

Study & Evaluation Scheme

Of

Bachelor of Physical Education (BPE) [Applicable w.e.f. Academic Year 2012-13]



TEERTHANKER MAHAVEER UNIVERSITY

N.H. 24, Delhi Road, Moradabad, Uttar Pradesh-244001

Website: www.tmu.ac.in



TEERTHANKER MAHA VEER UNIVERSITY

Delhi Road, Moradabad (U.P)

(Established under Govt. of U. P. Act No. 30, 2008)

Study & Evaluation Scheme of B.P.E.

(Bachelor of Physical Education)

SUMMARY

Programme	:	B.P.E (Bachelor of Physical Education)
Duration	:	Three years (6 semester full time)
Medium	:	English
Minimum Required Attendance	:	75 %
Maximum Credits	:	144
Minimum credits required for The degree	:	140
Assessment (Theory)	:	

Internal	External	Total
30	70	100

Internal Evaluation (Theory Papers)

Class Test I	Class Test II	Class Test III	Assignment(s)	Other Activity (including attendance)	Total
Best two out of the Three					
10	10	10	5	5	30

Duration of Examination :

External	Internal
3 hrs	1 ½ hr

To qualify the course a student is required to secure a minimum of 50% marks in each subject including the semester-end examination and teacher's continuous evaluation (i.e. both internal and external). A candidate, who secures less than 50% marks in the semester end examination, shall be deemed to have failed in that subject/course(s). **To be eligible for the next semester-end examination, a candidate must not have failed in more than two papers cumulatively (i.e. at the time of any semester-end examination the backlog of reappear papers should not be more than two).** Failure to fulfill this requirement will cause the student either to revert back to corresponding junior batch of students and continue his/her studies with them for rest of the program or clear the backlog as an external/ reappear candidate. A student has to pass mandatorily in theory & practical separately. If he / she passes in theory and fails in practical, he has to appear for both i.e. theory, as well as practical, but if he/she passes in practical but fails in theory he / she has to appear for theory exams only.

A student who has been placed under re-appear category shall be allowed to continue his/her studies in the next semester but will have to ensure that he /she meets the eligibility condition of not having more than two reappear papers before the next semester-end examination.

Note: For internal assessment purpose, there will be three Class Tests in a semester and best two tests will be considered for the final result.

Study & Evaluation Scheme
Programme: B.P.E (Bachelor of Physical Education) three years
I Semester

Sl. no.	Course Code	Subject	Periods			Credits	Evaluation Scheme		
			L	T	P		Internal	External	Total
1	B.P.E107	Introduction & History of Physical Education	3	2	-	4	30	70	100
2	B.P.E108	Anatomy & First Aid	3		2	4	30	70	100
3	B.P.E109	English I	3	2	-	4	30	70	100
4	B.P.E110	Career in Physical Education & Sports	3	2	-	4	30	70	100
5	B.P.E154	Athletics	-	-	04	2	50	50	100
6	B.P.E155	Gymnastics	-	-	04	2	50	50	100
7	B.P.E156	Yoga	-	-	04	2	50	50	100
8	B.P.E157	Cricket	-	-	04	2	50	50	100
		Total	12	6	18	24	320	480	800

II Semester

Sl. no.	Course Code	Subject	Periods			Credits	Evaluation Scheme		
			L	T	P		Internal	External	Total
1.	B.P.E207	Introduction to Social Science	3	2	-	4	30	70	100
2.	B.P.E208	Fundamental of Computer & Information Technology.	3		2	4	30	70	100
3.	B.P.E209	Biomechanics	3	2	-	4	30	70	100
4.	B.P.E210	English II	3	2	-	4	30	70	100
5.	B.P.E254	Weight Training	-	-	04	2	50	50	100
6.	B.P.E255	Squash Racket	-	-	04	2	50	50	100
7.	B.P.E256	Handball	-	-	04	2	50	50	100
8.	B.P.E257	Tennis	-	-	04	2	50	50	100
		Total	12	8	18	24	320	480	800

III Semester

Sl. no.	Course Code	Subject	Periods			Credits	Evaluation Scheme		
			L	T	P		Internal	External	Total
1.	B.P.E307	Methods in Physical Education	3	2	-	4	30	70	100
2.	B.P.E308	Physiology	3	-	2	4	30	70	100
3.	B.P.E309	Fitness Management	3	2	-	4	30	70	100
4.	B.P.E310	Basic Statistics	3	2	-	4	30	70	100
5.	B.P.E354	Football	-	-	4	2	50	50	100
6.	B.P.E355	Volleyball	-	-	4	2	50	50	100
7.	B.P.E356	Kabaddi	-	-	4	2	50	50	100
8.	B.P.E357	Judo	-	-	4	2	50	50	100
		Total	12	6	18	24	320	480	800

IV Semester

Sl. no.	Course Code	Subject	Periods			Credits	Evaluation Scheme		
			L	T	P		Internal	External	Total
1.	B.P.E401	Educational Psychology	3	2	-	4	30	70	100
2.	B.P.E402	Environmental Studies	3	2	-	4	30	70	100
3.	B.P.E403	Kinesiology	3	-	2	4	30	70	100
4.	B.P.E404	Basics of Sports Training	3	2	-	4	30	70	100
5.	B.P.E451	Hockey	-	-	04	2	50	50	100
6.	B.P.E452	Basket Ball	-	-	04	2	50	50	100
7.	B.P.E453	Kho-Kho	-	-	04	2	50	50	100
8.	B.P.E454	Wrestling	-	-	04	2	50	50	100
		Total	12	6	18	24	320	480	800

V Semester

Sl. no.	Course Code	Subject	Periods			Credits	Evaluation Scheme		
			L	T	P		Internal	External	Total
1.	B.P.E501	Health Education	3	2		4	30	70	100
2.	B.P.E502	Professional Preparation	3	2	-	4	30	70	100
3.	B.P.E503	Educational Technology	3	2	-	4	30	70	100
4.	B.P.E504	Introduction to Corrective and Rehabilitation	3	-	2	4	30	70	100
5.	B.P.E551	Badminton	-	-	4	2	50	50	100
6.	B.P.E552	Teaching Ability	-	-	4	2	50	50	100
7.	B.P.E553	Sport Specialisation	-	-	4	2	50	50	100
8.	B.P.E554	Swimming	-	-	4	2	50	50	100
		Total	12	6	18	24	320	480	800

VI Semester

Sl. no.	Course Code	Subject	Periods			Credits	Evaluation Scheme		
			L	T	P		Internal	External	Total
1.	B.P.E601	Adapted Phy.Edu.	3	2	-	4	30	70	100
2.	B.P.E602	Recreation	3	2	-	4	30	70	100
3.	B.P.E603	Management of Phy. Ed.	3	2	-	4	30	70	100
4.	B.P.E604	Tests & Measurement	3	-	2	4	30	70	100
5.	B.P.E651	Table Tennis	-	-	4	2	50	50	100
6.	B.P.E652	Teaching Ability	-	-	4	2	50	50	100
7.	B.P.E653	Sport Specialisation	-	-	4	2	50	50	100
8.	B.P.E654	Internship in Schools/Health Clubs	-	-	4	2	50	50	100
		Total	12	6	18	24	320	480	800

B.P.E-I SEMESTER
PAPER I - INTRODUCTION AND HISTORY OF PHYSICAL
EDUCATION

Code-BPE107

L T P C
3 2 0 4

Objectives: The objective of this subject is to teach them regarding introduction, history of physical education and its importance in relation to health and fitness.

UNIT-I

1. Introduction

- 1.1 Meaning & Definitions of Education.
- 1.2 Aim & Objectives of Education.
- 1.3 Importance of Education in the modern era.
- 1.4 Meaning & Definitions of Physical Education
- 1.5 Misconceptions about Physical Education.
- 1.6 Aims & Objectives of Physical Education & their attainment through Physical Education.
- 1.7 Relationship of Physical Education with General Education.
- 1.8 Physical Education as an Art and Science.

UNIT-II

2. Development of Physical Education in India

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

UNIT-III

3. Physical Education in the World

- 3.1 Physical Education in Sparta.
- 3.2. The aim of Physical Education in Sparta.
- 3.3. Women at Sparta
- 3.4. Education at Athens
- 3.5. Palaestra, Gymnasium and Ephebos.
- 3.6. Physical and Moral Education in Ancient Rome
- 3.7. The Circus, the Gladiatorial Combats
- 3.8 Contribution of Leaders and Movements for the Growth of Physical Education in the world**
- 3.8.1 Germany (Johan Basedow, Guts muths, Turnverein Movement)
- 3.8.2 Sweden (Per Henric Ling), Swedish Medical Gymnastics.
- 3.8.3 Denmark (Franz Nachtegal, Neils Burke)
- 3.8.4 Great Britain (Archiblad Maclaren,)
- 3.8.5 U.S.A. (Dr. Dudley Alen Sargent)
- 3.8.6 U.S.S.R., the Spartakiad

UNIT-IV

4. Olympic, Commonwealth and Asian Games

- 4.1 Ancient Olympic Games – Historical Background, Significance of Ancient Games,
- 4.2 Conduct of Ancient Games, Decline and termination of Olympic Games.
- 4.3 Modern Olympic Games – Revival of Modern Olympic Games, International Olympic Committee (IOC),
- 4.4 Functions of IOC
- 4.5 Organization and conduct of games
- 4.6 Conduct of ceremonies (opening and closing ceremonies).
- 4.7 Commonwealth Games – Historical Background
- 4.8 Asian Games – Historical Background

UNIT-V

5. Sports Associations, Schemes, Institutes and Awards in India

5.1 Sports associations

- 5.1.1 Introduction to Sports governing bodies at International level
- 5.1.2 Indian Olympic Association – Objectives and Functions

5.2 Scheme:

- 5.2.1 Schemes - Rajkumari Amrit Kaur Sports Coaching Scheme.

