



**MAHARAJA BHUPINDER SINGH PUNJAB SPORTS UNIVERSITY
(MBSPSU), PATIALA**

ACADEMIC YEAR 2020-21, 2021-22

**SYLLABUS FOR BACHELOR OF PHYSICAL EDUCATION
(B.P.Ed) TWO YEARS COURSE**

SEMESTER SYSTEM

ORDINANCE FOR B.P.Ed. (TWO YEARS) COURSE

1.

- 1) The duration of the course for the Bachelor of Physical Education shall be of two years.
- 2) The examination shall be held twice a year ordinarily in the month of Dec and May or on such dates as may be fixed by the University.
- 3) The last date for receipt of admission/ examination form and fee without and with late fee shall be as fixed by the University.

Eligibility:-

2. There shall be relaxation of 5% marks in favour of SC/ST/OBC categories candidates.
3. A candidate who has passed any one of the following examinations shall be eligible to join the course as laid down in Appendix 7 of NCTE Regulation 2014 and reproduced as follows:-

- 1) Bachelor's degree in any discipline with 50% marks and having at least participation in the Inter-College/ Inter-Zonal/ District/ School competition in sports and games as recognized by the AIU/ IOA/SGFI/ Govt. of India.

Or

- 2) Bachelor's degree in physical education with 45% marks.

Or

- 3) Bachelor's degree in any discipline with 45% marks and studied physical education as compulsory/ elective subject.

Or

- 4) Bachelor's degree with 45% marks and having participated in National/ Inter-University/ State Competitions or secured 1st, 2nd or 3rd positions in Inter-College/ Inter-Zonal/ District/ School competition in sports and games as recognized by the AIU/ IOA/SGFI/ Govt. of India.

Or

- 5) Bachelor's degree with participation in international competitions or secured 1st, 2nd or 3rd positions in National/ Inter-University Competition in sports and games as recognized by respective federations/ AIU/ IOA/SGFI/ Govt. of India.

Or

- 6) Graduation with 45% marks and at-least three years teaching experience (for deputed in-service candidates i.e. trained physical education teachers/ coaches)

4. **Intake: -** There shall be a basic unit of 100 (one hundred) students with two sections of 50 (fifty) each.

5. The relaxation in the percentage of marks in the qualifying examination and in the reservation of seats for SC/ST/OBC and other categories shall be as per the rules of the Central Govt./ State Govt. Whichever is applicable.
6. A candidate has to clear Physical Fitness Test to become eligible for Admission.
7. While Calculating merit, credit of 1 % of maximum marks will be given to candidates seeking admissions under 85% category, who have passed their 10th and 12th class examination from schools situated in rural areas of Punjab. For this, they will have to submit a certificate issued by the Head/Principal of school stating that the student has passed 10th and 12th class from his school and that the school falls in the rural area. The certificate should be counter signed by the Sarpanch of the Village.
8. For Sports Weightage, only graded certificates by the Sports Department will be entertained. States where sports gradation procedure is not adopted. The candidate has to bring the certificate issued by Director Sports of their respective states clearly indicating that the candidate's certificate are original and he/she has actually participated in the competition and sports gradation procedure is not adopted in their states.
9. The merit of each candidate who has qualified the physical fitness test shall be determined as follows:-

For admission in BPED (Two Year Course)

- 1) **Weightage to Academics:** **50%**
(40% for basic academics 5% higher additional Qualification/NIS Diploma (1 year) 5% for Co-curricular activities).

- 2) **Weightage to Sports Achievements:** **50%.**

(As per Guidelines issued vide letter No. 47/26/83-1 SS//2036 Dated 10.12.97. letter no. 47/26/93-1SS/1496 Dated 21.7.2000, Letter No. 47/26/83-1SS/1103. Dated 5.6.03, Letter No. 47/26/93-1SS/1334 Dated 3.7.03., Letter No. 47/26/93-1SS/1431 Dated 14.7.03 by Department of Sports and Youth Services, Punjab. Relevant Extracts is enclosed at **Annexure 1.**

10. When two or more candidates have secured equal marks in the merit list, their inter-merit for admission will be decided on the following criteria in the order of preference:-
- 1) Candidate will higher education qualification,
 - 2) Candidate older in age,
11. Reservation of Seats shall be as per the policy of the Government of Punjab applicable at the time of admission.
12. Management Quota Seats: 15% of the seats out of 85% state quota seats in un-aided private self-financing institutions shall be treated as management quota seats and shall be brought out of the purview of centralized counseling to be conducted by the Counseling College.

EXTRACTS OF WEIGHTAGE OF SPORTS PERFORMANCE

| | | Marks |
|-----|---|---|
| 1. | International Competitions 1) Participation in Olympic Games / World Championship / World Cup / Common Wealth Games/ Asian Games 2) Participation in Junior International competition National Record Holder / Junior Asian Games / Junior World Cup / Junior World Championship 3) Participation in SAF Games / Four Nation Tournament / Dual Meets / All India Inter University Champion for three consecutive Years | : 50 : 48 :47 |
| 2. | National Competitions 1) Senior National Competitions | i. First 45 ii. Second 42 iii. Third 39 iv. Participation 34 |
| | 2) National Competition (Age 19-23 years) | i. First 40 ii. Second 37 iii. Third 34 iv. Participation 29 |
| 3. | All India Inter University Competitions/ Khelo India (U-21 years)/ | i. First 40 ii. Second 37 iii. Third 34 iv. Participation 29 |
| 4. | Inter University Zonal Competitions | i. Participation 29 |
| 5. | Junior National Competitions / School National Competitions/ Khelo India (U-17 Years) | i. First 35 ii. Second 32 iii. Third 29 iv. Participation 24 |
| 6. | Senior State Competitions | i. First 30 ii. Second 27 iii. Third 24 iv. Participation 18 |
| 7. | Junior State Competitions | i. First 24 ii. Second 21 iii. Third 12 iv. Participation 17 |
| 8. | Inter college Competition (University Level) | i. First 22 ii. Second 19 iii. Third 15 iv. Participation 10 |
| 9. | District Competitions (Open) | i. First 8 ii. Second 5 iii. Third 3 |
| 10. | Inter Zonal school Competitions (District school competitions) | i. First 4 ii. Second 2 iii. Third 1 |

*** Only Highest Achievement in one Sport shall be considered for weightage.

Note:-

- 1) The in-service candidates are required to submit "No Objection Certificate" from the employer.
- 2) The students are required to wear sports uniforms for practical classes as prescribed by the Board of Control/ College Authority.
- 3) Physical Fitness Test shall be conducted by the University Department/ College Concerned.

13. The candidate seeking admission to the course should be medically fit and he/she will be required to furnish a Medical Certificate from the Medical Officer. A married woman will be required to furnish certificate that she is not already pregnant and shall undertake not to go in for pregnancy during the course of her studies.

14. A student who possesses the qualification laid down in NCTE Regulation 2014, has attended the prescribed course of instructions and training during 1st, 2nd, 3rd and 4th semesters of academic years in the University department or college affiliated for the B.P.Ed (2 years) course and produces the following certificates duly signed by the Head of the University Department /Principal of the college shall be eligible to appear in the 1st, 2nd, 3rd and 4th semesters of academic years in the University examinations respectively :

- 1) of good character.
- 2) of having attended at least 75 per cent of (i) lectures and (ii) practical separately in each paper held for his/her class during the academic year preceding the examination.

15. The Head of the University Department of Physical Education /Principal of the college shall have the authority to condone the shortage up to 10% of the delivered lectures.

16. A candidate, who have completed the prescribed course of instructions but does not appear in the examination or having appeared and has failed, may be allowed, on the recommendation of the Head of the University Department/ Principal of the College, to appear in the examination as a private candidate without attending fresh course of instructions within a period of four years from the date of commencement of the course, provided that such a candidate shall not be eligible to a medal, merit positions or scholarship.

17. The amount of examination fee to be paid by a candidate shall be a prescribed by the University from time to time.

18. The examination shall consist of two parts, as under, according to the syllabus prescribed for each part:

Part I Theory

Part II Practical (Skill and Prowess)

19. The candidates shall be examined in such theory paper, practical and any other examinations as may be prescribed in the syllabus approved by the Academic and Activity Council.

20. The medium of instructions and examination shall be English. However a student may opt for write answer books in Punjabi or Hindi by opting the language in the examination form submitted by the candidate for the respective examination.

21. The minimum number of marks required to pass the examination in each part shall be 45 per cent in each theory paper and in each practical, and 50% in the aggregate of each Part.

22. Every candidate shall be required to pass in each part of the examinations separately, i.e. Theory and Practical (Skill and Prowess).

23. A candidate who has not been able to pass the examination within a period of four years from the date of admission shall not be allowed to sit in the examination any more.

24. Re-appear in one subject only shall be allowed. If a candidate fails in one theory paper but obtains at least 20% Marks in that particulars paper, he/she can take admission in the successive year as compartment case. Two chances will be given to clear the compartment.

25. All the Practical Examinations shall be conducted by the Board of Examiners consisting of (i) an External Examiner to be appointed by the University (ii) Internal Examiner to be appointed by Head of University Department/Principal. Board shall be chaired by HOD/Principal.

