The degree will have the division of the student as well as the game specialization mentioned on it.

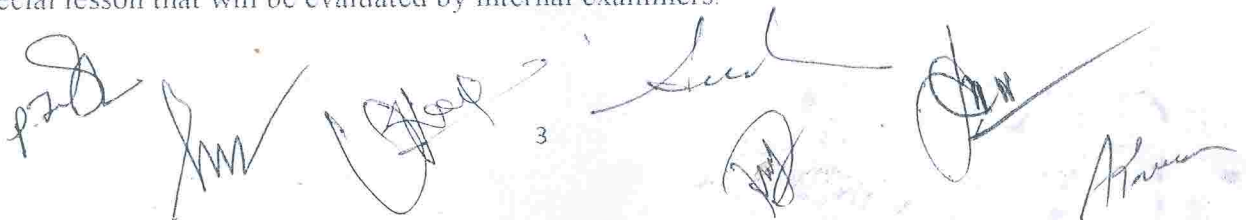
(3) For teaching ability the minimum percentage required is 40%, that shall consist of the sessional as well final examination marks. Final teaching ability exam will be conducted by the external examiner in general and special category separately.

(4) The practical examination must be conducted by the internal examiners completing the syllabus. The minimum aggregate marks required shall be 40%. The following games are included for the practical examination. Athletics, Badminton, Basketball, Cricket, Football, Kabaddi, Hockey, Volleyball, Yogan and Shooting.

(5) Game Specialization : Every student has to opt one game out of the ten games given in the B.P.E.S.Syllabus. The student is required to submit a project book and will have to appear in the skill proficiency exam of the game opted by the candidate. The examination will be conducted by the External Examiners.

(6) If a candidate fails in the theory (one or more) paper will have to appear in the supplementary exam, but if he fails in the practical's, sessionals, teaching ability or game specialization then he will have to appear in the next main examination as an ex-student university police/norms .

(7) Each student has to complete minimum five lessons in different schools separately for general and special lesson that will be evaluated by internal examiners.

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(8) The candidate who passes in all the examinations with minimum 40% of marks as will be declared pass. Such pass candidate will be awarded with the division according to the following criteria.

First Division.....Candidate securing 60% of marks and above in aggregate secured in Part A, B, C and D examination.

Second Division.....Less than 60% but not less than 50% in the aggregate.

Third Division .....Less than 50% but not less than 40% in aggregate.

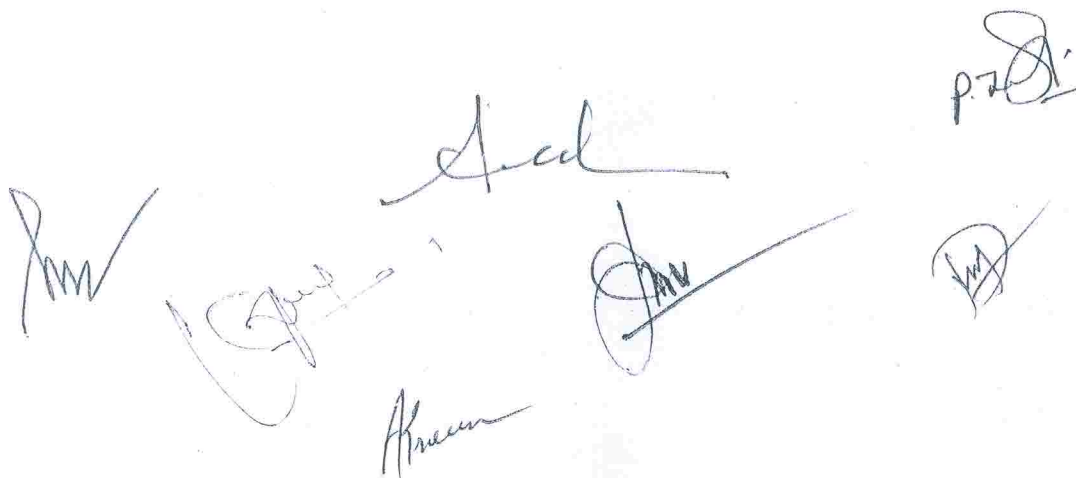
The entire student, who has not passed, will be categorized as failed.