5.3 Sports & Physical Education Institutions:

- 5.3.1 Lakshmi Bai National Institute of Physical Education – Functions and Courses.
- 5.3.2 Netaji Subhash National Institute of Sports, Patiala – Functions and Courses.
- 5.3.3 Sports Authority of India – Composition of General Body, Governing Body, Objectives and Functions.

5.4 Awards:

- 5.4.1 Rajiv Gandhi Khel Ratna Award.
- 5.4.2 Arjun Award
- 5.4.3 Dronacharya Award.

Reference & Text Books

- ❖ Singh Ajmer, et. Al. Modern text book of physical education health & sports, kalyani publisher.
- ❖ Khan, Eraj Ahmed. History of physical education, Patna : scientific book co.
- ❖ Leonard, Fred Eugene and Affleck George b. Guide to the history of physical education, Philadelphia Leo & febiger, 1962.
- ❖ Majumdar d.c. encyclopedia of India physical culture Baroda good companions, 1952.
- ❖ Rice emmett, a. Hutchinson john l. And lee Marbal a. Brief history of physical education. New York: the Ronald press co. 1960.

B.P.E-I SEMESTER
PAPER II - ANATOMY AND FIRST AID

Code-BPE108

L T P C
3 0 2 4

Objectives: - The objective of this subject is to enhance the understanding of the students in relation to their functions of various sections of human body, structure and function of human body and usefulness of first aid.

UNIT –I

1. Introduction and Structural Organization of Human body:

1.1 Introduction:

- 1.1.1 Meaning and Concept of Anatomy.
- 1.1.2 Need and Importance of the knowledge of Anatomy in the Field of Physical Education.

1.2 Levels of Organization of Human Body:

- 1.2.1 Definition of Cell, Tissue, Organ and System.
- 1.2.2 Microscopic Structure, Composition and Function of Cell.
- 1.2.3 Essential Properties of living Organism.

1.3 Classification, Structure and Function of Tissues:

- 1.3.1 Epithelial tissue
- 1.3.2 Connective Tissue
- 1.3.3 Muscular Tissue
- 1.3.4 Nervous Tissue

UNIT-II

2. Musculo-Skeletal System:

2.1 Skeleton

- 2.1.1 Different Parts of Human Skeleton.
- 2.1.2 Types of Bones.
- 2.1.3 Gross and Microscopic Structure and Function of Bones.

2.2 Joints

- 2.2.1 Joint's Nomenclature and Classification.
- 2.2.2 Names of the Movements around Joints.
- 2.2.3 Structure of the Typical Synovial Joint.

2.3 Muscles

- 2.3.1 Structure and Function of Skeletal Muscles.
- 2.3.2 Names of Major Muscles of Different parts of Body.

UNIT-III

3. Cardio-respiratory, Digestive & Excretory system:

3.1 Circulatory System:

- 3.1.1 Anatomical Position and Gross Structure of the Heart
- 3.1.2 Systemic and Pulmonary Circulation.
- 3.1.3 Blood Vessels- Artery, Vein and Capillaries

3.2 Respiratory System:

- 3.2.1 Meaning of External and Internal Respiration
- 3.2.2 Organs of Respiration
- 3.2.3 Structure of Lungs
- 3.2.4 Introduction to Mechanism of Respiration

3.3 Digestive System:

3.3.1 Parts of Digestive Tract, Structure and Function in brief

3.3.2 Steps of Digestion

3.3.3 Digestive Glands- Structure and Function

3.4 Excretory System:

3.4.1 Routes of Excretion from Human Body.

3.4.2 Organs of Urinary System.

3.4.3 Structure and Function of Kidney.

UNIT –IV

4. Neuro-Humeral & Reproductive System:

4.1 Nervous System:

4.1.1 Structural and functional Divisions of Nervous System.

4.1.2 Sensory Motor Nervous System.

4.1.3 Parts of Brain.

4.1.4 Structure and Functions of Spinal Cord.

4.1.5 Sense Organs- Eyes, Ears & skin.

4.2 Endocrine System:

4.2.1 Names, Location and Functions of-

4.2.1.1 Pituitary Gland

4.2.1.2 Thyroid gland

4.2.1.3 Adrenal Gland

4.2.1.4 Pancreas

UNIT-V

5. First-Aid:

5.1 Injuries:

5.1.1 Types of Wounds

5.1.2 Pressure Points

5.1.3 Role of Ice

5.1.4 Dressing and Bandages

5.2 Musculo-skeletal Injuries

5.2.1 Sprain

5.2.2 Strain

5.2.3 Dislocations/Subluxation

5.2.4 Types of fractures & their Management (Application of Splints).

5.3 Shock:

5.3.1 Common Causes

5.3.2 Signs and Symptoms

5.3.3 Immediate Management

5.3.4 Concept of Artificial Respiration.

5.4 Transportation of Severely Injured Patients.

5.5 Snake Bite and Insect Bite.

Reference & Text Books

- ❖ Astrend, P.O. and Rodahl karre, Text Book of Work Physiology, Tokye: McGraw- Hill Kogakusha Ltd.
- ❖ Bourne, Geoffery H. The Structure and Function of Muscles: London: Academic Press (1973)

- ❖ Chaurasia B.D. Human Anatomy Regional and Applied (CBS Publisher and Distributors, 1979)
- ❖ Mathew, D.K. and Fox E.L., Physiological Basis of Physical Education and Athletics (Philadelphia: W.B. Saunders Company, 1976).
- ❖ Morehouse, I. E. Miller, A.T. Physiology of Exercise. (St. Louis: The C.V. Mosby Company, 1976) 7th Edition.
- ❖ St. John`s Ambulance, First-Aid By Red-Cross Society of India.

**B.P.E-I SEMESTER
PAPER III - ENGLISH**

Code-BPE109

**L T P C
3 2 0 4**

Objectives:- The objective of this subject is to enhance the vocabulary, communication skills, efficiency of spoken and written English.

UNIT-I

1- Vocabulary

- 1.1 Synonyms
- 1.2 Antonyms
- 1.3 Common abbreviations in use
- 1.4 One word substitution
- 1.5 Words Commonly Misspell
- 1.6 Idiomatic Comparisons or Similes
- 1.7 Word Formation by Prefix and Suffix

UNIT-II

2. Common Errors & Transformations

- 2.1 Common errors in sentences especially regarding number, gender, Pronouns, prepositions, articles, degrees etc.
- 2.2 Punctuation
- 2.3 Kinds of sentences - Assertive, Interrogative, Exclamatory, Imperative, Optative
- 2.4 Transformation of sentences
- 2.5 Tenses

UNIT-III

3. Correspondence

- 3.1 Personal Letters
- 3.2 Applications for leave, scholarship etc.
- 3.3 Invitations- Formal and Informal with reply
- 3.4 Notice Writing

UNIT-IV

4. Descriptive Writing

- 4.1 Paragraph writing (50 words)
- 4.2 Essay writing (250 words)
- 4.3 Comprehension of unseen passage
- 4.4 Summary Writing

UNIT-V

5. Text

5.1 Stories from home and abroad – edited by Dr. A.N. Kapoor

- 5.1.1 The Doctor's Word – R.K. Narayan
- 5.1.2 Elias – Leo Tolstoy
- 5.1.3 Luncheon – Somerset Maugham

5.2 Poetry

- 5.2.1 Where the mind is without fear- Rabindranath Tagore
- 5.2.2 All the World's a stage- W. Shakespeare

Note: - The questions related to Unit-V should preferably be text based.

Reference & Text Books

- ❖ High School English Grammar – Wren & Martin
- ❖ How to write & speak better English –John Ellison Kahn, D. Phil.
- ❖ Business Correspondence and Report Writing – R.C. Sharma, Krishna Mohan
- ❖ Macmillan the Student's companion – Wilfred D. Best.
- ❖ A remedial English grammar for foreign students – F.T. wood
- ❖ English Vocabulary in use – Michael McCarthy, Felicity O'Dell.
- ❖ Advanced English Grammar – Martin Herrings.