All successful candidates will be classified as under :-

B.P.Ed Course (2 Years) Semester System

| | |
|--|--------------------------|
| 1) Those who obtain not less than 60% marks in aggregate of theory and practical examination taken together. | 1 st Division |
| 2) Those who obtained less than 60% | 2 nd Division |
| 3) Those who obtained less than 50% | 3 rd Division |
| 4) A candidate securing 75% marks or above in the theory or in practical shall be declared to have obtained distinction in that paper. | |

26. The number of seats in B.P.Ed (Two year) Course will be 50 (or as approved by the Competent Authority).

*A candidate has to qualify in any four of the following six Physical Fitness test of his/ her choice:-

- 1) Pull-ups (For Boys)
- 2) Flexed Arm Hang (For Girls)
- 3) Flexed-leg sit-Ups (in one minute)
- 4) Shuttle Run
- 5) Standing Broad Jump
- 6) 50m Dash
- 7) 600m Run

The minimum standards to qualify are tabulated below:-

Note: - (For Academic Session 2020-21 PFT was not conducted due to Covid-19 restrictions the standards laid down are subject to review).

| Minimum Standard for Boys & Girls | BOYS : Pull-ups on Horizontal Bar GIRLS – Flexed Arms Hang on | Sit-Ups (With Knee bent;Nos in 60 Sec.) | Shuttle Run 10 m. x 4 times (Time) | Standing Broad Jump (Mtrs.) | 50 Mtrs. Dash (Time) | 600 Mtrs. Run/Walk (Time) |
|-----------------------------------|--|---|--|--------------------------------|-------------------------|------------------------------|
| Boys | 4 Numbers | 31 | 11.00 sec. | 1.90 m | 9.0 sec. | 3 minutes: 30 sec. |
| Girls | 5 seconds Hold (Minimum) | 24 | 12.2 sec. | 1.40 m | 10.0 sec | 3 minutes: 50 sec. |

B.P.Ed Course (2 Years) Semester System

Total Marks: 3200

| | | |
|-----------------|-------------------------|-------------------|
| PART – A | Theory Course | 1600 marks |
| PART – B | Practical Course | 1600 marks |

B.P.Ed Course (2 Years) Semester System

Semester-I

Academic Year 2020-21

Theoretical Course: 400 Marks

Practical Course: 400 Marks

| Course Code | Title of the Papers | External Marks | Internal Marks | Teaching Hrs per week | Credits |
|-------------------------|---|-----------------------|-----------------------|------------------------------|----------------|
| Theory | | | | | |
| CC-101 | History, Principles and Foundation of Physical Education | 80 | 20 | 04Hrs. | 4 |
| CC-102 | Anatomy and Physiology | 80 | 20 | 04 Hrs. | 4 |
| CC-103 | Health Education and Environmental Studies | 80 | 20 | 04 Hrs. | 4 |
| CC-104 | Computer Applications in Physical Education | 80 | 20 | 04 Hrs. | 4 |
| Practical Course | | | | | |
| PC-101 | Calisthenics:- Mass PT, Free Hand Exercises, Lazium & Dumbbell | 80 | 20 | 04 Hrs. | 4 |
| PC-102 | Track and Field:- Sprints, Long Jump and Shot-put. | 80 | 20 | 04 Hrs. | 4 |
| PC-103 | Gymnastics, wand, Hoop and Aerobics | 80 | 20 | 04 Hrs. | 4 |
| PC-104 | Basketball, Kabaddi and Kho-Kho. | 80 | 20 | 04 Hrs. | 4 |

Contents to be covered:

- 1) Historical development of the concerned game/track and field event.
- 2) Main tournaments organized at National and International level.
- 3) Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
- 4) Awardees in the game/athletics.
- 5) Books and magazines of the game /track and field.
- 6) Officiating.
 - a) Play area dimensions/track and field.
 - b) Equipment specifications
 - c) Rules of the game/track and Field and their interpretation.
 - d) Duties of the concerned officials.
- 7) Fundamental skills /Techniques.

Note: 20 Marks for each game (10 marks for skill and 10 marks for proficiency in game). Each activity will be continued for 21 working days.

B.P.Ed Course (2 Years) Semester System

SEMESTER – I

Theory Course

Paper-I (CC-101)

HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

Duration of Examination: 3 Hours

Total Marks : 100

Theory Marks : 80

Sessional marks : 20

Unit – 1: Introduction

1. Meaning, Definition and Scope of Physical Education.
2. Aims and Objective of Physical Education.
3. Importance of Physical Education in Modern era.
4. Misconceptions about Physical Education.
5. Relationship of Physical Education with General Education.
6. Relationship of Physical Education with Health Education.

Unit- 2 – Historical Development of Physical Education in India

1. History of Physical Education in Ancient Greece with special reference to the evolution of Olympic Games.
2. History of Physical Education in Roman Empire.
3. A brief account of the history of gymnastic in.
 - 1) Sweden
 - 2) Denmark
 - 3) Germany
4. History of physical Education in India from ancient times to 1947.
5. Origin and development of ancient Olympic games.

Unit- 3- Philosophical Foundation of Physical Education

1. Concept of Philosophical foundation of Physical Education.
2. Meaning and main features of Idealism, Pragmatism, Naturalism and Realism. Relevance and importance of Idealism, Pragmatism, Naturalism, Realism and Existentialism Physical Education.
3. Khelo India Movement.

Unit-4- Principles of Physical Education

Biological

1. Biological Activity, Nature and need,
2. Principles of Use, Disuse and Overuse.
3. Growth and development.
4. Age and gender characteristics in Male and Female.
5. Anthropometric differences in Male and Female.
6. Classification of physique.

Psychological

1. Learning types, learning curve.
2. Laws and principles of learning.
3. Concept of Play , Theories of Play.

Sociological

4. Meaning of Society and culture and its influence on Sports.
5. Meaning of Leadership, Relationship of leadership and sports.
6. Qualities of good Leader.
7. Competition and co-operation.

NOTE : *Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.*

Suggested Readings:

- Bucher, C. A. (1983) *Foundation of Physical Education*. St. Louis: The C.V. Mosby Co. Missouri.
- Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree College of Physical Education.
- Mohan, V. M. (1969). *Principles of Physical Education*. Delhi: Metropolitan Book Dep.
- Nixon, E. E. & Cozen, F.W. (1969). *An introduction to physical education*. Philadelphia:W.B. Saunders Co.
- Obertuffer, (1970). *Delbert Physical Education*. New York: Harper & Brothers Publisher.
- Sharman, J. R. (1964). *Introduction to physical education*. New York: A.S. Barnes & Co.
- William, J. F. (1964). *The Principles Of Physical Education*. Philadelphia: W.B. Saunders Co.
- Updyke and Johnson: *Principals of Modern Physical Education, Health and Recreation*.
- M.L. Karnlesh and M.S. Sangral: *Principals and History of Physical Education*, 1977.
- Harnol M. Borrow: *Man and his Movement: Principles of Physical Education*.(4th ed.), Philadelphia; Lea & Febiger, 1983.
- M.L. Kamlesh; *Foundation of Physical Education* (3rd revised ed.); New Delhi Sports Publications, 2013.
- Barrow M. Harold- 1973 " *Man & Movement: Principles of Physical Education*".
- Henry Kimpton Publisher. 5. Felson Janet -1967 " *Perspective & Principle of Physical Education*".
- Frost B. Reuben 1975 " *Physical Education Foundation Principles*".
- Freeman H. William 1982 " *Physical Education & Sports in Changing Society*".
- Harrison M. Joyce 1983 " *Instructional Strategies for Physical Education*".
- Ahmed Araj 1964 " *History of Physical Education*" 14. Bhargava Bhushan Press, Varanasi.

B.P.Ed Course (2 Years) Semester System

SEMESTER – I

Paper-II (CC-102)

ANATOMY AND PHYSIOLOGY

Duration of Examination: 3 Hours

Total Marks : 100

Theory Marks : 80

Sessional marks : 20

UNIT- I INTRODUCTION OF ANATOMY AND PHYSIOLOGY

1. Meaning and definition of Anatomy and Physiology, Importance of Anatomy and Physiology in the field of Physical Education and Sports.
2. Introduction of Cell, Tissue and Tendons.
3. Bones of Axial and Appendicular Skeletons system.
4. Meaning of Muscles, Types of muscles, classification of Skelton muscle.
5. Effect of exercise and training on muscular system.

UNIT-II CIRCULATORY SYSTEM AND EXCRETORY SYSTEM

1. Constituents of blood and their function –Blood groups and blood transfusion, clotting of blood.
2. Anatomy of heart, Properties of the heart muscle, Types of blood circulation, Cardiac cycle, Stroke Volume, Cardiac output, Blood pressure.
3. Effect of exercise and training on cardiovascular system.
4. Anatomy of Kidneys, functions of the kidneys, Anatomy of skin, Functions of Skin.
5. Effect of exercise and training on excretory system.

UNIT-III THE RESPIRATORY SYSTEM

- 1) Anatomy of Respiratory system and Respiratory muscle.
- 2) Exchange of gases in the lungs, mechanism of respiration (internal and external respiration). Meaning of Lung capacity, tidal volume, Oxygen debt, second wind and vital capacity.
- 3) Effect of exercise and training on respiratory system.
- 4) Anatomy of Digestive system, mechanism of food absorption.
- 5) Effect of exercise and training on Digestive system.

UNIT-IV NERVES AND ENDOCRINE SYSTEMS

1. Introduction of Central and peripheral nerves system.
2. Nerve control of muscular activity and Reflex action.
3. Effect of exercise and training on nerves system.
4. Introduction of Endocrine Glands and their secretions.
5. Effect of exercise and training on endocrine system.

NOTE: *Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.*

Suggested Readings:

- Gupta, A. P. (2010). *Anatomy and Physiology*. Agra: SumitPrakashan.
- Gupta, M. and Gupta, M. C. (1980). *Body and anatomical science*. Delhi: Swaran Printing Press.
- Guyton, A.C. (1996). *Textbook of Medical Physiology*, 9th edition. Philadelphia: W.B.Saunders.
- Karpovich, P. V. (1971). *Physiology of muscular activity*. London: W.B. Saunders Co.
- Lamb, G. S. (1982). *Essentials of exercise physiology*. Delhi: Surjeet Publication.
- Moorthy, A. M. (2014). *Anatomy Physiology and Health Education*. Karaikudi: Madalayam Publications.
- Morehouse, L. E. & Miller, J. (1967). *Physiology of exercise*. St. Louis: The C.V. Mosby Co.
- Pearce, E. C. (1989). *Anatomy and Physiology for Nurses*. London: Faber & Faber Ltd.
- Sharma, R. D. (1979). *Health and Physical Education*, Gupta Prakashan.
- Singh, S. (1979). *Anatomy of Physiology and Health Education*. Ropar: Jeet Publication. Wellgoose. Health teaching in secondary Carl. E. Schools. W. B. Saunders, 1977.
- Wilson Kathleen J. W. *Anatomy and Physiology, Health and illness*. 6th Edition. Churchill Livingstone Edinburgh, 1987.
- Park, J.E. and Park K. *Text Book of Preventive and Social Medicine* (Jabalpur: M/s Banarsadidas Banot, 1980, Edition, 8th).

B.P.Ed Course (2 Years) Semester System
SEMESTER – I
Paper-III (CC-103)
HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Duration of Examination: 3 Hours

Total Marks : 100

Theory Marks : 80

Sessional marks : 20

UNIT – I HEALTH EDUCATION

1. Definition of Health, Health Education, Health Instruction, Health Supervision.
2. Aim, objective and Principles of Health Education.
3. Health Service and guidance instruction in personal hygiene.
4. Importance of health education.
5. Health and fitness, Dental, Vision and Hearing health.