#### **BACK PAPER:**

If a candidate fails in the theory (one or more) paper will have to appear in the supplementary exam, but if he fails in the practical's, sessionals, teaching ability or game specialization then he will have to appear in the next main examination as an ex-student.

**Note :** The whole syllabus is applicable for University and its affiliated college .

**Paper Structure:** The object and scheme of examination shall be as following :

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**ACADEMIC PROGRAMME**  
**SCHEME OF EXAMINATION**

B.P.E.S.-Ist Year

**PART-A (THEORY PAPER)**

Paper	Subject	Maximum Marks		
		Theory	Sessional	Total
I	History And Principle Of Physical Education	70	30	100
II	Basic And Systematic Anatomy	70	30	100
III	Sports Sociology and Environmental Studies	70	30	100
IV	Health Education	70	30	100

**PART-B (PRACTICALS)**

Paper	Subject	Maximum Marks	
		Internal	Total
I	Atheletic	100	100
II	Volleybal	100	100
III	Badminton	100	100
IV	Football	100	100

**Grand Total : 800**

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**B.P.E.S.-IInd Year**

**PART-A (THEORY PAPER)**

Paper	Subject	Maximum Marks		
		Theory	Sessional	Total
I	Physiology and Physiology of exercise	70	30	100
II	Educational and Sports Psychology	70	30	100
III	Management of Physical Education	70	30	100
IV	Kinesiology	70	30	100

**PART-B (PRACTICALS)**

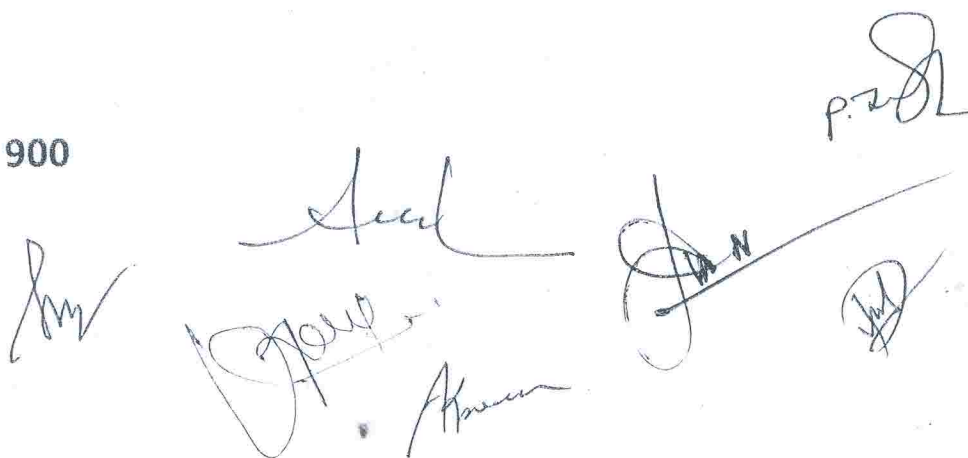
Paper	Subject	Maximum Marks		
		External	Internal	Total
I	Kabaddi	70	30	100
II	Gymnastic	70	30	100
III	Basketball	70	30	100
IV	Kho-Kho	70	30	100

**PART-C-Educational Tour and Project work**

Paper	Subject	Maximum Marks	
		Internal	Total
I	Educational Tour	50	50
II	Project work	50	50

**Grand Total : 900**

P. S. D.





B.P.E.S.-III<sup>rd</sup> Year

PART-A (THEORY PAPER)

Paper	Subject	Maximum Marks		
		Theory	Sessional	Total
I	Sports Training , Officiating and Coaching	70	30	100
II	Method in Physical Education	70	30	100
III	Test and Measurement in Physical Education	70	30	100
IV	Yoga & Recreation	70	30	100