B.P.E-I SEMESTER
PAPER IV - CAREER IN PHYSICAL EDUCATION

Code-BPE110

L T P C
3 2 0 4

Objectives: - The objective of this subject is to enhance the professional and career preparation its development in the field of physical education and others.

UNIT-I

1. Foundation of Career Preparation

- 1.1 Meaning of Career
- 1.2 Components of Career Preparation.
- 1.3 Contribution of physical education in attaining ideals of Indian democracy.
- 1.4 Forces and factors affecting educational policies and programme.

UNIT-II

2. Historical Perspective

- 2.1 Historical review of Career Preparation in India.
- 2.2 Career courses being offered in professional preparation colleges in India.
- 2.3 Career Physical Education and Health Education in India, USA, USSR and UK.
- 2.4 Beginning of Career Preparation as teacher and Coach in the world.

UNIT-III

3.1 Career in Colleges and professional Training Colleges.

- 3.1.1 Purposes, Admission Requirements of Undergraduate preparation.
- 3.1.2 Theory, Teaching practice and practicals.
- 3.1.3 Professional competencies to be developed.

3.2. Career in Post-Graduate Colleges and Universities.

- 3.2.1 Purposes & Admission requirements.
- 3.2.2 Methods of instruction.
- 3.2.3 Professional relations.

UNIT-IV

4. Career as Teacher in Primary School and Junior High School

- 4.1 Teaching as a career.
- 4.2 Basic Qualities of a successful teacher.
- 4.3 Preparation of the specialized physical education teacher.

UNIT-V

5.1. Career as Lecturer in secondary and senior secondary Schools

- 5.1.1 Nature and Scope.
- 5.1.2 Role of teacher education institutions in in-service education.
- 5.1.3 Role of Profession in in-service education.
- 5.1.4 Course and Formal education experience.

5.2 Evaluation.

- 5.2.1 Trends in evaluating Career preparation.
- 5.2.2 Evaluating the programme of Career preparation.
- 5.2.3 Relation of evaluation to administration & Personal program.

5.3 Modern Trends in Career preparation

Text and Reference Books

1. Dr. Rakesh Gupta, Akhilesh Sharma and Santosh Sharma – Professional preparation and curriculum design in physical education and sports (Delhi : Friends Publication)

1. Dr. Rakesh Gupta and Bhoopendra Singh Rathore - Professional preparation and curriculum design in physical education and sports (Delhi : Friends Publication)

**B.P.E-I SEMESTER
PRACTICAL I – ATHLETICS**

Code-BPE154	Periods - 40
	L T P C
	- - 4 2
Teaching	Period - 20
Theory	Period - 10
Practice	Period - 10
1. Introduction of Track & Field Athletics and historical development of events with special reference to India.	
2. Organizational set-up of Track and Field Athletics at National Level.	
3. Important tournaments held at National and International levels.	
4. Fundamental Skills.	
4.1 Track Event	
4.1.1 Starting techniques	Standing start, Crouch start and its variations.
4.1.2 Finishing techniques	Run through, Shoulder Shrug, Forward Lunge (Dip).
4.1.3 Technique of Relay Race	Various methods of baton exchange.
4.1.4 Technique of Hurdle events.	Technique of Race Walking.
4.2 Field events	
4.2.1 Technique of Long Jump (Sail technique, Hang technique).	Approach run, take off, flight and landing.
4.2.2 Technique of Shot Put (O' Brien technique)	Grip, Stance, Glide, Release and Reverse.
4.2.3 Technique of Triple Jump- Approach Run, Take-off,	Hop, Step and Jump.
4.2.4 Technique of Discus throws	Grip, Stance, Swing, Release and Reverse.
4.2.5 Technique of High Jump (Straddle roll)	Approach run, take off, Bar clearance and landing
4.2.6 Technique of Javelin Throw (Grip, Carry, Approach and Five Stride Rhythm)	
4.2.7 Technique of Hammer Throw (Grip, Preliminary Swings, Turns, Release and Recovery)	
4.2.8 Brief Introduction about Combined events (Heptathlon and Decathlon)	
5. General Competition Rules of track and field events.	
6. Marking for Track & Field Events.	

Note: - Evaluation both internal and external will be as per the criteria given in Annexure-A & Appendix –D, E and F

**B.P.E-I SEMESTER
PRACTICAL II - GYMNASTICS**

Code-BPE155

**Periods - 40
L T P C
- - 4 2
Period - 20
Period - 10
Period - 10**

**Teaching
Theory
Practice**

(GIRLS)

1. Introduction of the game and historical development with special reference to India
2. Important tournaments held at National and International levels and distinguished personalities related to the game

3. Fundamental Skills.

- 3.1 Floor exercise-
 - 3.1.1 Forward roll.
 - 3.1.2 Backward roll.
 - 3.1.3 Sideward roll.
 - 3.1.4 Leg split.
 - 3.1.5 Head stand.
 - 3.1.6 Jumps-Leap, scissors leap.

3.2 Balancing Beam-

- 3.2.1 Walking and running on the beam.
- 3.2.2 Turning movement on the beam.
- 3.2.3 Cat Jump.
- 3.2.4 Dancing steps and movements.
- 3.2.5 Different kinds of scales.
- 3.2.6 Mount (1/4 turn to cross sitting).
- 3.2.7 Dismount (jump, from the end of the beam with legs straddle in the air).
- 3.2.8 Straddle mount.
- 3.2.9 Forward roll on the bench and beam.
- 3.2.10 Dismount (from front support leg, swing upward dismount sideways).

3.3 Vaulting Horse-

- 3.3.1 Approach run.
- 3.3.2 Take off from the beat board.
- 3.3.3 Cat vault.
- 3.3.4 Squat vault.

(BOYS)

3. Fundamental Skills.

3.1 Floor exercise-

- 3.1.1 Forward roll.
- 3.1.2 Backward roll.
- 3.1.3 Sideward roll.
- 3.1.4 Cart Wheel.
- 3.1.5 Hand stand and forward roll,
- 3.1.6 Backward roll to hand stand.
- 3.1.7 Diving forward roll.
- 3.1.8 Side split.

- 3.1.9 Head stand.
- 3.1.10 Different kinds of scale.
- 3.1.11 Dive roll from beat board.
- 3.1.12 Round off.

3.2 Parallel Bars-

- 3.2.1 Mount from one bar.
- 3.2.2 Straddle walking on parallel bars.
- 3.2.3 Single and double step walk.
- 3.2.4 Perfect swing.
- 3.2.5 Shoulder stand on one bar and roll forward.
- 3.2.6 Roll side.
- 3.2.7 Shoulder stand.
- 3.2.8 Front on back vault to the side (dismount).

3.3 Vaulting Horse-

- 3.3.1 Approach run and jump from the spring board.
- 3.3.2 Cat vault.
- 3.3.3 Squat vault.
- 3.3.4 Straddle vault.

4. Rules of gymnastics and their interpretations and duties of officials.

Reference & Text Books

- ❖ Stunrt, Nik. Competitive Gymnastics London : Stonlly Paul and Company Ltd. 1970.
- ❖ De Carle, Tom. Hand Book of Progressive Gymnastics. Englewood Cliffs : N. J. Prentice Hall, 1963.
- ❖ Lokon, Newton, C. and Willoughby, Rodert, J. Complete Book of Gymnastics. Englewood Cliffs, N.J. Prentice Hall, 1954.
- ❖ Cochranu, Tunvi, S. International Gymnastics for Girls and Women. London : Addison Wolly Publishing Co., 1.
- ❖ Cartur, Exhestine R. Gymnastics for Girls and Women. New Jersey :Prentics Hall, 1969.
- ❖ Federation Rules in Gymnastics.

Latest edition of all the suggested books are recommended.

Note: - Evaluation both internal and external will be as per the criteria given in Annexure-H.

**B.P.E-I SEMESTER
PRACTICAL III- YOGA**

Code-BPE156

Periods - 40
L T P C
- - 4 2
Period - 20
Period - 10
Period - 10

Teaching

Theory

Practice

1. Concept of health, its importance in human life.
2. Factors affecting health.
3. Exercise in relation to health.
4. Types and systems of exercise.
5. Characteristics of an ideal system of exercise.
6. Yogic system of exercise. Its broad Features, Scope and Limitations.
7. Contribution of Yogic practices for the promotion of various aspects of health and fitness.
8. Emotional stability and Yogic practices.
9. Varieties of yogic practices with special reference to their significance of name, technique and utility.

PRACTICALS:

1. Asanas-

- 1.1 Meditative: Sukhasan, Swastikasan, Padmasan, Vajrasan and Siddhasan.
- 1.2 Cultural : Bhujangasan, Ardha-Shalabhasana, Dhanurasana, Naukasana, Padhastasana, Halasan, Matsyasan, Vakrasan, Chakrasan, Lateral bend Tadasan, Utkatasana, Vrikshasan, Parvatasan, Shavasana.
- 1.3 Pranayam : Anuloma- Viloma and Ujjai (both without Kumbhak)
- 1.4 Bandha : Uddiyan
- 1.5 Mudra : Viparutakarani,
- 1.6 Kriya : Kapalabhati.