UNIT – II HEALTH PROBLEMS IN INDIA

1. Meaning and methods of prevention of Communicable and Non-Communicable Diseases.
2. Common health problems in India: Obesity, Malnutrition, Adulteration in food, Environmental sanitation.
3. Personal and Environmental Hygiene for schools.
4. Objective of school health service, Role of health education in schools.
5. Health Services:—Health service in India, Health appraisal of school, School Health record, Healthful school environment, first- aid and emergency care in schools.

UNIT – III ENVIRONMENTAL SCIENCE

1. Definition, Scope, Need and Importance of environmental studies.
2. Concept of environmental education, Historical background of environmental education.
3. Celebration of various days in relation with environment.
4. Role of school in environmental conservation and sustainable development.
5. Environment monitoring agencies in India.

UNIT – IV NATURAL RESOURCES AND RELATED ENVIRONMENTAL ISSUES:

1. Water resources, food resources and Land resources.
2. Definition, effects and control measures of: Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution.
3. Sources for various of types Pollution and their effect and preventive measures.
4. Pollution controlling agencies in India.

NOTE: *Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.*

Suggested Readings:

- 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.
- Irwin. L. (1960) *The Curriculum in Health Physical Education*, Iowa: UMC Brown Co. Publisher.
- Odum, E.P. (1971). *Fundamental of Ecology*. U.S.A.: W.B. Saunders Co.
- Turner, Seltary & Smito (1961) *Health and Education*, C.V., Mosby and Smith Co.

B.P.Ed Course (2 Years) Semester System
SEMESTER – I
Paper-IV (CC-104)
COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

| | | |
|---|------------------------|--------------|
| <i>Duration of Examination: 3 Hours</i> | <i>Total Marks</i> | <i>: 100</i> |
| | <i>Theory Marks</i> | <i>: 80</i> |
| | <i>Sessional marks</i> | <i>: 20</i> |

UNIT – I: INTRODUCTION TO COMPUTER

1. Introduction to Computer, Advantages and Disadvantages of Computer, Types of Computer, Computer Hardware & Software.
2. Input and output devices, Storage Devices.
3. Generations of Computer, Application of Computer.
4. Information & Communication Technology (ICT).

UNIT – II: MS WORD

1. Introduction to MS Word.
2. Procedure for Creating, saving and opening a document.
3. Procedure for Formatting Editing features Drawing table.
4. Procedure for Page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes.

UNIT – III: MS EXCEL & INTERNET

1. Introduction to MS Excel.
2. Procedure for Creating, saving and opening spreadsheet.
3. Procedure for Format and editing features adjusting columns width and row height understanding charts.
4. Introduction and History of Internet, Advantages and Disadvantages of Internet, Services offered by Internet, Domain Name E-mail: Concepts, E-mail merits, WORLD WIDE WEB(WWW)-Web-Browser, Search Engine.

UNIT – IV: MS POWER POINT

1. Introduction to MS Power Point.
2. Procedure for Creating, saving and opening a ppt. file.
3. Procedure for Format and editing features slide show, design, inserting slide number etc.
4. Procedure for Preparation of Power point presentations.

NOTE : *Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.*

Suggested readings:

- Subramanian. N. (1986) *“Introduction to Computers”* Tata Mcgraw-Hill, New Delhi.
- Shrivastava S.S (2008) *“MS–Office”*, Laxmi Publications.
- Milke, M.(2007). *Absolute Beginner’s Guide to Computer Basics*. Pearson Education Asia.
- Sinha, P. K. &Sinha, P. (2004). *Computer Fundamentals*. 4th edition, BPB Publication.
- *“Internet Technologies”*, (2002) S. K. Bansal, APH Publishing Corporation.

B.P.Ed Course (2 Years) Semester System

SEMESTER – I

Part-B Practical Course

100 Marks

External Marks: 80

Internal Marks: 20

| | | | | | |
|--------|---|----|----|-------|---|
| PC-101 | Calisthenics:- Mass PT, Free Hand Exercises, Lazium & Dumbbell | 80 | 20 | 04Hrs | 4 |
|--------|---|----|----|-------|---|

Note: - The students will be required to prepare a file pertaining to each lesson given to them in support of their evaluation of lesson plan and viva-voce.

- Internal Evaluation of the topic will be based on the students' performance.

B.P.Ed Course (2 Years) Semester System

SEMESTER – I

Part-B Practical Course

Total:100 Marks

External Marks: 80

Internal Marks: 20

| | | | | | |
|--------|--|----|----|---------|---|
| PC-102 | Track and Field:-Sprints, Long Jump and Shot-put. | 80 | 20 | 04 Hrs. | 4 |
|--------|--|----|----|---------|---|

Contents to be covered:

1. Historical development of the concerned game/track and field event.
2. Main tournaments organized at National and International level.
3. Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
4. Awardees in the game/athletics.
5. Books and magazines of the game /track and field.
6. Officiating.
7. Play area dimensions/track and field.
 - 1) Equipment specifications
 - 2) Rules of the game/track and Field and their interpretation.
 - 3) Duties of the concerned officials.
8. Fundamental skills /Techniques.

Note: 20 Marks for each game / activity (10 marks for skill and 10 marks for proficiency in game). Each activity will be continued for 21 working days.

B.P.Ed Course (2 Years) Semester System
Part-B Practical Course

Total 100 Marks

External Marks: 80

Internal Marks: 20

| | | | | | |
|--------|-------------------------------------|----|----|-------|---|
| PC-103 | Gymnastics, wand, Hoop and Aerobics | 80 | 20 | 04Hrs | 4 |
|--------|-------------------------------------|----|----|-------|---|

Contents to be covered:

1. Historical development of the concerned Gymnastics and Aerobics.
2. Main tournaments organized at National and International level.
3. Records/Statistics of the Gymnastics and Aerobics at world, Olympic, Asia, National.
4. Awardees in the Gymnastics and Aerobics.
5. Books and magazines of the Gymnastics and Aerobics.
6. Officiating.
 - a) Play area / dimensions-Gymnastics and Aerobics.
 - b) Equipment specifications
 - c) Rules of Gymnastics and Aerobics and their interpretation.
 - d) Duties of the concerned officials.
7. Fundamental skills /Techniques.

Note: 20 Marks for each game / activity (10 marks for skill and 10 marks for proficiency in game). Each activity will be continued for 21 working days.

B.P.Ed Course (2 Years) Semester System
Part-B Practical Course

Total 100 Marks

External Marks: 80

Internal Marks: 20

| | | | | | |
|--------|----------------------------------|----|----|-------|---|
| PC-104 | Basketball, Kabaddi and Kho-Kho. | 80 | 20 | 04Hrs | 4 |
|--------|----------------------------------|----|----|-------|---|

Contents to be covered:

1. Historical development of the concerned game/track and field event.
2. Main tournaments organized at National and International level.
3. Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
4. Awardees in the game/athletics.
5. Books and magazines of the game /track and field.
6. Officiating.
7. Play area dimensions/track and field.
 - 1) Equipment specifications
 - 2) Rules of the game/track and Field and their interpretation.
 - 3) Duties of the concerned officials.
8. Fundamental skills /Techniques.

Note:-20 Marks for each game / activity (10 marks for skill and 10 marks for proficiency in game). Each activity will be continued for 21 working days.

B.P.ED COURSE (2 YEARS) SEMESTER SYSTEM

SEMESTER-II

ACADMIC YEAR 2020-21

B.P.Ed Course (2 Years) Semester System

Semester-II

Theoretical Course: 400 Marks

Practical Course: 400 Marks

| Course Code | Title of the Papers | External Marks | Internal Marks | Teaching Hrs. per week | Credits |
|--------------------|--|-----------------------|-----------------------|-------------------------------|----------------|
| Theory | | | | | |
| CC-201 | Methods of teaching in physical education | 80 | 20 | 04 Hrs. | 4 |
| CC-202 | Organization & Administration in Physical Education | 80 | 20 | 04 Hrs. | 4 |
| CC-203 | Officiating and Coaching | 80 | 20 | 04 Hrs. | 4 |
| CC-204 | Sports Training | 80 | 20 | 04 Hrs. | 4 |
| Practical | | | | | |
| PC-201 | Track and Field: Discus Throw, High Jump, Hurdles. | 80 | 20 | 04 Hrs. | 4 |
| PC-202 | Yoga | 80 | 20 | 04 Hrs. | 4 |
| PC-203 | Badminton, Volleyball & Weight-lifting. | 80 | 20 | 04 Hrs. | 4 |
| TP-204 | Teaching Practice of Movement lesson (A) Action songs. (B) Motion Story. (C) Recreational and Minor Games | 80 | 20 | 04 Hrs. | 4 |

Contents to be covered:

1. Historical development of the concerned game/track and field event.
2. Main tournaments organized at National and International level.
3. Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
4. Awardees in the game/athletics.
5. Books and magazines of the game /track and field.
6. Officiating.
 - 1) Play area dimensions/track and field.
 - 2) Equipment specifications.
 - 3) Rules of the game/track and Field and their interpretation.
 - 4) Duties of the concerned officials.
7. Fundamental skills /Techniques.

Note: 20 Marks for each game (10 marks for skill and 10 marks for proficiency in game).

Each activity will be continued for 21 working days.

B.P.Ed Course (2 Years) Semester System

SEMESTER –II

Paper-I (CC-201)

METHODS OF TEACHING IN PHYSICAL EDUCATION

Duration of Examination: 3 Hours

Total Marks : 100

Theory Marks : 80

Sessional marks : 20

UNIT – I INTRODUCTION

1. Meaning and Importance method of teaching in physical education.
2. Factors for determining methods of teaching.
3. Types of commanding.
4. Techniques of commanding.
5. Principles of teaching in physical education and sports.

UNIT – II TEACHING TECHNIQUE / METHODS

1. Teaching Technique Physical Education and Sport – Lecture method, Command method, Demonstration method, Imitation method, project method.
2. Teaching Procedure – Whole method, Whole – part – whole method, Part whole method.
3. Factors effecting teaching Physical Education and Sports.
4. Presentation Technique – Personal and technical preparation.

UNIT – III TEACHING AIDS

1. Teaching Aids – Meaning and Importance of teaching aids.
2. Teaching aids – Classification of teaching aid in Physical Education and Sports.
3. Meaning and classification of Audio aids, Visual aids, Audio- visual aids used in Physical Education and Sports.
4. Formation and its types.

UNIT – IV LESSON PLANNING AND TEACHING INNOVATIONS

1. Meaning and definition of Lesson Planning.
2. Type and principles of lesson plan used in class room teaching and practical of Physical Education and Sports.
3. General and specific lesson plan used in Physical Education and Sports.
4. Objectives of different lessons plans and parts of the lesson plans.