PART-B (PRACTICALS)

Paper	Subject	Maximum Marks		
		External	Internal	Total
I	Hockey	70	30	100
II	Cricket,	70	30	100
III	Yoga	70	30	100
IV	Handball	70	30	100

PART-C-Teaching Practice

Paper	Subject	Maximum Marks		
		External	Internal	Total
I	General lesson Plan	70	30	100
II	Specific lesson Plan	70	30	100
III	Theory lesson plan (Any one Subject)	70	30	100
IV	Game Specialization	70	30	100

Grand Total : 1200

Grand Total – (B.P.E.S. I<sup>st</sup> Year + B.P.E.S. II<sup>nd</sup> Year + B.P.E.S. III<sup>rd</sup> Year = (800 + 900 + 1200)= 2900

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**HISTORY AND PRINCIPLE OF PHYSICAL EDUCATION**

**Unit -I:**

- (A). (a). Definition, Meaning ,aims and objectives of Physical Education.  
(b). Importance of Physical Education in the modern age.  
(c). Relationship of Physical Education with health Education and recreation.  
(B). (a). History of Physical Education in Ancient Greece with special reference of the evolution of Olympic games.  
(b). History of Physical Education in the Roman Empire with special emphasis on circus, gladiatorial contest and the downfall of Olympics.

**Unit-II:**

- (A). (a). A brief account of the history of gymnastic in  
(i) Sweden (ii) Denmark (iii) Germany with Special stress on education gymnastics.  
(b). Contribution of the English people to spread modern games in India.  
(c). Modern stage of Physical education  
1. India 2. Europe 3. USA  
(d). India : Pre - Vedic Period , Vedic Period, Historical Period  
(B). (a). Olympics Games  
(b). Asian Games.  
(c). Common wealth games(CWG)  
(d). S.A.F. Games.  
(e). Indian National Games

**Unit-III:**

- (A). (a). History of Physical Education in India from Ancient times to 1947.  
(b). Modern Trends in Physical in India with Special reference to the following:  
(i) AICS (All India Council of Sports)  
(ii) C.A.B. Physical Education (Central Advisory Board in Physical Education  
(iii) N.F.C (National Fitness Corps)  
(iv) IOC (International Olympic Committee)  
(v) IOA (Indian Olympic Association.)

**Unit-IV:**

- (A). (a). Development and Achievement of the following organisation Movement.  
(i). NSNIS Patiyala ( Netaji Subhash National Institute of Sports)  
(ii). S.A.I. (Sports Authority of India).  
(iii). Scouts and Guides  
(iv). Sports Award  
(v). YMCA

**Unit V**

Contribution to the growth of Physical Education by leaders and movement in the following countries:-

- A. (i) Germany (Johan Basedow, Guts Muths Fredrick Ludwing John).  
(ii) Sweden ( Per Henric ling)  
(ii) Denmark ( frank Nachtegal )  
(iii) Great Britain (Archibald Marclarin).  
(iv) India : Shri H.C.Buck ,Shri J.D. Sondhi, Dr. P.M. Joseph , Rajkumari Amrit Kaur.

**Reference Books:**

- 1 D.C Wakherkar, Manual of Physical Education, 1967  
2 Eraz Ahmed Khan, A History of Physical Education, 1964  
3 Kamlesh M.L & Sangral M.S., Principles and History of Physical Education, 1977  
4 Ministry of Education, A National Plan of Physical Education, 1965  
5 Sanyal Sardindo, India and Olympic Games

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**B.P.E.S. -1st year**  
**PAPER - II**  
**BASIC AND SYSTEMIC ANATOMY**

**Unit – I Introduction**

- (A) Meaning ,Definition & Concept of Anatomy.
- (B) Need and Importance of anatomy in the field of Physical Education.
- (C) Structure and functions of cells.
  - a. Structure of cell
  - b. Properties of cell
  - c. Constituents of cell and their functions
- (D) Structure and functions of tissues
  - a. Definition of tissue
  - b. Classification of tissues
  - c. Structure and functions of various types of tissues