Reference & Text Books

- ❖ Yoga se Arogya. Indian Yoga Society, Sagar.
- ❖ Goswami, S.S. Hath yoga, Fowler, London.
- ❖ The National Fitness Corps Syllabus for Schools, Ministry of Education, Govt. of India, 1965.
- ❖ Indira Devi, "Yoga for you." Gibbs, Smith publishers, salt lake city, 2002
- ❖ Braj Bilari Nigam, "Yoga Power" The kpath of personal achievement" Domen and publishers New Delhi 2001.
- ❖ Jack Peter, "Yoga Master the Yogic Powers." Abhshek publications, Chandigarh.2004
- ❖ T.V.V. Desikachar, "The Heart of Yoga" Huner traditions international, Rochester.1995
- ❖ Janice Jeruslim, "A guide to yoga"
- ❖ Janice Jerusalem, "A guide to yoga" Parragon Bath BAIHE 2004
- ❖ B.K.S. Yengar, "Light an Yog.yoga Deepika".George Allen of Unwin Ltd,London 1981
- ❖ M.L. Gharote, Ganguly, "Teaching Methods for Yogic practices." ,Kaixyadahmoe , Lonawala1988.

Latest edition of all the suggested books are recommended

Note: - Evaluation both internal and external will be as per the criteria given in Annexure-H.

B.P.E-I SEMESTER PRACTICAL IV- CRICKET

Code-BPE157

Periods - 40
L T P C
- - 4 2
Period - 20
Period - 10
Period - 10

Teaching
Theory
Practice

1. Introduction of the game and historical development with special reference to India.
2. Important tournaments held at National and International levels and distinguished personalities related to the game.
3. **Fundamental Skills.**
 - 3.1 Batting.
 - 3.1.1 Forward defensive stroke.
 - 3.1.2 Backward defensive stroke.
 - 3.2 **Bowling.**
 - 3.2.1 Simple bowling techniques.
 - 3.3 **Fielding.**
 - 3.3.1 Defensive fielding – Orthodox, Unorthodox.
 - 3.3.2 Offensive fielding.
 - 3.4 **Catching.**
 - 3.4.1 High Catching.
 - 3.4.2 Slip Catching.
 - 3.5 Stopping and throwing techniques.
 - 3.6 Wicket keeping technique.
4. **Advanced Skill**
 - 4.1 **Batting.**
 - 4.1.1 Forward defensive stroke.
 - 4.1.2 Backward defensive stroke.
 - 4.1.3 Forward off drive.
 - 4.1.4 Forward on drive.
 - 4.2 **Bowling.**
 - 4.2.1 Simple bowling techniques.
 - 4.2.2 Difference between pace.
 - 4.3 **Bowling and Spin bowling: Off and leg spin bowling.**
 - 4.4 Fielding: Different techniques of fielding and its importance.
 - 4.5 Catching: Different types of catching, its technique and importance.
 - 4.6 Stopping and throwing: Different techniques and its importance.
 - 4.7 Wicket keeping: Different techniques and their implications.
5. Rules and their interpretations and duties of officials.

Reference & Text Books

- ❖ Micharda, Barry, Barry Richard Cricket. London Pelhon Books, 1979.
- ❖ Mankar, Vinno, How to play Cricket. Rupa and Company, 1976.
- ❖ Greig, Tony, Greig on Cricket. Bombay, S. Publication, 1975.
- ❖ John Snow, Cricket Fondon :William Dushmanby Publisher Ltd. 1973.

- ❖ N.I.S. Cricket : Pub. Inc.
- ❖ Goei G.R. Cricket Sports Officer, Stadium Sigm.
- ❖ M.S. Mushtaq : How play Cricket. Vikas Publishing House, New Delhi, 1981.
- ❖ Monika Arora, Cricket Coaching Manual, Sports Publication New Delhi 2005.

Latest edition of all the suggested books are recommended

Note: - Evaluation both internal and external will be as per the criteria given in Annexure-B, E, F&G.

B.P.E- II SEMESTER
PAPER I - INTRODUCTION TO SOCIAL SCIENCE

Code-BPE207

L T P C
3 2 0 4

Objectives - The objective of this subject is to qualifying the manpower in fields of physical education and its quantitative and qualitative development in a way that suits the different requirements of the human system.

UNIT-I

1. Introduction to Social Science

- 1.1 Introduction & Meaning of Social Sciences.
- 1.2 Scope of Sociology and its relation with other subjects of Social Sciences.
- 1.3 Defining Society, Community, Association, Institutions, and Customs;
- 1.4 Man as a Social animal;
- 1.4 Effect of various social forces on personality development;
- 1.5 Origin and growth of society & Culture.

UNIT-II

2. Social Structure, Organization and Institutions:

- 2.1 Socialization, social codes and social control, groups (primary and secondary, crowds and public, family, kinship and marriage;
- 2.2 Social stratification, social class and caste, social mobility;
- 2.3 Economical and political institutes for society;
- 2.4 Cultural and religious institutions;
- 2.5 Concept, factors and process of socio-cultural changes.

UNIT-III

3. Main Features of Indian Society and Rural Scene:

- 3.1 Demographic profile, social elements;
- 3.2 Religions pluralism – Hindu, Muslim, Christian and Tribal;
- 3.3 Linguistic Pluralism;
- 3.4 Indian policy – secularism, democracy, social justice;
- 3.5 Indian Rural Scene:
 - 3.5.1 Indian village, rural family, rural education;
 - 3.5.2 Indian village community, rural stratification;
 - 3.5.3 Community development projects and Panchayati-Raj;
 - 3.5.4 Trends in Rural change.

UNIT-IV

4. Sport and Society:

- 4.1 Meaning and definition of sport sociology;
- 4.2 Sport as a social occurrence;
- 4.3 Socialization through games and sports;
- 4.4 Relationship between family and sport participation;
- 4.5 Relationship between politics and sports;
- 4.6 Social Stratification and sports;
- 4.7 Sports as a social phenomenon.

UNIT-V

5. Citizenship and Government:

- 5.1 State as a social Institution:**
 - 5.1.1 Its development & Growth.

5.1.2 Concept of Citizenship

5.1.3 Its rights and duties.

5.1.4 Law, Liberty & Equality.

5.2 Forms of Government:

5.2.1 Monarchy, Democracy & Dictatorship: their strengths & weaknesses.

5.2.2 Unitary & Federal States, Problems of Federal Governments.

5.3 Organization of Governments:

5.3.1 Franchise & Elections.

5.3.2 Political Parties, their need & role in democracy.

5.3.3 Functions of Legislature, types & functions of executive.

5.3.4 Separation of Powers and its application to modern governments.

5.3.5 Role of permanent civil service.

5.4 Indian Constitution:

5.4.1 Salient Features of Indian Constitution, Preamble & Directive Principles.

5.4.2 The Union Executive: President, Prime Minister, their position & authority, The Council of Ministers.

5.4.3 The Parliament: Its composition and powers.

5.4.4 The Supreme Court: Its Jurisdiction, Judicial review.

5.4.5 Fundamental Rights

5.4.6 The State Government: Governor, State Legislature & High Courts.

Reference & Text Books

- ❖ Iyengar, R.M. and Page Charles H. Society (London : McMillan & Co.,1974).
- ❖ Ogburn, William F. and Nimkoff, Meyer F., Hand Book of Sociology (New Delhi : Eurasia Publishing House Ltd., 1972).
- ❖ Loy, John W. Dr. and Kenyon, Gerald S. Sports Culture and Society (Philadelphia : The MacMillan Co. 1969).
- ❖ Brailsford Dennis Sports and Society, (London- Routledge and Kegan Paul 1969).

Latest edition of all the suggested books are recommended

B.P.E- II SEMESTER
PAPER II - FUNDAMENTAL OF COMPUTER & INFORMATION
TEACHNOLOGY

Code-BPE208

L T P C
3 2 0 4

Objectives: The objective of this course is to develop student's basic knowledge of Computer & information technology in respect of physical education and sports.

UNIT-I

1. Introduction to Computers

- 1.1. Brief history of development of computers
- 1.2 Generations of computers.
- 1.3 Types of PCs-Desktop, Laptop, Notebook, Laptop, Workstations etc.
- 1.4 Basic components of a computer system
- 1.5 Memory- RAM, ROM, and other types of memory.
- 1.6 Operating System
- 1.7 Need of Software, Types of Software
- 1.8 Types of Virus, virus detection and prevention.
- 1.9 Binary Number system

UNIT-II

2. Introduction to windows

- 2.1 Using Mouse and moving icons on the screen
- 2.2 My Computer, Recycle Bin, Status Bar
- 2.3 Start-menu selection, running an application,
- 2.4 Window Explorer to view files, folders and directories, creating and renaming of files and folders,
- 2.5 Operating and Closing of different Windows, Minimize, Restore and Maximize forms of windows,
- 2.6 Basic components of a window: Desktop, Frame, Title Bar, Menu Bar, Status Bar, Scroll Bars, Using right button of the Mouse,
- 2.7 Creating shortcut, Basic Windows Accessories: Power Point Presentation, Notepad, Paint, Calculator, Word pad, using Clipboard.