NOTE : *Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.*

Suggested readings:

- 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.
- Singh, D.B. (1977) *Sharirik Sikhya Diyan Vidhiyan* (Punjabi).
- Sampath, K.,Pannirselvam, A. & Santhanam, S. (1981). *Introduction to Educational Technology*. New Delhi: Sterling Publishers Pvt. Ltd.
- Tirunarayan & Hariharan (1975) *Methods in Physical Education*.

B.P.Ed Course (2 Years) Semester System

SEMESTER –II

Paper-II (CC-202)

ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION

Duration of Examination: 3 Hours

Total Marks : 100

Theory Marks : 80

Sessional marks : 20

UNIT – I: ORGANIZATION AND ADMINISTRATION

1. Meaning and definition of Organization and Administration in Physical Education and Sports.
2. Importance of Organization and Administration in Physical Education and Sports.
3. Qualification and Responsibilities of Physical Education teacher at Primary, Secondary, Senior Secondary and College level.
4. Meaning of Planning and basic principles of planning in Physical Education and Sports.

UNIT- II: OFFICE MANAGEMENT, RECORD, REGISTER & BUDGET

1. Office Management: Meaning, definition, functions and kinds of office management
2. Records and Registers: Meaning, Maintenance of various types of registers: Attendance Register, Stock register, Cash register, Physical Efficiency record, Medical examination Record.
3. Methods to maintain sports register-consumable and non-consumable equipment's.
4. Methods for writing various types of notices used in Physical Education and Sports.
5. Budget: Meaning, Importance of Budget making.
6. Criteria of a good Budget, Sources of Income, Expenditure, Preparation of Budget.

UNIT-III: FACILITIES, & TIME-TABLE MANAGEMENT

1. Facilities and equipment management: Types of facilities/ Infrastructure: indoor and out-door play fields.
2. Area, Location, Layout and Care of sports facilities: Gymnasium, swimming pool, Play fields and Play grounds.
3. Equipment: Steps involved in the purchase of sports equipment, their care and maintenance.
4. Time Table Management: Meaning, Need, Importance and Factor affecting time table.

UNIT-IV: COMPETITION ORGANIZATION

1. Meaning, Types, Importance and planning of intramural.
2. Meaning and Types of Tournament: Knock-out, League and Combination Tournament.
3. Procedure for organizing of School Annual Athletic Meet.
4. Procedure for organizing of Inter school State/National Sports/games tournament.

NOTE : *Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.*

Suggested Readings:

- Broyles, F. J. & Rober, H. D. (1979). *Administration of Sports, Athletic Programme: A Managerial Approach*. New York: Prentice hall Inc.
- Bucher, C. A. (1987). *Administration of Physical Education and Athletic Programme*. St. Louis: The C.V. Hosby 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.
- Sharma, V.M. & Tiwari, R.H.: (1979). *Teaching Methods in Physical Education*. Amaravati: Shakti Publication.
- Thomas, J. P. (1967). *Organization & Administration of Physical Education*. Madras: Gyanodayal Press.
- Tirunarayanan, C. & Hariharan, S. (1969). *Methods in Physical Education*. Karaikudi: South India Press.
- Voltmer, E. F. & Esslinger, A. A. (1979). *The Organization and Administration of Physical Education*. New York: Prentice Hall Inc.
- M.L. Kamlesh and M.S. Sangral, *Methods in Physical Education*, Prakash Brothers, 516, Book Market Ludhiana (1986).
- Charles E. Forsy, *Administration of High School Athletic*, Sixth Edition, Prentice Hall, Inc. Englewood, New Jersey, 1979.
- Charles A. Bucher, *Management of Physical Education and Athletic Programmes*, Louis C.B. Mosby. Co. 1987.
- D. S. Dheer and Radhika Kamal, *Organization and Administration of Physical Education*. N. Delhi Friends Publication, 1991.

B.P.Ed Course (2 Years) Semester System

SEMESTER -II

Paper-III (CC-203)

OFFICIATING AND COACHING

| | | |
|---|------------------------|--------------|
| <i>Duration of Examination: 3 Hours</i> | <i>Total Marks</i> | <i>: 100</i> |
| | <i>Theory Marks</i> | <i>: 80</i> |
| | <i>Sessional marks</i> | <i>: 20</i> |

UNIT- I: INTRODUCTION TO OFFICIATING AND COACHING

1. Meaning and Importance of officiating and coaching.
2. Principles of Officiating, Principles of Coaching.
3. Measures to improve the standards of officiating and coaching.
4. Relationship of officials with coach, management, teams and spectators.

UNIT- II: COACH AS A MENTOR

1. Meaning of Coach and coaching.
2. Duties of coach- pre game, during game and post-game Duties.
3. Academic and professional qualifications of a good coach.
4. Qualities of an ideal coach.

UNIT- III: DUTIES OF OFFICIAL

1. Duties of official- pre game, during game and post-game Duties.
2. Methods of conditioning and training.
3. Principles of Training.
4. Academic and professional qualifications of official.
5. Qualities of an ideal official.

UNIT- IV: RULES AND DIMENSIONS

1. Number of official and their specific duties in different sports and games:- Athletics, Badminton, Basketball, Volleyball, Cricket, Football, Handball, Hockey, Kho-Kho, Kabaddi, Wrestling, and Tennis.
2. Rules of different games and dimensions of playfield:-Badminton, Basketball, Volleyball, Cricket, Football, Handball, Hockey, Kho-Kho, Kabaddi, Wrestling, and Tennis.

NOTE : *Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 mark.*

Suggested Readings:

- 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.
- Brar. T.S. (2002) "*Officiating Techniques in Track and Field*" Gwalior bhargave Press.
- Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd.
- John Li. Bann: (1972) *Scientific Principles of Coaching*, by Prentice- Hall, INC.Englewood Cliffe, New Jersey.
- Lawther, J.D. (1965). *Psychology of Coaching*. New York: Pre. Hall.
- Singer, R. N. (1972). *Coaching, Athletic & Psychology*. New York: M.C. Graw Hill
- Billie J. Jones , L. Janetb Wells : *Guide to Effective Coaching Principles and Practice, Liabrary of Congress Cataloging in Publication Data* (Main entry under Title), Printed in the USA, Copyright-1982.
- Desouza A.J. "*Track Geography and Fields Sides*"Chennai. DBAC Sports Envision., 1999
- H.R.H.The Princess Anne : *Coach Education, Preparation for a Profession, British Library Cataloging in Publication Data*, 1986
- John D. Lawther : *Psychology of Coaching*, Prentice- Hall, INC. Englewood Cliffe, New Jersey, Copyright-1951.
- Jack H. Lulewellgn, Judy A. Blucker : *Psychology of Coaching, Theory and Application*, Surjeet Publication.
- Leonard , Richard : *The Administration Side of Coaching*," West Uirginia Universty, 2005
- Rawat ,Ashok Kumar : *Coaching in Sports' 'Sports Publication*, New Delhi,2009.

B.P.Ed Course (2 Years) Semester System

SEMESTER –II

Paper-IV (CC-204)

SPORTS TRAINING

Duration of Examination: 3 Hours

Total Marks : 100

Theory Marks : 80

Sessional marks : 20

UNIT – I INTRODUCTION TO SPORTS TRAINING

1. Meaning and Definition of Sports Training.
2. Aim and Objectives of Sports Training.
3. Principles and Characteristics of Sports Training.
4. System of Sports Training – Basic Performance, Good Performance and High Performance Training.

UNIT – II TRAINING COMPONENTS

1. Strengths – Meaning, Types, Factors affecting and Methods of Developing Strength.
2. Speed – Meaning, Types, Factors affecting and Methods of Developing Speed.
3. Endurance - Meaning, Types, Factors affecting and Methods of Developing Endurance.
4. Flexibility – Meaning, Types, Factors affecting and Methods of Developing Flexibility.

UNIT – III TRAINING PROCESS

1. Training Load- Definition and Types of Training Load.
2. Factors influencing training load.
3. Technical Training – Meaning and Methods of Technique Training.
4. Tactical Training – Meaning and Methods of Tactical Training.

UNIT– IV TRAINING PROGRAMMING AND PLANNING

1. Periodization – Meaning and types of Periodization.
2. Aim and Content of Periodization – Preparatory, Competition and Transitional period.
3. Planning –Meaning and types of Planning.
4. Method of Talent identification for various sports/Game.
5. Training Methods: Cross country, weight training, circuit training, fartlek training, plyometric training, Interval training, Continuous method Training.
6. Talent Identification and its importance.

NOTE : *Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.*

Suggested Readings:

- Dick, W. F. (1980). *Sports training principles*. London: Lepus Books.
- Harre, D.(1982). *Principles of sports training*. Berlin: Sporulated.
- Jensen, R. C.& Fisher, A.G. (1979). *Scientific basis of athletic conditioning*. Philadelphia: Lea and Fibiger, 2nd Edn.
- 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.
- Daniel, D. Arnheim & William E. Prentice “*Principles of Sports Training*” Morby–Year Book Inc. St. Louis, 1993.
- Hardayal Singh, *Science of Sports Training*, ND: D.A.V. Pub., 1993.
- Lee, E.brown & Vance A.Ferrigna. (Editors). *Training for speed, Agility and Quickness*.
- Marney, B. Simon & Steren R. Levisohn. *The Athlete within A Personal Guide To total Fitness*. Little Brown Company, Boston, 1987.
- Novich, Max M. & Taylor, *Buddy Training Conditioning of Athletes*. Lea & Febiger, Philadelphia, 1983.
- Willmore, J.H. *Athletic Training & Physical Fitness*. Allyand Bacon, Inc. Sydeny,19.

B.P.Ed Course (2 Years) Semester System

SEMESTER -II

Part B: Practical Course

Total 100 marks

External Marks:80

Internal Marks: 20

| | | | | | |
|--------|--|----|----|--------|---|
| PC-201 | Track and Field:- Discus Throw, High Jump, Hurdles. | 80 | 20 | 04 Hrs | 4 |
|--------|--|----|----|--------|---|

Contents to be covered:

1. Historical development of the concerned game/track and field event.
2. Main tournaments organized at National and International level.
3. Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
4. Awardees in the game/athletics.
5. Books and magazines of the game /track and field.
6. Officiating.
 - a) Play area dimensions/track and field.
 - b) Equipment specifications.
 - c) Rules of the game/track and Field and their interpretation.
 - d) Duties of the concerned officials.
7. Fundamental skills /Techniques.

Note: 20 Marks for each game / activity (10 marks for skill and 10 marks for proficiency in game). Each activity will be continued for 21 working days.