**Unit - II Skeletal System**

**(A) Brief introduction about the skeletal system**

- a. Composition of bone
- b. Classification of bones
- c. Functions of bones
- d. Brief introduction about skull bone

**(B) Joints**

- a. Definition of joints
- b. Classification of Joints
- c. Structure of joints
- d. Terminology of movements around a joint

**Unit - III**

**(A) The Muscular System**

- a. Structural classification of muscles
- b. Functional classification of muscles
- c. Functions of muscles (skeletal, cardiac and smooth)
- d. Properties of skeletal muscles (elasticity, contractibility, stretchibility, irritability and muscle tone)
- e. Effect of exercises and training on muscular skeletal System.

**(B) The Nervous System**

- a. Introduction about the nervous system
- b. Structure of various parts of brain
- c. Structure of spinal cord
- d. Reflex Action

**Unit – IV**

**(A) Cardio – Vascular System**

- a. Introduction about heart and cardiovascular system
- b. Structure of heart
- c. Structure of artery, veins and capillaries
- d. Blood flow through the heart
- e. Types of blood circulation
- f. Pumping action of heart and its regulation
- g. Effect of exercise and training on cardio vascular system and heart

**(B) Respiratory system**

- a. Introduction about respiratory system
- b. Organs of respiratory system
- c. Structure of organs
- d. Types of respiration

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- e. Muscles of respiration
- f. Mechanism of respiration
- g. Effect of exercise and training on respiratory system

#### Unit – V

##### (A) Digestive system

- a. Organs of digestive system.
- b. Structure of various parts of digestive system.
- c. Secretion and function of digestive juices.
- d. Name of digestive juices.
- e. Function of liver as an accessory organ of digestion.

##### (B) Excretory System

- a. Introduction about excretory system
- b. Brief concept of excretion of water from the body through skin (sweating), lungs, kidney and urinal track
- c. Structure of kidney and urinal track
- d. Formation of urine in kidney (Simple filtration, selective reabsorption and secretion)

##### (C) Reproductive System

- a. Brief Introduction
- b. Test and Ovaries.

#### References :

- i. MC Clerg, Anderson T., Human Kinetics and Analyzing Body Movements, London : William Heinemann Medical Book Ltd.
- ii. Davis, D.V. Gray's Anatomy : London : Longmans Green and Co. Ltd.
- iii. Peatce, Evelyn B., Anatomy and Physiology for Nurse : London faber and faber Ltd.
- iv. Pearce, J.W. Anatomy for students and teachers of Physical Education, London : Edward Arnold and Co.
- v. Anderson, T. Mc. Clerg. Human Kinetics and Analyzing Body Movements, London : William Heinemann Medical Books Ltd. 1961.

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**B.P.E.S. –1st year**  
**SPORTS SOCIOLOGY AND ENVIRONMENTAL STUDIES**  
**PAPER-III**

**SPORTS SOCIOLOGY – PART( A)**

**UNIT-I**

**(A) Introduction to Sport Sociology**

- (a) Sports sociology, meaning, scope, and importance
- (b) Sociological perspectives on sports and physical education

**(B) Culture & Sports**

- (a) Meaning and Definition of culture, Types of culture ,Elements of sports culture.
- (b) Interaction between cultural elements and cultural lag and changes in sports sub culture.

**UNIT-II**

**(A) Society and Sports**

- (a) Society, meaning, types and growth of sports.
- (b) Changes in sports i.e amateur, professional & commercial sports.

**UNIT-III**

**(A) Gender & Sports**

- (a) Gender and sports, gender in equality and women participation in sports, causes of social differentiation.