UNIT-III

3. Introduction to MS Office – Microsoft office Word

- 3.1 Introduction to MS Office -Types of MS Office
- 3.2 Creating and Saving a documents, Editing and Formatting a Document including changing colour, Size Font, alignment of text,
- 3.3 Formatting paragraphs with line or paragraph spacing, adding headers and footers, numbering pages
- 3.4 Using grammar and spell check utilities, etc., printing a document.
- 3.5 Inserting Word Art, Clipart and Pictures,
- 3.6 Page Setting, Bullet and Numbering, Borders, shading Format painter finds and replace
- 3.7 Inserting Tables, Mail Merge.

UNIT-IV

4. Microsoft office Excel, Power point presentation

- 4.1 Introduction to Microsoft office Excel, PowerPoint
- 4.2 Preparation of table & mathematical calculation in Excel
- 4.3 Important features in Excel
- 4.4 Prepare PowerPoint presentation

UNIT-V

5. Introduction to Internet Browsing

- 5.1 Internet: Evolution, Protocols
- 5.2 Internet Vs Intranet, Growth of Internet, ISP,
- 5.3 Connectivity-Dial-up, URLs, Domains names,
- 5.4 Application. E-Mail: Concepts, POP and WEB Based E-mail, merits, address, Basics of sending &Receiving, E-mail Protocols, Mailing List, Free E-mail services.
- 5.5 WORLD WIDE WEB (WWW) –History, working web browsers, Its Functions, concept of search Engines, Searching the Web, HTTP, URLs, Web Servers, Web; Protocols.
- 5.6 Concepts of Hypertext, Versions of HTML, Elements of HTML Syntax, Head & Body Section, Building HTML documents, Inserting texts, Images.

Practicals:

The practicals will be conducted based on the syllabus.

Reference & Text Books

- ❖ ITL Education Solution Ltd. Introduction to information Technology, Research and Development Wing-2006
- ❖ Simmons Ian, Computer Dictionary, BPB Publications-2005
- ❖ Pradeep K. Sinha & Priti ;Sinha, Foundations computing BPB Publications -2006.
- ❖ Douglas E. Comer, The Internet Book, Purdue University, West Lofayette in 2005
- ❖ V. Rajarman, Fundamentals of Computers, Prentice Hall of India, New Delhi -2000
- ❖ B. Ram, Computer Fundamentals , New Age International Publishers- 2006.
- ❖ S. Jaiswal Galgotia Publication PVT. Ltd. I.T. (Today), Revised Edition 2004
- ❖ Pradeep K. Sinha, Priti Sionha, B.P.B. Publication,Computer Fundamental, Third Edition-2005

Latest edition of all the suggested books are recommended

**B.P.E- II SEMESTER
PAPER III - BIOMECHANICS**

Code-BPE209

L T P C

3 2 0 4

Objectives:-The objective of this paper is to introduce the students with the concept of action, lever, motion, motions law, projectile etc.

UNIT-I

1. Introduction:

- 1.1. Meaning of Biomechanics.
- 1.2. Biomechanics in Physical Education, Sports and Research.

UNIT-II

- 2.1 Fundamental Skills-Basic and/of sports.
- 2.2 Movement Analysis-Kinesiological Analysis, Mechanical Analysis and Biomechanical Analysis.

UNIT-III

3. Motion: Types of Motion, Newton's Laws of motion, Linear and angular acceleration, speed and velocity.

UNIT-IV

4. Force: Meaning, units of force, effects of force, sources of force, components and resultant. friction, Pressure.
5. Work, Power and Energy.
6. Moment of Force.
7. Moment of Inertia.
8. Freely falling bodies, Projectiles, Momentum, and impulse.

UNIT-V

9. Lever: Different types of lever and their mechanical advantage.
10. Equilibrium: Types and principles of equilibrium and stability

Reference & Text Books

- ❖ Singh Samey, Physiology of exercise & Kinesiology(Khel Sahitya Kendra: New Delhi).
- ❖ Bunn,John W.Scientific Principles of Coaching(Englewood Cliffs,N.J: Prentice Hall Inc.)
- ❖ Simonian Charles,Fundamentals of Sports Biomechanics(Englewood Cliffs,N.J: Prentice Hall Inc.)
- ❖ Hay,James,G. The Biomechanics of Sports Technique. (Englewood Cliffs,N.J: Prentice Hall Inc.)
- ❖ Broer, M.Roin R. and Zernicke,R.Ronald F.Efficiency of Human Movement(Philadelphia: W.E.Saunders Co.,)

Latest edition of all the suggested books are recommended

**B.P.E- II SEMESTER
PAPER IV - ENGLISH**

Code-BPE210

**L T P C
3 2 0 4**

Objectives:- The objective of this subject is to enhance the vocabulary, communication skills, efficiency of spoken and written English.

UNIT-I

1. Vocabulary

- 1.1 Homonyms
- 1.2 Foreign words & phrases commonly used
- 1.3 Proverbs
- 1.4 Idioms
- 1.5 One word substitution

UNIT-II

2. Grammar

- 2.1 Tenses
- 2.2 Direct Indirect
- 2.3 Active Passive
- 2.4 Simple, Compound, Complex
- 2.5 Punctuation

UNIT-III

3. Correspondence

- 3.1 Business letters
- 3.2 Application for job
- 3.3 Resume, Curriculum Vitae, Bio-data
- 3.4 Report writing on completion of events
- 3.5 Agenda
- 3.6 Minutes

UNIT-IV

4. Comprehension of unseen & seen passages.

- 4.1 Essay writing (500 words)
- 4.2 Précis Writing
- 4.3 Critical appreciation based on various articles.

UNIT-V

- 5. Text my captain – Walt Whitman

Reference & Text Books

- ❖ Wren & Martin “High School Grammar”
- ❖ F.T Wood ”Wood Macmillan-A remedial English- Grammer for foreign students”
- ❖ Wilfred D. Best “The students companion”.

- ❖ R.N. Singh “The technique of comprehension & Precis writing – “Upkar Prakashan”.
- ❖ H.S. Bhatia Model Precise writing-Book Place Delhi

Latest edition of all the suggested books are recommended

**B.P.E-II SEMESTER
PRACTICAL-WEIGHT TRAINING**

Code-BPE254

Periods - 40

L T P C

- - 4 2

Teaching

Period - 20

Theory

Period - 10

Practice

Period - 10

1. Introduction of the sports and historical development WITH SPECIAL REFERENCE TO India.

2. Difference among weight training, weight lifting and power lifting. Safety principle of weight training and introduction of the muscular system of the body.

3. Fundamental Skills.

The following exercise covering the major groups of muscles to be taught and performed using different type of muscle contraction i.e isometric and isotonic.

3.1 Two arms curls.

3.2 Front Press

3.3 Press behind the neck.

3.4 Dead list

3.5 Quarter Squat, Half squat and Full squat

3.6 Rise on toes(heel Raise).

3.7 Straight arm pull over.

3.8 Bent over, rowing.

3.9 Bench Press

3.10 Leg Press

3.11 Wrist rolling.

3.12 Pronation and supination.

3.13 Trunk Twisting.

3.14 Good morning exercise.

3.15 Sit ups with weight.

3.16 Alternate Press.

3.17 Sport running with weight.

3.18 Stepping on bench

3.19 Jack knife.

3.20 Lateral rise.

3.21 iron shoe exercises.

4. Orientation of student to Weight Lifting, Power Lifting and Best Physique.

Reference & Text Books

- ❖ Katyal p.N Manual of Weight Lifting . Ambala cantt Printing Press.
- ❖ Krikley, George W. Modern Weight Lifting Load Faber Popular Books, 1957
- ❖ Murry, Jim and Karpovich Peter V. Weight Training in Athletics. Englewood Cliffs, N.J. Prentice Hall 1965.

- ❖ Kirkley, George and Geodhody john The Manual of Weight Training. London Stanley Paul and Company, 1971.
- ❖ K.Chandra Shekhar” Weight Training” Khel Sahitya Kendr, Delhi 2004.