B.P.Ed Course (2 Years) Semester System

SEMESTER –II

Part B: Practical Course

Total 100 marks

External Marks:80

Internal Marks: 20

| | | | | | |
|--------|------|----|----|--------|---|
| PC-202 | Yoga | 80 | 20 | 04 Hrs | 4 |
|--------|------|----|----|--------|---|

Contents to be covered:

1. Historical development of the yoga.
2. Main tournaments organized at National and International level.
3. Books and magazines of the yoga.
4. Practice of Skills & Techniques of yoga asanas: sitting asanas, standing asanas in different posture.
5. Practice of Pranayam.

Note: 20 Marks for each game / activity (10 marks for skill and 10 marks for proficiency in game). Each activity will be continued for 21 working days.

B.P.Ed Course (2 Years) Semester System

SEMESTER –II

Part B: Practical Course

100 marks

External Marks: 80

Internal Marks: 20

| | | | | | |
|--------|---|----|----|--------|---|
| PC-203 | Badminton, Volley ball & Weight-lifting. | 80 | 20 | 04 Hrs | 4 |
|--------|---|----|----|--------|---|

Contents to be covered:

1. Historical development of the concerned game/track and field event.
2. Main tournaments organized at National and International level.
3. Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
4. Awardees in the game/athletics.
5. Books and magazines of the game /track and field.
6. Officiating.
 - 1) Play area dimensions/track and field.
 - 2) Equipment specifications
 - 3) Rules of the game/track and Field and their interpretation.
 - 4) Duties of the concerned officials.
7. Fundamental skills /Techniques.

Note: 20 Marks for each game / activity (10 marks for skill and 10 marks for proficiency in game). Each activity will be continued for 21 working days.

B.P.Ed Course (2 Years) Semester System

SEMESTER –II

Part C: Teaching Practice

100 marks

External Marks: 80

Internal Marks: 20

| | | | | | |
|--------|--|----|----|---------|---|
| TP-204 | Teaching Practice of Movement lesson (A) Action songs. (B) Motion Story. (C) Recreational and Minor Games | 80 | 20 | 04 Hrs. | 4 |
|--------|--|----|----|---------|---|

Note: - Each candidate will be required to take a minimum of 10 supervised lessons in the movement lesson, preferably in class. The candidate shall prepare a note book covering action songs, motion stories, recreational and minor games which shall carry 20 marks and 80 marks in Internal and External Examinations respectively.

B.P.E.D COURSE (2 YEARS) SEMESTER SYSTEM

SEMESTER-III

ACADEMIC YEAR 2021-22

B.P.Ed Course (2 Years) Semester System
Semester-III

Theoretical Course: 400 Marks

Practical Course: 400 Marks

| Course Code | Title of the Papers | External Marks | Internal Marks | Teaching Hrs. per week | Credits |
|--------------------|--|-----------------------|-----------------------|-------------------------------|----------------|
| Theory | | | | | |
| CC-301 | Research Methodology and Sports Statistics | 80 | 20 | 04 Hrs | 4 |
| CC-302 | Sports Psychology and Sociology | 80 | 20 | 04 Hrs | 4 |
| CC-303 | Sports Medicine, Physiotherapy And Rehabilitation | 80 | 20 | 04 Hrs | 4 |
| CC-304 | Yoga | 80 | 20 | 04 Hrs | 4 |
| Practical | | | | | |
| PC-301 | Track and Field: Triple Jump, Javelin Throw, Competitive Walk. | 80 | 20 | 04 Hrs | 4 |
| PC-302 | Combative Sports : Wrestling, Boxing, Judo and Adventures Activities (Picnic/ Trekking/ Camping/ River rafting) | 80 | 20 | 04 Hrs | 4 |
| PC-303 | Team Games : Football, Softball and Hockey | 80 | 20 | 04 Hrs | 4 |
| PC-304 | Calisthenics- March Past, Band Drills, Commands, Formations. | 80 | 20 | 04 Hrs | 4 |

Contents to be covered in practical:

1. Historical development of the concerned game/track and field event.
2. Main tournaments organized at National and International level.
3. Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
4. Awardees in the game/athletics.
5. Books and magazines of the game /track and field.
6. Officiating.
 - 1) Play area dimensions/track and field.
 - 2) Equipment specifications
 - 3) Rules of the game/track and Field and their interpretation.
 - 4) Duties of the concerned officials.
7. Fundamental skills /Techniques.

B.P.Ed Course (2 Years) Semester System
SEMESTER -III
Paper-I (CC-301)

Research Methodology and Sports Statistics

| | | |
|---|------------------------|--------------|
| <i>Duration of Examination: 3 Hours</i> | <i>Total Marks</i> | <i>: 100</i> |
| | <i>Theory Marks</i> | <i>: 80</i> |
| | <i>Sessional marks</i> | <i>: 20</i> |

UNIT- I: INTRODUCTION

1. Definition, Meaning, Aims and Objectives of Research.
2. Need and Importance of Research in Physical Education
3. Types of Research.
4. Meaning of research Problem, Formulation of Research Problem.
5. Criteria of a Research Problem.

UNIT- II: HYPOTHESIS AND REVIEW OF LITERATURE

1. Meaning and definition of Hypothesis.
2. Importance, types and testing of Hypothesis.
3. Need of review of Literature.
4. Sources of Literature.
5. Planning of a review work.
6. Note-Taking.

UNIT- III: DATA COLLECTION AND SAMPLING

1. Collection of data through questionnaire and interview method.
2. Collection of data through observation and case study method.
3. Meaning and types of sampling.
4. Importance of sampling.
5. Sample size, sampling and Non-sampling error.

UNIT- IV: STATISTICS AND RESEARCH PROPOSAL

1. Meaning, Need and importance of statistics in physical education.
2. Meaning, Principle and advantages of graphical representation of data.
3. Meaning of the measures of central tendency, computation of measures of central tendency. i.e. Mean, Median and Mode.
4. Meaning of the measures of variability, computation of measures of variability:- Range, Quartile deviation, Average deviation and Standard deviation.
5. Meaning, Need and importance of research proposal.
6. Research report: Precaution for writing Research reports.

NOTE : *Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.*

Suggested Readings:

- Author's Guide: (1991) "*Research Methods Applied to Health Physical Education and Recreation*", Washington, D.C.
- Best J.W., (1982) "*Research in Education*", Prentice Hall, New Delhi.
- Clarke H. David, (1985) "*Research Processes in Physical Education, Recreation and Health*", Prentice Hall Inc., Englewood Cliffs, New Jersey, 1985
- Kamlesh M.L., (1973) "*Methodology of Research in Physical Education and Recreation*", AAHPER, Washington D.C.
- Morrison, Donald, F (1990) "*Multivariate Statistical Methods*" New York: McGraw Hill.
- Kothari, C.R. (1990) "*Research Methodology Methods and Techniques*", VishwaPrakashan- New Delhi.
- Singh Ajmer & Etal, "*essential of physical education*" 2007 3rd edition, Kalyani publisher B-1/292, Rajinder Nagar Ludhiana , Punjab.
- M.L. Kamlesh. *Methods in Physical Education*, New Delhi' Friends Publications, (2006, 2017).

B.P.Ed Course (2 Years) Semester System

Semester-III
Paper-II (CC-302)

SPORTS PSYCHOLOGY AND SOCIOLOGY

Duration of Examination: 3 Hours

Total Marks : 100

Theory Marks : 80

Sessional marks : 20

UNIT -I: INTRODUCTION TO SPORTS PSYCHOLOGY

1. Meaning, Importance and scope of Educational and Sports Psychology.
2. Methods of Sports Psychology.
3. General characteristics of Various Stages of growth and development.
4. Types and nature of individual differences, Factors responsible –Heredity And environment.
5. Meaning and Nature of learning, Theories and laws of learning.

UNIT-II: INTRODUCTION OF PERSONALITY, MOTIVATION AND ANXIETY

1. Meaning, definition, types and characteristics of personality and Effect of Personality on the Sports performance.
2. Meaning, definition and techniques of motivation in sports, Factors influencing motivation in sports.
3. Meaning and definition of anxiety and effect of anxiety on sports performance.

UNIT-III: RELATION OF SOCIAL SCIENCE AND PHYSICAL EDUCATION.

1. Meaning and Concept of Socialization through Physical Education and sports.
2. Meaning and Structure of Group dynamic-Social Group life, Primary group and Remote group.
3. Meaning and importance of Cohesion in a society.
4. Development of team Cohesion through sports.

UNIT-4 RELATION OF CULTURE AND SPORT

1. Meaning, Features and Importance of culture in the society.
2. Meaning of Rituals, Customs, Tradition and their relationship with Physical Education.
3. Effect of culture on sports and people life style.
4. Problem regarding Professionalism in sports for Women.

NOTE : *Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.*

Suggested Readings:

- Ball, D. W. & Loy, J. W. (1975). *Sport and Social Order; Contribution to the Sociology of Sport*. London: Addison Wesley Publishing Co., Inc.
- Blair, J. & Simpson, R. (1962). *Educational Psychology*, New York: McMillan Co.
- Cratty, B. J. (1968). *Psychology and Physical Activity*. Eaglewood Cliffs. Prentice Hall.
- Kamlesh, M.L. (1998). *Psychology in Physical Education and Sport*. New Delhi: Metropolitan Book Co.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). *Sport and Social System*. London: Addison Wesley Publishing Company Inc.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). *Sports Culture and Society*. Philadelphia: Lea & Febiger.
- Mathur, S.S., (1962). *Educational Psychology*. Agra. Vinod Pustak Mandir.
- Skinner, C. E., (1984.). *Education Psychology*. New Delhi: Prentice Hall of India.
- William, F. O. & Meyer, F. N. (1979). *A Handbook of Sociology*. New Delhi: Eurasia Publishing House Pvt. Ltd.
- Ann. Lowlin. *Women's Fitness Program Development Human, Kinetics*. 2002.
- Bengt O. Eriksson et al, *Sports Medicine*, Guinness Publication, 1990.
- Christine M. Drews, *Physiology of Sports and Exercise*, Human Kinetics, USA, 1999.
- David R. Mottran, *Drugs in Sports* (4th Ed) Routledge Taylor and Francis Group, 2005.
- Erikson, B.O. et al, *Sports Medicine*, Guinness Pub. Great Britain, 1990.
- Jain, Rachna, *Sports Medicine*, KSK, New Delhi, 2002.
- Jeyaprakash, C. S., *Sports Medicine*, J.P. Brothers Pub., New Delhi, 2003.
- Khanna, G.L., *Exercise Physiology & Sports Medicine*, Lucky Enterprises, Delhi, 1990.
- Mathew D.K. & Fox E.L., *Physiological Basis of Physical Education and Athletics*, W.B. Saunders Co: Philadelphia, 1971. 27 Bachelor of Physical Education (B.P.Ed.) (Part – II)
- Pandey, P.K., *Outline of Sports Medicine*, J.P. Brothers Pub., New Delhi, 1987.
- Pandey, P.K., *Sports Medicine*, Khel Sahitya Kendra, New Delhi, 1998.
- Bhusan, V. and Sachdeva, *An Introduction to Sociology*, Delhi: Kitab, 2003.
- IGNOU, *The Study of Society – Understanding Sociology*, Delhi – IGNOU, 2007.
- Inkeles, A. Ed., *What is Sociology*, ND: Prentice Hall, 1997.
- Jain, Rachna, *Sports Sociology*, New Delhi: KSK, 2005.
- Kanwal Jeet, S., *Sport Sociology*, ND: Friends Pub., 2000.
- Mitchell, G.D. Ed., *Dictionary of Sociology*, U.K: Routledge, 1999.
- Sharma, R.N., *Urban Sociology*, ND: Surjeet Pub., 1993.
- Singh, Bhupinder, *Sports Sociology*, New Delhi: Friends, 2004.
- Turner, B., *Cambridge Dictionary of Sociology*, U.K., Cambridge, U.N. Press, 2006