**(A) Socialization & Sports**

- (a) Sports socialization, meaning ,definition and importance, types of socialization .
- (b) Social Institutions, Meaning and Definition , Types of Institution, religions, family ,educational, economic, Political,

**ENVIRONMENT STUDIES- PART( B)**

**UNIT-IV**

Meaning , definition , Concept and component of the environment.  
Structure and types of environmental studies , Scope of environmental studies.  
Men environmental relationship. Environment Planning and management.

**UNIT-V**

Concept of ecology and eco-system, component of eco-system.  
Energy flow (food chain and web, trophic levels pyramids)  
Bio- diversity and its conservation. Importance of Bio-diversity.  
Environment problems :- global warming, Greenhouse effect, population explosion.Environment and Indian constitution

**References:**

- Ahuja, Ram., Samajik Anusandhan, New Delhi, rawat, 2007
- IGNOU , Social Problems In India - Social Framework, Delhi: IGNOU, 2005
- Prasad, B.K. , Social problems in India -Delhi-anmol, 2004
- Rawat, H.K, Sociology Basic Concepts Jaipur, Rawat P, 2007
- Sharma, N.P, Khel Aur Smaaj Shastra, Delhi: Khel Saahityaa Kendra, 2005
- Sharma, P.D., Khel Smajshastra, India, Friends Pub, 2008
- Singh, M.K., Indian Women & Sports, Romat Publication, 1991.
- Syed, M. H, Soccial change in India, Delhi-Anmol, 2007.
- Upadhyaya, Ramesh & Sangya, Sanskritik Samrajyavad, Shabdasandhan, 2006.



**B.P.E.S –1st year  
PAPER- IV  
HEALTH EDUCATION**

**Unit I**

**(A) Health**

- a. Dimensions of Health
- b. Positive Health
- c. Concept Of Health
- d. Ecology of Health
- e. Spectrum of Health
- f. Determinants of Health.

**(B) Health Education**

- a.. Concept ,objective and scope
- b. Principles of Health Education.
- c. Communication in Health Education.
- d. Public Health Education in attainment of Health Goals.

**Unit II**

**(A) Factor Effecting Health**

- a. Communicable diseases
- b. Malnutrition
- c. Environmental sanitation
- d. Medical Care
- e. Population

**(B) Organization and Administrative set-up of Health System in India**

- a. Central level
- b. State Level
- c. District Level.

**(C) Planning of Health Education programme**

- a. Practice of Health Education Programme.
- b. Steps to be followed in Planning and Heath Education Programme.

**(D) Brief Description of Maternal Child Health**

**Unit III**

**(A) Hygiene**

- a.The Concept, Care of Skin, Mouth, nails, clothing, bathing etc.
- b.Importance of rest, sleep and exercise.

**(B) Community Health**

- a.Brief account of Housing water supply ,sewage and refuse disposal .

**(C) School Health Service**

- a. History and Health Problems
- b. Objectives of School Health Service

**(D) Aspects of School Health Service**

- a. Health Appraisal
- b. Remedial measures and follow –up
- c. Prevention of communicable diseases
- d. Healthful school environment
- e. Nutritional services
- f. First –aid and Emergency care
- g. Mental health
- h. Dental health
- i. Eye health service.
- j. Health Education
- k. Education of handicapped children.

I. School Health record.

#### Unit IV

##### (A) Food and Nutrition

Classification of foods ,Proximate Principles, and Role of various nutrients.

##### (B) Balanced diet

Definition ,Principles of preparing and balance diet. Malnutrition and Adulteration of food.

#### Unit V

##### (A) National Family Welfare Programme

Concept, need, importance, and role of Health Education in family welfare programme.

##### (B) Sex Education

Concept, need and organization of sex education at school level.

##### (C) National Health Programmers in Indian

(a) NMEP (National Malaria Eradication Programme.)

(b) DDCP (Diarrhoeal Diseases Control Programme.)

(c) NFCP (National Filaria Control Programme.)

(d) National TB Control Programme.

(e) STD Control Programme.