Latest edition of all the suggested books are recommended

Note: - Evaluation both internal and external will be as per the criteria given in Annexure-A & Appendix –D, E and F

**B.P.E-II SEMESTER
PRACTICAL-II – SQUASH RACKET**

Code-BPE255

Periods - 40
L T P C
- - 4 2
Period - 20
Period - 10
Period - 10

**Teaching
Theory
Practice**

1. Brief history
2. Basic Rules
3. Officiating
4. Fundamentals Skills
 - 4.1 Service
 - 4.1.1 Under hand
 - 4.1.2 Over hand
 - 4.2 Service reception
 - 4.3 Shot
 - 4.3.1 Down the line
 - 4.3.2 Cross the line
 - 4.4 Drop
 - 4.5 Half Volley
 - 4.6 Angular Hit (boast)
5. Concept of Game – Domination of ‘T’

Reference & Text Books

- ❖ Dick Howkey, Play; the game Squash, Blandford 1994
- ❖ Dardir, Squash Rackets for everybody, The Squash Player international Magazine, A.C.M WEEBB Publication Co.Ltd.
- ❖ Renu Jain, Teach yourself Squash, Prerna Prakashan 2004
- ❖ Mike Palmer, World of Squash 1978-79, Macdonald and Janes’s London 1978

Latest edition of all the suggested books are recommended

Note: - Evaluation both internal and external will be as per the criteria given in Annexure-

**B.P.E-II SEMESTER
PRACTICAL-III- HANDBALL**

Code-BPE256

Periods - 40

L T P C

- - 4 2

Period - 20

Period - 10

Period - 10

Teaching

Theory

Practice

1. Introduction of the game and historical development with special reference to India.
2. Important tournaments held at National and International Levels.
3. Rules and their Interpretations.
4. Duties of officials.
5. Fundamental skills.

5.1 Passing and receiving techniques:

- 5.1.1 Overhand Pass
- 5.1.2 Push Pass
- 5.1.3 Wrist Pass
- 5.1.4 Bounce Pass
- 5.1.5 behind the back Pass

5.2 Ball Reception Techniques:

- 5.2.1 Catching at Chest Level.
- 5.2.2 Catching below waist
- 5.2.3 Catching at sides.
- 5.2.4 Catching at head height
- 5.2.5 Catching in the air

5.3 Dribbling:

- 5.3.1 High Dribbling
 - 5.3.2 Low Dribbling
- 5.4 Shooting:
- 5.4.1 Set Shot
 - 5.4.2 Jump Shot Long
 - 5.4.3 Jump Shot High
 - 5.4.4 Wing Shot

6. Positional Play in attack & defense.

7. Drills and Lead-up games.

Reference & Text Books

- ❖ Clanton Reita and Dwight Mary Phyl, Team Handball Steps to Success, Human Kinetics Publications, 1997.
- ❖ Sykes and Pennycook, Olympic Handball, Stanley Publications, London, 1991.

Latest edition of all the suggested books are recommended

Note: - Evaluation both internal and external will be as per the criteria given in Annexure-B, E, F & G.

**B.P.E-II SEMESTER
PRACTICAL IV – TENNIS**

Code-BPE257	Periods - 40
	L T P C
	- - 4 2
Teaching	Period - 20
Theory	Period - 10
Practice	Period - 10
1. Introduction of the game and historical development with special reference to India.	
2. Important tournaments held at National and International levels and distinguished personalities related to the game.	
3. Fundamental Skills.	
3.1 Grips-	
3.1.1 Eastern Forehand grip.	
3.1.2 Eastern Backhand grip.	
3.1.3 Western grip.	
3.1.4 Continental grip.	
3.1.5 Chopper grip.	
3.2 Stance and Footwork.	
3.3 Basic Ground strokes-	
3.3.1 Forehand drive.	
3.3.2 Backhand drive.	
3.4 Basic service.	
3.5 Basic Volley.	
3.6 Over-head Volley.	
3.7 Chop	
4. Rules and their interpretations and duties of officials.	

Reference & Text Books

- ❖ Hawton, Mary. How to Play Winning Tennis New York; Eookthrift One west 39th street. 1979.
- ❖ Eighton Jim, Inside Tennis Techniques of Winning. New Jersey, Prentice Hall Inc. Englewood Cliffs, 1967.
- ❖ Joyee Hume, Play better Tennis, Pelham Books-London,-1986
- ❖ Jim Drewett, Tennis @ internet Liked, Ticktock Publishing Ltd., UK-2001
- ❖ David Lloyd, Successful Tennis, Sackille Bo9oks Ltd.,-1989
- ❖ Rick Chavez & Lis Smith Nieder, Teaching Tennis, Surjeet, Publications, Delhi-1982

Latest edition of all the suggested books are recommended

Note: - Evaluation both internal and external will be as per the criteria given in Annexure-B, E, F & G.

**B.P.E-III SEMESTER
METHODS IN PHYSICAL EDUCATION**

Code-BPE307

**L T P C
3 2 0 4**

Objectives:- The objective of this paper is to important of method in physical education and ground measurement in different games.

UNIT-I

1. Introduction

- 1.1 Definitions and Functions of Education.
- 1.2 Types of Education- Formal, Informal and Non-formal education.
- 1.3 Process of Education.
- 1.4 Principles of teaching.
- 1.5 Importance of Devices of teaching.
- 1.6 Various teaching devices: Exposition; and Explanation, Narration, Description, Assignment and Home work.

UNIT-II

2.1 Teaching Techniques in Physical education

- 2.1.1 Lecture Method.
- 2.1.2 Command Method.
- 2.1.3 Demonstration Method.
- 2.1.4 Imitation Method.
- 2.1.5 Project Method.
- 2.1.6 Discussion Method.
- 2.1.7 Group Directed Practice Method.

2.2 Teaching Procedures in Physical Education

- 2.2.1 Whole Method.
- 2.2.2 Whole-Part-Whole Method
- 2.2.3 Part-Whole Method
- 2.2.4 Stage-Whole Method.

UNIT-III

3.1 Presentation Techniques-Meaning Importance and step of presentation.

- 3.1.1 Preparation-Personal and Technical Preparation.
- 3.1.2 Command-Its types, command used in different situations.
- 3.1.3 Formation-Its types, and situations for using different formations.
- 3.1.4 Class Management-Meaning and Principles.

3.2 Tournaments-Meaning and Types of Tournaments

- 3.2.1 Knockout or elimination Tournaments.
- 3.2.2 League or Round-Robin tournaments.
- 3.2.3 League cum knockout Tournament.
- 3.2.4 Challenge Tournament.

UNIT-IV

4.1 Lesson Planning

- 4.1.1 Meaning and objectives of lesson plan.
- 4.1.2 Values of lessons plan
- 4.1.3 Types of lesson plan
- 4.1.4 Principles of Lesson plan.

4.2 Lessons and its parts along with their significance.

- 4.2.1 General and Specific Lesson Plan.
- 4.2.2 Coaching Lesson (A Brief Introduction).
- 4.2.3 Improvisation-Need, Ways & Means.

UNIT-V

5.1 Track Marking

- 5.1.1 Marking of 200 Meters track
- 5.1.2 Marking of 400 Meters track
- 5.1.3 Stagger marking for 200 meters and 400 meters run
- 5.1.4 Curve Marking- 800 meters run

5.2 Sector Marking for Throws- Shot-Put, Javelin, Discuss.

5.3 Marking for Jumps: - High Jump and Long Jump.

5.4 Marking of Play Ground

- 5.4.1 Football
- 5.4.2 Hockey
- 5.4.3 Volleyball
- 5.4.4 Basketball
- 5.4.5 Badminton
- 5.4.6 Kabaddi
- 5.4.7 Kho-Kho

Reference & Text Books

- ❖ Dhananjay S. & Seema K. Lesson Planning Teaching methods and class Management in phy.Edu.(Khel Sahitya Kendra ,India-2001
- ❖ Walia JS Principles and methods of education (Plant Publishers Jalandhar city -2003)
- ❖ Bucher CA methods and materials in physical education and recreation (The C.V. Mosby Company st. Lus 1954)
- ❖ Kamlesh & Sangral Methods in Phy.Edu. (Prakash Brothers Ludhiana)

Latest edition of all the suggested books are recommended

B.P.E-III SEMESTER PHYSIOLOGY

Code-BPE308

L T P C
3 2 0 4

Objectives:- Students will be able to answer of central nervous system, brain, spinal cord, and neurons etc and their fundamentals.

UNIT-I

1.1 Introduction

- 1.1.1 Concept of Physiology
- 1.1.2 Essential properties of life
- 1.1.3 Passage of water and soluble across cell membrane

1.2 Cardio-Vascular System and Blood

- 1.2.1 Composition and functions of blood
- 1.2.2 Cardiac Cycle
- 1.2.3 Blood pressure and its maintenance
- 1.2.4 Cardiac output and its regulation

UNIT-II

2.1 Respiratory System

- 2.1.1 Mechanism of Respiration
- 2.1.2 Pulmonary ventilation and its regulation

2.2 Digestive System

- 2.2.1 Secretion and functions of Digestive Juices
- 2.2.2 Functions of Liver
- 2.2.3 Absorption of Food
- 2.2.4 Metabolism of Food (Carbohydrates, Fat & Protein)

2.3 Temperature regulation.

UNIT-III

3.1 Nervous System

- 3.1.1 Functions of important parts of system (cerebrum, cerebellum, medulla oblongata and spinal cord.)
- 3.1.2 Functions of autonomic nervous system

3.2 Sensory System

- 3.2.1 General Sensations – Coetaneous and Kinesthetic
- 3.2.2 Visual and Auditory senses.