B.P.Ed Course (2 Years) Semester System

Semester-III
Paper-III (CC-303)

SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

Duration of Examination: 3 Hours

Total Marks : 100

Theory Marks : 80

Sessional marks : 20

UNIT-I: - SPORTS MEDICINE

1. Sports Medicine: Meaning, Aims, Objectives, Modern Concepts and Importance.
2. Ways and methods for the prevention of injuries in sports.
3. Meaning and principles of First Aid, First Aid for – Burning, Electric shock, Snake Bite, Fracture, Drowning.
4. Classification of Sports injuries, their symptoms and treatment of Common sports injuries - Laceration – Blisters – Contusion - Strain – Sprain – Fracture –Dislocation and Cramps.
5. Meaning and Types of Bandages.

UNIT-II: INTRODUCTION OF PHYSIOTHERAPY

1. Meaning, Definition and importance of Physiotherapy in Sports.
2. Guiding principles of physiotherapy.
3. Meaning and methods of Rehabilitation.
4. Introduction and demonstration of treatments - Electrotherapy – infrared rays – Ultraviolet rays –short wave diathermy – ultrasonic rays.
5. Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches.

UNIT-III: TREATMENT THERAPIES:

1. Introduction and demonstration of treatments by Cryo-therapy, Thermo therapy, Hydro Therapy, Contrast Bath and Whirlpool Bath.
2. Introduction and demonstration of treatments by Steam Bath, Sauna Bath and Hot Water Fermentation.
3. Massage: Brief History of Massage, Types of massages.
4. Physiological Effects of Massage.

UNIT-IV: THERAPEUTIC EXERCISE:

1. Meaning, Scope and Principles of Therapeutic Exercise.
2. Therapeutic exercise: Classification and Effects.
3. Meaning and Types of Free Mobility Exercise.
4. Therapeutic Exercises for Shoulder, Elbow, Wrist and Finger Joints, Hips, Knee, Ankle and Foot joints, Trunk, Head and Neck.

NOTE:- *Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.*

Suggested Readings:

- Christine, M. D., (1999). *Physiology of Sports and Exercise*. USA: Human Kinetics.
- Conley, M. (2000). *Bioenergetics of exercise training*. In T.R. Baechle, & R.W. Earle, (Eds.), *Essentials of Strength Training and Conditioning* (pp. 73-90). Champaign, IL: Human Kinetics.
- David, R. M. (2005). *Drugs in Sports*, (4th Ed). Routledge Taylor and Francis Group.
- Hunter, M. D. (1979). *A Dictionary for Physical Educators*. In H. M. Borrow & R. McGee, (Eds.), *A Practical approach to measurement in Physical Education* (pp. 573-74). Philadelphia: Lea & Febiger.
- Jeyaprakash, C. S. (2003), *Sports Medicine*, J.P. Brothers Pub., New Delhi.
- Khanna, G.L., (1990). *Exercise physiology & Sports Medicine*. Delhi:Lucky Enterprises.
- Mathew, D.K. & Fox, E.L., (1971). *Physiological Basis of Physical Education and Athletics*.
- Pandey, P.K., (1987). *Outline of Sports Medicine*, New Delhi: J.P. Brothers Pub.
- Williams, J. G. P. (1962). *Sports Medicine*. London: Edward Arnold Ltd.
- Reider Bruce, “*Sport Medicine*” (W.B. Saunders Company: A division of Hurcourt race & Company, Philadelphia 1996).
- Million B. Morris “*Office Sports Medicine*” (Hanley & Belfins Inc. Philadelphia, 1996).
- Scuderi R. Giles and Mc. Cann D. Peter “*Sports Medicine a Comprehensive Approach*” (Elsevier Mosby, Burtis Center, Philadelphia, 2005)
- Scuderi R. Giles, Mc. Cann D. Peter and Brun J. Peter “*Sports Medicine: Principles of Primary Cure*” (Mosby A Harcourt Health Science Company St. Louis, 1997).
- Erikson, B.O. et al, “*Sports Medicine*”, Guinness Pub. Great Britain, 1990. 33 Bachelor of Physical Education (B.P.Ed.) (Part – II).
- Jain, Rachna, “*Sports Medicine*”, KSK, New Delhi, 2002.
- Pandey, P.K., *Sports Medicine*, Khel Sahitya Kendra, New Delhi, 1998

B.P.Ed Course (2 Years) Semester System

Semester-III

Paper-IV (CC-304)

YOGA

Duration of Examination: 3 Hours

Total Marks : 100

Theory Marks : 80

Sessional marks : 20

UNIT – I INTRODUCTION

1. Definition, meaning, Aims and objectives of Yoga.
2. Streams of Yoga-Karma Yoga, Bhakti Yoga, Gyana Yoga, Raj Yoga, Hatha Yoga, Mantra Yoga, Kundalini Yoga.
3. Eight limbs of Astang Yoga-Yama, Niyama, Pratyahara, Dharana, Dhyana, Samadhi, Patanjali Yoga, Sutra.
4. Surya Namaskar-Guiding principles of suryanamaskar, techniques and benefits.

UNIT – II MEDITATION AND DIET

1. Meaning and methods of meditation.
2. Forms and benefits of meditation-Mantra meditation, Breathing meditation, Silent meditation.
3. Classification and importance of food-Tamestic foods, Rajastic foods, Sative foods.

UNIT – III PURIFICATION TECHNIQUES

1. Pranayama- Varieties, Techniques and benefits of pranayama.
2. Techniques of Bhadras- Jhiva, Jalandhar, Uddiyan, Mool.
3. ShudhiKriyas- Techniques and Effects of JalNeti, KapalBhatti, Nauli and VamanDhauti.

UNIT – IV ASANA

1. Applications, Techniques, benefits and Guiding principles of the following asanas-Shav Asana, Makar Asana, Culture Asana, Bhujang Asana, Chakar Asana, Dhanur Asana, Gomuk Asana, Hal Asana, Matsya Asana, Salb Asana, Ardhamatsyendra Asana, Mayur Asana, Virkh Asana.

NOTE:-*Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.*

Suggested Readings:

- AladerKogler. (1999) *Yoga for every Athlete (Secrets of an Olympic Coach)*, Jaico Publishing House, Delhi,
- BediYaspal: (1985) *Social and Preventive Medicine*, New Delhi ;Atmaram and Sons.
- F.Yeast Brown: (2006) *How to use Yoga and Sports*, Publication by DurgaGanj New Delhi,.
- K.ChandraShekar: (2007) *Yoga for Health*, Publication by KhelSahtya, Kendra New Delhi,.
- Kumar Amresh (Prof.): (2007) *Yoga for Health and Body*, Publisher by KhelSahitya Kendra,Delhi.
- Rana Asha: (2006) *Yoga and health promotion in Schools*, Sports Publications, New Delhi,.
- Agarwal, K.C. (2001) *Environmental Biology*, Nidi Publ. Ltd. Bikaner.
- BharuchaErach, (2002) *The Biodiversity of India*, Mapin Publishing Pvt. Ltd., Ahmedabad -380013, India.
- Brunner R.C., (1989), *Hazardous Waste Incineration*, McGraw Hill Inc. 480p.
- Clerk B.S., *Marine Pollution*, Clanderson Pross Oxford (TB).
- Cunningham, W.P.Cooper, T.H. Gorhani, E & Hepworth, M.T.(2001), *Environmental Encyclopedia*, Jaico Publ. House, Mumbai, 1196.

B.P.Ed Course (2 Years) Semester System
SEMESTER -III
Part B: Practical Course

Total 100 Marks

External Marks: 80

Internal Marks: 20

| | | | | | |
|--------|---|----|----|---------|---|
| PC-301 | Track and Field: Triple Jump, Javelin Throw, Competitive Walk. | 80 | 20 | 04 Hrs. | 4 |
|--------|---|----|----|---------|---|

Contents to be covered:

1. Historical development of the concerned game/track and field event.
2. Main tournaments organized at National and International level.
3. Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
4. Awardees in the game/athletics.
5. Books and magazines of the game /track and field.
6. Officiating.
 - 1) Play area dimensions/track and field.
 - 2) Equipment specifications
 - 3) Rules of the game/track and Field and their interpretation.
 - 4) Duties of the concerned officials.
7. Fundamental skills /Techniques.

Note:-20 Marks for each game / activity (10 marks for skill and 10 marks for proficiency in game). Each activity will be continued for 21 working days.

B.P.Ed Course (2 Years) Semester System
Semester-III

Part B: Practical Course

Total 100 Marks

External Marks: 80

Internal Marks: 20

| | | | | | |
|--------|--|----|----|---------|---|
| PC-302 | Combative Sports : Wrestling, Boxing, Judo and Adventures Activities (Picnic/ Trekking/ Camping/ River rafting) | 80 | 20 | 04 Hrs. | 4 |
|--------|--|----|----|---------|---|

Contents to be covered:

1. Historical development of the concerned game.
2. Main tournaments organized at National and International level.
3. Records/Statistics of the game / event at world, Olympic, Asia, National.
4. Awardees in the game.
5. Books and magazines of the game.
6. Officiating.
 - 1) Play area dimensions/ring and field.
 - 2) Equipment specifications.
 - 3) Rules of the game/ring and Field and their interpretation.
 - 4) Duties of the concerned officials.
7. Fundamental skills /Techniques.