##### (D) International Health Agencies

(a) WHO (b) UNICEF (c) UNDP

(d) FAO (e) ILO

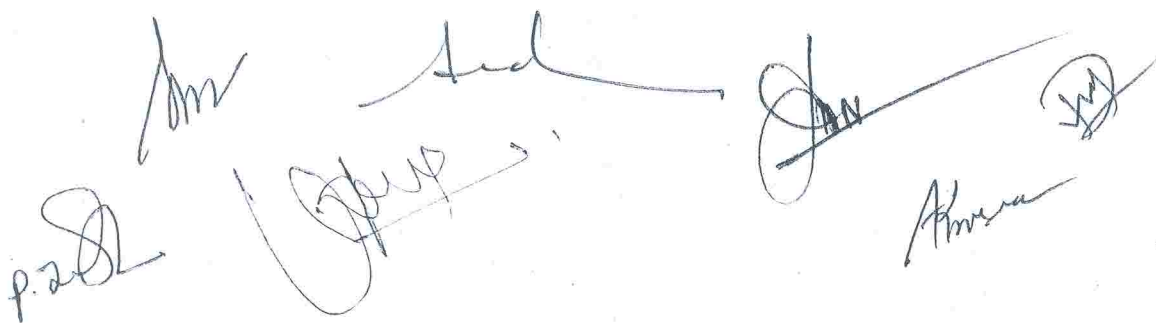
##### (E) Evaluation

(a.) Evaluation of Health Education Programme.

(b.) Importance of Evaluation of Health Education Programme.

#### Reference:

- i. Park, J.E. and Park ,K. Preventive and Social medicine Jabalpur : M/s.Banarsidas Bhanot Publishers,1983.
- ii. Anderson , C.L. and Chewell , William H. School Health Practice, St.Louis: The C. V.Mosby Company ,1986.
- iii. Bedi, Yashpal Social and Preventive Medicine ,New Delhi ,Atmaram and Sons ,1985.
- iv. Goah , B.N. Hygine and Public Health ,Calcutta :Scientific Publishing Co.1989.
- v. Hanllon, John ,I. Principal of Public Health Administration Saint Louis :The C.V. Mosby Company 1969.
- vi. Katz, Alfred ,H ,and Felton , Jean Spences Health and the community .London :Coltion Mc Millan Limited 1965.



## PRACTICAL

### B.P.E.S. -1st year GAMES (PRACTICAL) ATHELETIC

#### Syllabus for game

- Unit- I. History of game, Federations and Competitions.
- Unit- II. Officiating of the game.
- Unit- III. Fundamental and Advance skills.
- Unit- IV. Equipments and their specification and maintenance.
- Unit- V. Layout and maintenance of playfields
- Unit- VI. Rules and their interpretation.

### B.P.E.S. -1st year GAMES (PRACTICAL) VOLLEYBALL

#### Syllabus for game

- Unit- I. History of game, Federations and Competitions.
- Unit- II. Officiating of the game.
- Unit- III. Fundamental and Advance skills.
- Unit- IV. Equipments and their specification and maintenance.
- Unit- V. Layout and maintenance of playfields
- Unit- VI. Rules and their interpretation.

### B.P.E.S. -1st year GAMES (PRACTICAL) BADMINTON

#### Syllabus for game

- Unit- I. History of game, Federations and Competitions.
- Unit- II. Officiating of the game.
- Unit- III. Fundamental and Advance skills.
- Unit- IV. Equipments and their specification and maintenance.
- Unit- V. Layout and maintenance of playfields
- Unit- VI. Rules and their interpretation.

### B.P.E.S. -1st year GAMES (PRACTICAL) FOOTBALL

#### Syllabus for game

- Unit- I. History of game, Federations and Competitions.
- Unit- II. Officiating of the game.
- Unit- III. Fundamental and Advance skills.
- Unit- IV. Equipments and their specification and maintenance.
- Unit- V. Layout and maintenance of playfields
- Unit- VI. Rules and their interpretation.