UNIT-IV

4.1 Excretory System

- 4.1.1 Excretion of water through Skin, Kidney and Gastrointestinal Tract.

4.2 Endocrine System

- 4.2.1 Secretion and function of Endocrine Glands – Pituitary, Thyroid, Adrenal and Pancreas.

4.3 Reproductive System

- 4.3.1 Introduction to Physiology of human reproduction.
- 4.3.2 Transmissions of hereditary characteristics.

UNIT-V

5. Physiology of Exercise

- 5.1 Physiological concept of Health and Fitness.

5.2 Effect of exercise on – Circulatory, Respiratory and Muscular Systems.

5.3 Changes during Muscular Contraction.

5.4 Nervous control of Muscular activity.

5.5 Training, Conditioning and Warm-up.

5.6 Oxygen Debt, Second Wind, Stitch and Cramp.

Reference & Text Books

- ❖ Pearce, E.C. Anatomy and Physiology for nurses (Faber Ltd. : London 1962)
- ❖ Guyton, A.C. Function of the Human Body (W.B. Saunders Co., London)
- ❖ Srivastava and et.al. Text book of Practical Physiology (Scientific Book Agency; Calcutta)
- ❖ Mar house and Miller Physiology of Exercise (The C.V. Mosby Company, St. Louis)
- ❖ Karpovich and Singer Physiology of Muscular Activity (W.B. Saunders Company, London)
- ❖ Mathew, D.K. and Fox, E.L. Physiological basis of Physical Education and Athletics (W.B. Saunders Co., Philadelphia, 1976)
- ❖ Singh Samey, physiology of exercise & kinesiology (Khel Sahitya Kendra: New Delhi)-2012

Latest edition of all the suggested books are recommended

B.P.E-III SEMESTER FITNESS MANAGEMENT

Code-BPE309

**L T P C
3 2 0 4**

Objectives:- Students will be able to answer to serve the professional with full enthusiasm.

Unit-I

1. Introduction

- 1.1 Meaning and definition of fitness & its components.
- 1.2 Meaning and definition of wellness & its components.
- 1.3 Factor affecting physical fitness and values of physical fitness.
- 1.4 Concept of fitness management in modern era.
- 1.5 Prominent health problem associated with inactivity.

Unit-II

2. Exercise for fitness & designing of the programme

- 2.1 Means of fitness development.
 - 2.1.1 Aerobic and anaerobic exercise.
 - 2.1.2 Calisthenics exercise & Swiss ball exercise.
- 2.2 Calculate target heart rate zones for various aerobic exercise intensities.
- 2.3 Exercise during pregnancy & post natal exercise, exercise and aging.
- 2.4 Concept of free weight Vs. Machine, sets & repetitions, variation of sets & repetitions for weight training.
- 2.5 Concept of designing different fitness training programme for different age group (children and adults).
- 2.6 Concept of designing fitness training programme for diabetes and cardiac patients.

UNIT-III

3. Nutrition & Weight Management

- 3.1 Nutrition – daily caloric requirements and daily energy expenditure
- 3.2 Exercise & metabolism
- 3.3 Obesity and its hazard, spot reduction.
- 3.4 Body mass index, body composition & determination of desirable weight.
- 3.5 Dieting versus exercise for weight control.

UNIT-IV

4. Establishment & Management of Fitness Centre

- 4.1 Environmental considerations for fitness centre.
- 4.2 Formalities prior to conducting fitness programme for various categories of clients.
- 4.3 Principle of starting a fitness center-location, policy, offer of programmes, record keeping, public relation.
- 4.4 Purchasing and maintenance of fitness equipments.
- 4.5 Fitness centre membership and its types.

UNIT-V

5. Career option & business of fitness centre.

- 5.1 Qualification & Qualities for a fitness trainer.
- 5.2 Management skills needed for a successful fitness manger.
- 5.3 Instructor's duties for handling beginners.
- 5.4 Marketing and sales.
 - 5.4.1 Budget planning.

5.4.2 Advertising and sales responsibilities

5.4.3 Marketing and promotion.

5.4.4 Service desk responsibilities.

PRACTICAL:

- Orientation of fitness centre equipments and wet zone.
- Designing a fitness programme for a fitness centre members. (Any age group and sex).

Reference & Text Books

1. Emily R. Fosters, Karyn Hartigr and Katherine A. Smith, Fitness fun, Human Kinetics publishers, .
2. Lawrence, Debbie, Exercise to music. A & C Black publishers Ltd. 37 soho Square London, 1999. Miller K. David & Allen Earl T., Fitness, A life time commitment, Surjeet Publication Delhi.
3. Warner W.K. Oberg and Sharon A. Hoeger, fitness and wellness, Morton Publishing company.
4. Fahey D. Thomas, Weight training basis , A complete guide for men and women, published by the McGraw- Hill Companies, New York .
5. Elizabeth & Ken day, Sports Fitness for women, B.T. Bedford Ltd. London.

Latest edition of all the suggested books are recommended

**B.P.E-III SEMESTER
PAPER-IV - BASIC STATISTICS**

Code-BPE310

L T P C

UNIT-I

3 2 0 4

Objectives:- To make inferences about a sample, mean about a population based on information taken from the population.

1.1 Introduction to Statistics

- 1.1.1 Meaning and Definitions of Statistics
- 1.1.2 Meaning and kinds of Data
- 1.1.3 Needs and Importance of Statistics

1.2 Frequency Table

- 1.2.1 Meaning, Importance and uses of Frequency Table.
- 1.2.2 Construction of Frequency Table.

UNIT-II

2.1 Measures of Central Tendency

- 2.1.1 Meaning, uses and calculation of mean from Ungrouped and grouped Data.
- 2.2.2 Meaning, uses and calculation of Median from ungrouped and grouped Data.
- 2.3.3 Meaning, uses and calculation of Mode from ungrouped and grouped Data.

UNIT-III

2.2 Measures of Variability

- 2.2.1 Meaning, uses and calculation of quartile Deviation from ungrouped and grouped Data.
- 2.2.2 Meaning, uses and calculation of standard Deviation from ungrouped and grouped Data.

UNIT-IV

2.3 Percentiles and Deciles

- 2.3.1 Meaning and calculation of percentiles from ungrouped and grouped data.
- 2.3.2 Meaning and calculation of Deciles from ungrouped and grouped data.

UNIT-V

3.1 Correlation

- 3.1.1 Meaning and uses of correlation
- 3.1.2 Magnitude of correlation
- 3.1.3 Calculation of correlation by Rank Difference Method.
- 3.1.4 Calculation of correlation by Product Moment Method.

3.2 Population and sample

- 3.2.1 Meaning of population and sample
- 3.2.2 Importance of sampling
- 3.2.3 Principles of sampling.
- 3.2.4 Sampling Techniques.

Reference & Text Books

1. Best, John W. Research in Education, New Delhi Prentice Hall of India (P) Ltd. 1963.
2. Clarke David H. and Clarke H. Harrison, research Process in Physical Education, Recreation and Health, Englewood Cliffs, New Jersey Prentice Hall Inc. 1979.
3. Clarke H. Harrison, the Application of Measurement in Health and Physical Education New York, Prentice Hall Inc. 1979.
4. Good V. Caster and Scates Douglas E., Methods of research Application – Century, New York, 1954.
5. Mauly George J., The Science of Educational Research, New Delhi Eurasia Publishing House (P), 1963.
6. Robson M, Brar T.S. and Uppal A.K., Thesis format, Gwalior, LNCPE, 1979.
7. Bolnmera Paul and Lindquist, EF, Statistical Methods in Psychology and Education, Calcutta: Oxford Book Co.

Latest edition of all the suggested books are recommended

**B.P.E-III SEMESTER
PRACTICAL I – FOOTBALL**

Code-BPE354

L T P C
- - 4 2
Period - 20
Period - 10
Period - 10

Teaching

Theory

Practice

1. Introduction of the game and historical development with special reference to India.
2. Important tournaments held at National and International levels and distinguished personalities related to the game.
3. Fundamental Skills.

3.1 Kicks-

- 3.1.1 Kicking with the inside of the foot
- 3.1.2 Kicking with the instep of the foot
- 3.1.3 Kicking with the outer instep of the foot
- 3.1.4 Lofted Kick

3.2 Trapping-

- 3.2.1 Trapping rolling ball- with the inside, sole and instep of the foot
- 3.2.2 Trapping bouncing ball with the sole

3.3 Dribbling-

- 3.3.1 With the instep of the foot
- 3.3.2 With the inside of the foot
- 3.3.3 With the outer instep of the foot

3.4 Heading-

- 3.4.1 From standing
- 3.4.2 From running
- 3.4.3 From jumping

3.5 Throw-in

3.6 Feinting-

- 3.6.1 With the lower limb
- 3.6.2 With the upper part of the body

3.7 Tackling-

- 3.7.1 Simple tackling
- 3.7.2 Slide tackling

3.8 Goal Keeping-

- 3.8.1 Collection of balls
- 3.8.2 Ball clearance- Kicking, throwing and deflecting

4. ADVANCED SKILLS

4.1 Kicking-

- 4.1.1 Chip.