Note:-20 Marks for each game / activity (10 marks for skill and 10 marks for proficiency in game). Each activity will be continued for 21 working days.

B.P.Ed Course (2 Years) Semester System

Semester-III

Part B: Practical Course

Total 100 Marks

External Marks: 80

Internal Marks: 20

| | | | | | |
|--------|---|----|----|---------|---|
| PC-303 | Team Games :Football, Softball and Hockey | 80 | 20 | 04 Hrs. | 4 |
|--------|---|----|----|---------|---|

Contents to be covered:

1. Historical development of the concerned game/ event.
2. Main tournaments organized at National and International level.
3. Records/Statistics of the game and field event at world, Olympic, Asia, National.
4. Awardees in the game/athletics.
5. Books and magazines of the game and field.
6. Officiating.
 - 1) Play area dimensions game and field.
 - 2) Equipment specifications.
 - 3) Rules of the game and Field and their interpretation.
 - 4) Duties of the concerned officials.
7. Fundamental skills /Techniques.

Note:-20 Marks for each game / activity (10 marks for skill and 10 marks for proficiency in game). Each activity will be continued for 21 working days.

B.P.Ed Course (2 Years) Semester System
Semester-III
Part C: Teaching Practice

Total 100 Marks

External Marks: 80

Internal Marks: 20

| | | | | | |
|--------|--|----|----|---------|---|
| PC-304 | Calisthenics- March Past, Band Drills, Commands, and Formations. | 80 | 20 | 04 Hrs. | 4 |
|--------|--|----|----|---------|---|

Note: - The students will be required to prepare a file pertaining to each lesson given to them in support of their evaluation of lesson plan and viva-voce.

- Internal Evaluation of the topic will be based on the students' performance.

B.P.ED COURSE (2 YEARS) SEMESTER SYSTEM

SEMESTER-IV

ACADEMIC YEAR 2021-22

Semester-IV

Theoretical Course: 400 Marks

Practical Course: 400 Mark

| Course Code | Title of the Papers | External Marks | Internal Marks | Teaching Hrs per week | Credits |
|------------------|--|----------------|----------------|-----------------------|---------|
| Theory | | | | | |
| CC-401 | Kinesiology and Sports Biomechanics | 80 | 20 | 04 Hrs | 4 |
| CC-402 | Contemporary Issues in Physical Education, Fitness and Wellness | 80 | 20 | 04 Hrs | 4 |
| CC-403 | Sports management | 80 | 20 | 04 Hrs | 4 |
| CC-404 | Measurement and Evaluation in Physical Education | 80 | 20 | 04 Hrs | 4 |
| Practical | | | | | |
| PC-401 | Track and Field : , Marking of Athletic Track & Field Events | 80 | 20 | 04 Hrs | 4 |
| PC-402 | Team Games : Handball, Table Tennis and Any other | 80 | 20 | 04 Hrs | 4 |
| PC-403 | Conduct of Tournament (Any Game) and Conduct of Athletic meet | 80 | 20 | 04 Hrs | 4 |
| TP-404 | Class room teaching on the topic of the syllabus. | 80 | 20 | 04 Hrs | 4 |

Contents to be covered in practical:

1. Historical development of the concerned game/track and field event.
2. Main tournaments organized at National and International level.
3. Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
4. Awardees in the game/athletics.
5. Books and magazines of the game /track and field.
6. Officiating.
 - 1) Play area dimensions/track and field.
 - 2) Equipment specifications
 - 3) Rules of the game/track and Field and their interpretation.
 - 4) Duties of the concerned officials.
7. Fundamental skills /Techniques.

Note: 20 Marks for each game (10 marks for skill and 10 marks for proficiency in game). Each activity will be continued for 21 working days.

B.P.Ed Course (2 Years) Semester System

SEMESTER – IV

Paper-I (CC-401)

KINESIOLOGY AND SPORTS BIOMECHANICS

Duration of Examination: 3 Hours

Total Marks : 100

Theory Marks : 80

Sessional marks : 20

UNIT – I INTRODUCTION TO KINESIOLOGY AND SPORTS BIOMECHANICS

1. Meaning, Definition, Aim and Objectives of Kinesiology and Sports Biomechanics.
2. Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches.
3. Fundamental Movements around the Joints.
4. Fundamental concepts of Planes and Axis.
5. Meaning, types and functions of Bones and Joints.

UNIT – II FUNDAMENTAL CONCEPT OF KINESIOLOGY

1. Meaning, Types and Properties of Muscle.
2. Types of Muscle Contractions- Isotonic, Isometric, Isokinetic, Agonists, Antagonists, Neutralizers and Stabilizers.
3. Posture – Meaning, Types and Importance of good posture, spinal curves of good postural.
4. Causes and Remedies for Postural deformities: knock knees, Bow legs, Flat foot, Scoliosis, Lordosis and Kyphosis.

UNIT – III MUSCLES

1. Shoulder girdle: (Structure, Origin, Insertion, Innervations, Action) trapezius, pectorals minor, serratus anterior, subclavius, rhomboid, levator scapula.
2. Shoulder Joint: (Structure, Origin, Insertion, Innervations, Action) pectorals major, subscapularis, deltoid, supraspinatus, latissimusdorsi, teras major, infraspinatus and teres minor.
3. Hip Joint and Pelvic Girdle: (Structure, Origin, Insertion, Innervations, Action) Illipsoas, Sartorius, rectus femoris, gluteus meduis, gluteus minimus, tensor fascia latae, gluteus Maximus, biceps femories and Semi-tendinosus.
4. Knee and Ankle Joint: (Structure, Origin, Insertion, Innervations, Action) Gastrocnemius, soleus, peroneusgroup, extensor digitorumlogus, extensor hallusulongus, tibialis anterior and tibialis posterior.

UNIT – IV KINEMATICS AND KINETICS OF HUMAN MOVEMENT

1. Linear Kinematics and Angular kinematics – Distance, Displacement, speed, velocity and acceleration.
2. Linear and Angular Kinetics – Concept of Inertia, Mass and Weight.
3. Meaning, Definition, Types and Applications of Force and Lever.
4. Newton's Laws of Motion.
5. Meaning and Characteristics of Projectile.

NOTE:-*Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.*

Suggested Readings:

- Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood Cliffs, N.J.: Prentice Hall Inc.
- Copper & Clesco (1968) "*Kinesiology*", St, Louis, C.V. Mosby Co.
- Hay, J. G. & Reid, J. G. (1982). *The anatomical and mechanical basis of human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.
- Hay, J. G. & Reid, J. G. (1988). *Anatomy, mechanics and human motion*. Englewood Cliffs, N.J.: prentice Hall Inc.
- Hay, J. G. (1993). *The Biomechanics of Sports Techniques*. Englewood Cliffs, N.J.: Prentice Hall, Inc.
- Rasch and Burk, (1975) (*Kinesiology and applied Anatomy*) Lee & Febiger
- Simonian, C. (1911). *Fundamentals of Sport Biomechanics*. Englewood Cliffs, N.J.: Prentice Hall Inc.
- Wells K. (1984) "*Kinesiology*" Philadelphia W.B. Saunder Co.
- Hall, Susan J. *Basic Biomechanics, Fourth Edition* (Boston etc: WCB/MC Graw-Hill Companies, 2004)
- Kreighbaum, Ellen and Barthels. *Biomechanics – A Qualitative Approach for studying Human movement*. Third edition (New York : MC millan publishing company, 1990)
- Mc. Ginnis, Peter M. *Biomechanics of Sport and Exercise*, Second Edition (Champaign: *Human kinetics publishers*, 2005)

B.P.Ed Course (2 Years) Semester System

SEMESTER – IV

Paper-II (CC-402)

CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS

Duration of Examination: 3 Hours

Total Marks : 100

Theory Marks : 80

Sessional marks : 20

UNIT – I CONTEMPORARY ISSUES

1. Developments and challenges of Physical Education in current scenario.
2. Professionalism in Physical Education and Sports.
3. Misconception about Physical Education.
4. Importance and factors affecting Physical Activity-Demographic, Cognitive, Behavioral and Community.

UNIT – II FITNESS, WELLNESS AND LIFESTYLE

1. Definition, Aims, Objectives, Importance and Scope of fitness and Wellness.
2. Fitness – Types of Fitness and Components of Fitness.
3. Understanding of Wellness: Body Wellness, Mind Wellness and Spiritual Wellness.
4. Principles and factors of fitness and wellness.
5. Modern concept of Physical fitness and Wellness.

UNIT – III ADAPTED PHYSICAL EDUCATION

1. Meaning, Need, Importance, Aim and Objective of adapted physical education and sports.
2. Program organization of adapted physical education and sports.
3. Adapted Sports- Para-Olympics, Role of Games and Sports in adapted physical education.
4. Meaning, Causes, consequences and eating habits of childhood obesity.
5. Women in sports and gender biases, diversity in women's sports and effects of trans-genders in sports competition.

UNIT – IV SAFETY EDUCATION AND FITNESS PROMOTION

1. Means of Fitness development – aerobic and anaerobic exercises.
2. Exercises and Heart rate Zones for various aerobic and anaerobic exercise intensities.
3. Common Health, Fitness and Safety issues of Daily Life.
4. Different Medical Considerations and exercise.
5. Modern Life Style and Hypo-kinetic Disease –Prevention and Management.

NOTE:-*Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.*

Suggested Readings:

- Difiore, J. (1998). *Complete guide to postnatal fitness*. London: A & C Black.
- D. Margaret Costa & Sharon R. Guthrie. (1994) *Women and Sports; Interdisciplinary Perspectives*. Human Kinetics;
- Giam, C.K &The K.C. (1994). *Sport Medicine Exercise and Fitness*. Singapore: P.G. Medical Book.
- Mcglynn, G. (1993). *Dynamics of Fitness*. Madison: W.C.B Brown.
- Paul Beashel& John Taylor. *Advance Studies in Physical Education and Sports*, Thomas Nelson & Sons Limited, UK, 1996.
- Sharkey, B. J. (1990). *Physiology of Fitness*, Human Kinetics Book.
- Winnick, J.P. (2005) *Adapted Physical Education and Sports. Human Kinetics* (4th Edition).
- Ken Hardman & Ken Green. *Contemporary Issues in Physical Education: International Perspectives*. Meyer & Meyer Verlag, 2011.
- Ken Green & Ken Hardman. *Physical Education: Essential Issues*. Sage Publication Limited, 2005.
- Winnick, J. P. *Adapted Physical Education and Sports*. Human Kinetics (4th Edition), 2005.
- Cratty, B.J. *Adapted Physical Education in the Mainstream*. (4th Edition) Love Publishing Company.

B.P.Ed Course (2 Years) Semester System

SEMESTER – IV

Paper-III (CC-403)

SPORTS MANAGEMENT

Duration of Examination: 3 Hours

Total Marks : 100

Theory Marks : 80

Sessional marks : 20

Unit-I INTRODUCTION

1. Meaning, Definition, need and Importance of Sports Management.
2. Progressive concept and scope of Sports management.
3. Skills of Management-Personal skills, Human skills, Conceptual skills and Conjoined skills.
4. Functions of Management-Planning, Organizing, Staffing management, Directing, Controlling in activity based programme.
5. Qualities and competencies required for the sports manager.

Unit-II LEADERSHIP AND SPORTS MANAGEMENT

1. Meaning and Definition of leadership.
2. Various Style, Basic Elements and methods of leadership.
3. Forms of Leadership: Autocratic, Laissez-faire, Democratic, Authoritative and coaching style.
4. Qualities of good administrative leader.

Unit-III PLANNING IN PHYSICAL EDUCATION AND SPORTS

1. Management of Physical Education and Sports at
 - 1) Schools
 - 2) Colleges
 - 3) Universities
2. Factors affecting planning of sports event.
3. Public Relation: Meaning, Definition, Principles, Planning and Organizing.
4. Conflicts of management in Physical Education.
5. Manager: Role of Manager-Inter Personal Roles, Informational Roles, decisional Roles.
6. Qualities and managerial skills of Manager-Effective Communication, Staff Meetings, Committees and Office Management.

Unit-IV FINANCIAL MANAGEMENT IN PHYSICAL EDUCATION

1. Financial Management: Need and Principles of Financial Management.
2. Budget: Meaning and Importance of Budget making.
3. Criteria of good budget and Principles of budgeting.
4. Steps of Budget making, Sources of Income and Expenditure.
5. Procedure of taking Approval/sanction of expenditures for sports activities.

NOTE:-*Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.*

SUGGESTED READINGS:

- Ashton, D. (1968). *Administration of Physical Education for Women*. New York: The Ronal Press.
- C.I. Bucher, C.A. *Administration of Physical Education and Athletic Programme*. 7th Edition, St.Louis: The C.V. Mosby Co.
- Daughtrey, G. & Woods, J.B. (1976). *Physical Education and Intramural Programmes, Organization and Administration*. Philadelphia U.S.A. : W.B. Saunders Cp.
- Earl, F. Z, & Gary, W. B. (1963). *Management Competency Development in Sports and Physical Education*.
- Frost, B., Lockhart, B.D. and Marshall Stanley, (1992) J. *Administration of Physical Education and Athletics Concepts and Practices* (New Delhi: University Book Stall, 2nd Ed.
- M.L. Kamlesh. *Management Concepts in Physical Education and Sport* (2nd revised and updated ed.); New Delhi; Khel Sahitya Kendra, (2016).
- P. Cherllandurai. *Sport Management-Macro Perspectives*; London, Ontario (Canada; *Sports Dynamics*(1985).
- Horine, LARRY, *Administration of Physical Education and Sports Programme*, (Boul vand : Won C Brown Publisher 1991),2ND Ed.
- Clare R. Jenson: *Administrative Management of Physical Education and Athletic Programmes*; Lea and Febiger, Philadelphia.
- Bonnie L, Park House: *The Management of Sports*, Moshey Yar Book Toronto.
- June Walker; *Modern methods in Secondary School, Physical Education*, Allyn and Bacon, Inc. Boston.
- Charles E. Forsythe, Irvin A.Keller; *Administration of High School Athletics Prentice Hall, Inc. New Jersy*.
- Clyde Knapp. *Teaching Methods of Physical Education* Mc. Grew Hil Inc.

B.P.Ed Course (2 Years) Semester System
SEMESTER – IV
Paper-IV (CC-404)

MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

| | | |
|---|------------------------|--------------|
| <i>Duration of Examination: 3 Hours</i> | <i>Total Marks</i> | <i>: 100</i> |
| | <i>Theory Marks</i> | <i>: 80</i> |
| | <i>Sessional marks</i> | <i>: 20</i> |

UNIT – I: INTRODUCTION

1. Meaning and Definition of Test, Measurement and Evaluation.
2. Principle and scope of Test, Measurement and Evaluation.
3. Importance of Measurement and Evaluation in Physical Education.
4. Construction of knowledge Tests and Sports Skills Tests.
5. Criteria for Test Selection: Reliability, Validity, Objectivity, Feasibility and Precision.

UNIT - II: MOTOR FITNESS AND CARDIOVASCULAR TEST

1. Philip's J.C.R Test.
2. AAHPER Youth Fitness Test.
3. Tuttle Pulse Ration Test.
4. Harvard Step Test.

UNIT – III: BODY COMPOSITION

1. Meaning of Somatotyping.
2. Brief Account of Kretchmer's Body Type.
3. Brief Account of sheldon Body classification.
4. Height and Weight Measurement, BMI.
5. Methods for assessing body composition: Anthropometric, hydrostatic Weighing, Bod Pod.

UNIT – IV: SPORTS SKILL TEST

1. Johnson Basketball Test.
2. Knox Basketball Test.
3. Modified Volleyball Test.
4. Russell-Lange Volleyball Test.
5. Johnson Soccer Test.
6. B. Mcdonald Test.

NOTE:-*Nine questions will be set. Question number one will be compulsory of 20 Marks with 10 Short Types Answers covering the entire Syllabus. Four questions are to be attempted selecting one question from each Unit and each question will carry 15 marks.*

SUGGESTED READINGS:

- Marrow James R. & A.W., Jackson , (1995) *Measurement and Evaluation in Human Performance*. Human Kinetics Publisher, Urban Champaign, Illinois, US.A .
- Kansal, D.K, (1996) *Test and Measurement in Sports and Physical Education*, D.V.S Publications, New Delhi.
- Johnson, B.L and Nelson, J.K, (1988) *Practical Measurement for Evaluation in Physical Education*, Delhi, Surjeet Publications.
- Clarke, H.H and Clarke, D.H. (1991) *Application of Measurement to Physical Education*, Englewood Cliffs, NJ, Prentice Hall.
- Phillips D.A and Honark, J.S (1979) *Measurement and Evaluation in Physical Education*, New York, John Wiley and Sons.
- Kansal, D.K, (2008) *Textbook of Applied Measurement Evaluation and Sports Selection. Sports and Spiritual Science* Publication: New Delhi.

B.P.Ed Course (2 Years) Semester System
SEMESTER – IV
Part B: Practical Course

Total 100 Marks
External Marks: 80
Internal Marks: 20

| | | | | | |
|--------|--|----|----|--------|---|
| PC-401 | Track and Field:- Conduct of Athletic Meet & Field Events | 80 | 20 | 04 Hrs | 4 |
|--------|--|----|----|--------|---|

Contents to be covered:

1. Historical development of the concerned game/track and field event.
2. Main tournaments organized at National and International level.
3. Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
4. Awardees in the game/athletics.
5. Books and magazines of the game /track and field.
6. Officiating.
 - 1) Play area dimensions/track and field.
 - 2) Equipment specifications
 - 3) Rules of the game/track and Field and their interpretation.
 - 4) Duties of the concerned officials.
7. Fundamental skills /Techniques.

Note: 20 Marks for each game / activity (10 marks for skill and 10 marks for proficiency in game). Each activity will be continued for 21 working days.

B.P.Ed Course (2 Years) Semester System

SEMESTER – IV

Part B: Practical Course

Total 100 Marks
External Marks: 80
Internal Marks: 20

| | | | | | |
|--------|--|----|----|--------|---|
| PC-402 | Team Games : Handball, Swimming, and Table Tennis and any others. | 80 | 20 | 04 Hrs | 4 |
|--------|--|----|----|--------|---|

Contents to be covered:

1. Historical development of the concerned game.
2. Main tournaments organized at National and International level.
3. Records/Statistics of the game, Olympic, Asia, National.
4. Awardees in the game.
5. Books and magazines of the game.
6. Officiating.
 - 1) Play area dimensions.
 - 2) Equipment specifications
 - 3) Rules of the game.
 - 4) Duties of the concerned officials.
7. Fundamental skills /Techniques.

Note: 20 Marks for each game / activity (10 marks for skill and 10 marks for proficiency in game). Each activity will be continued for 21 working days.

B.P.Ed Course (2 Years) Semester System

SEMESTER – IV

Part B: Practical Course

Total 100 Marks

External Marks: 80

Internal Marks: 20

| | | | | | |
|--------|--|----|----|--------|---|
| PC-403 | Conduct of Tournament (Any Game) and Conduct of Athletic Meet. | 80 | 20 | 04 Hrs | 4 |
|--------|--|----|----|--------|---|

Contents to be covered:

1. Performance on various fundamental skills.
2. Assessment of Organization in sports event etc.
3. Mass, P.T, Drills, Lazium and marching, Dumbbells, Medicine, Ball exercise, skipping rope.

Note:-While making the assessment on the basis of above mentioned criterion, the regularity, discipline and punctuality etc of the students will also be taken into consideration.

Note: 20 Marks for each game / activity (10 marks for skill and 10 marks for proficiency in game / activity). Each activity will be continued for 21 working days.

B.P.Ed Course (2 Years) Semester System

SEMESTER – IV

Part B: Practical Course

100 Marks

External Marks: 80

Internal Marks: 20

| | | | | | |
|--------|---|----|----|--------|---|
| TP-404 | Class room teaching on the Topic of the Syllabus. | 80 | 20 | 04 Hrs | 4 |
|--------|---|----|----|--------|---|

Contents to be covered:

1. Historical development of the concerned game/track and field event.
2. Main tournaments organized at National and International level.
3. Records/Statistics of the game /track and field event at world, Olympic, Asia, National.
4. Awardees in the game/athletics.
5. Books and magazines of the game /track and field.
6. Officiating.
 - 1) Play area dimensions/track and field.
 - 2) Equipment specifications
 - 3) Rules of the game/track and Field and their interpretation.
 - 4) Duties of the concerned officials.
7. Fundamental skills /Techniques.

Note: 20 Marks for each game / activity (10 marks for skill and 10 marks for proficiency in game). Each activity will be continued for 21 working days.