- 4.1.2 In-swing and out-swing.
- 4.1.3 Volley (low drive, back volley and scissors volley).
- 4.1.4 Half Volley.

4.2 Ball reception and control-

- 4.2.1 Receiving rolling ball with inside and outside of the foot and changing direction.
- 4.2.2 Trapping the bowing ball with the abdomen.
- 4.2.3 Trapping the bowing ball with the lower leg.
- 4.2.4 Receiving the bowing ball with the inside and outside of the foot and changing direction.
- 4.2.5 Receiving a flying ball with the inside, instep thigh, chest and Head.

4.3 Dribbling-

- 4.3.1 Controlled dribbling.
- 4.3.2 Fast dribbling.
- 4.3.3 Straight dribbling.
- 4.3.4 Zig-Zag dribbling.
- 4.3.5 Dribbling around/between obstacle.

4.4 Heading-

- 4.4.1 From running and jumping.
 - 4.4.2 Heading for long clearance.
 - 4.4.3 Downward heading.
5. Rules and their interpretations and duties of officials.

Reference & Text Books

- ❖ Larche, Harry E. Techniques of Football Coaching. London: A.S. Barners and Company, 1969.
- ❖ Lonziak Conard, Understanding Soccer Tactics, London, Faber and Faber, 1966.
- ❖ Saunders, Tom. Play Better Soccer in All Colour London: Coiling Geaegow, 1972.
- ❖ Singh, Gian. Football Quiz. Delhi: Services Publishing House, 1977.
- ❖ Batty Cris. Soccer Coaching the Modern Way. London: Faber and Faber, 1969.

Latest edition of all the suggested books are recommended

Note: - Evaluation both internal and external will be as per the criteria given in Annexure- B, E, F & G

**B.P.E-III SEMESTER
PRACTICAL II – VOLLEYBALL**

Code-BPE355

L T P C

- - 4 2

Teaching

Period - 20

Theory

Period - 10

Practice

Period - 10

1. Introduction of the game and historical development with special reference to India.
2. Important tournaments held at National and International levels and distinguished personalities related to the game.

3. Fundamental Skills.

3.1 Player's stance- Receiving the ball & passing to the team mates.

- 3.1.1 The Volley (Over head pass)
- 3.1.2 The Dig (Under hand pass).

3.2 Service-

- 3.2.1 Under arm Service.
- 3.2.2 Side Arm Service.
- 3.2.3 Tennis Service.
- 3.2.4 Round Arm Service.

3.3 Lead up Games-

- 3.3.1 Three Volleys (These can be combined with service)
- 3.3.2 Three Digs (Receiving service using dig and setting and placing using volleying action)

3.4 Spike-

- 3.4.1 Straight Arm Spike.
- 3.4.2 Round Arm Spike.

3.5 Block-

- 3.5.1 Single Block.

4. Advanced Skills-

4.1 Pass-

- 4.1.1 Back Pass.
- 4.1.2 Back Roll Volley.
- 4.1.3 Back Roll Dig.
- 4.1.4 Jump and Pass.
- 4.1.5 Side Roll Dig.

4.2 Service-

- 4.2.1 Side Arm Floater.
- 4.2.2 Over head Floater.

4.3 Spike-

- 4.3.1 Spiking cross court.
- 4.3.2 Spiking down the line.

4.4 Block-

4.4.1 Double Block

4.4.2 Triple Block.

4.5 Dive-

4.5.1 Dive combined with dig (Two handed).

4.5.2 Dive combined with dig (One handed).

5. Rules and their interpretations and duties of officials.

Reference & Text Books

- ❖ Anthony, Don. Succes in Volleyball. London: John Murrary Publishers Ltd. 1978.
- ❖ Leveag, Robert E. How to Improve your Volleyball Chicago: The AthleticInstitute, 1968.
- ❖ Soudhu, G.S. Volleyball, Basic & Advanced. The Sports. People, Chandigarh.
- ❖ William J.N. Coaching Voleyball Scuccessfully, (Human Kinetics, 1990)
- ❖ Ranganathan P.P. Volleyball (Friends Publications Delhi 2000
- ❖ Saggar S.K. Play Better Volleyball(Delhi: Lokesh Thani Sports Publication)1994

Latest edition of all the suggested books are recommended

Note: - Evaluation both internal and external will be as per the criteria given in Annexure- B, E, F & G

**B.P.E-III SEMESTER
PRACTICAL III – KABADDI**

Code-BPE356

L T P C

- - 4 2

Teaching

Period - 20

Theory

Period - 10

Practice

Period - 10

1. Introduction of the game and historical development with special reference to India.
2. Important tournaments held at National and International levels and distinguished personalities related to the game.
3. Fundamental Skills.

3.1 Skills in raiding-

- 3.1.1 Touching with hand.
- 3.1.2 Various kicks.
- 3.1.3 Crossing of Baulk line.
- 3.1.4 Crossing of Bonus line.
- 3.1.5 Luring the opponent to Catch.
- 3.1.6 Pursuing.

3.2 Skills of holding the raider-

- 3.2.1 Various formations.
- 3.2.2 Catching from particular position.
- 3.2.3 Different catches.
- 3.2.4 Luring the raider to take particular position so as to facilitate catching.
- 3.2.5 Chain formation and techniques.

3.3 Additional skills in raiding-

- 3.3.1 Bringing the Antis in to particular position.
- 3.3.2 Escaping from various holds.
- 3.3.3 Techniques of escaping from chain formation.
- 3.3.4 Combined formations in offence.
- 3.3.5 Combined formations in defence.

3.4 Various lead up games.

4. Rules and their interpretations and duties of officials.

Reference & Text Books

- ❖ Rao, C. V. Kabaddi, Patiala, N.I.S. Publications, 1971.
- ❖ Reddy, B. A. Scientific Kabaddi, Madras; Raman's Printing Press, 1974.
- ❖ E. Prasad Rao, Modern Coaches in Kabaddi, D.V.S. Publications (New Delhi)-1994

Latest edition of all the suggested books are recommended

Note: - Evaluation both internal and external will be as per the criteria given in Annexure- B, E, F & G

**B.P.E-III SEMESTER
PRACTICAL - IV – JUDO**

Code-BPE357

L T P C

- - 4 2

Teaching

Period - 20

Theory

Period - 10

Practice

Period - 10

1. Introduction of the game and historical development with special reference to India.
2. Important tournaments held at National and International levels and distinguished personalities related to the game.

3. Fundamental Skills.

3.1 Rej (salutation),

3.1.1 Ritsurei (salutation in standing position).

3.1.2 Zarai (salutation in the sitting position).

3.2 How to wear Judo Costume.

3.3 Kumi Kata (Methods of holding judo costume).

3.4 Shisei (Posture in Judo).

3.5 Kuzushi (Act of disturbing the opponent posture).

3.6 Tsukuri and kake (Preparatory action for attack,)

3.3 Ukemi (Break fall).

3.3.1 Urhiro Ukemi-(Rear break fall).

3.3.2 Yoko Ukemi (Side break fall).

3.3.3 Mae Ukemi (Front break fall).

3.3.4 Mae mawari Ukemi (Front rolling break fall).

3.4 Shin Tai (Advance or Retreat foot Movement).

3.4.1 Suri-ashi (Gliding foot).

3.4.2 Tsugi-ashi (Following foot steps).

3.4.3 Ayumi-ashi (Walking steps).

3.5 Tai Sabaki (Management of the body).

3.6 Nage-waze (Throwing Techniques).

3.6.1 Hiza Guruma (Knee wheel).

3.6.2 Sesae Tsurikomi-ashi (Drawing ankle throw).

3.6.3 De-ashi hari (Advance foot sweep).

3.6.4 O Goshi (Major Loin).

3.6.5 Seoi. nage (Shoulder throw) – Ippon scionage and Morote Scionag.

3.7 Katama-waze (Grappling Techniques).

3.7.1 Kesa-gatame (Scaff hold).

3.7.2 Kata-gatma (Shoulder hold).

3.7.3 Kami-shiho gatama (Locking of upper four quarters).

3.7.4 Method of escaping from each hold.

3.8 Lead-up games-

3.8.1 Break fall relay (maximum number of falls from standing position in one minute duration).

3.8.2 Mae- mawriukemi relay (maximum number of falls in one minute duration).

3.8.3 Maximum number of shoulder throw in one minute.

3.8.4 Maximum number of obstacles jumped while doing maemawri-ukemi.

4. Rules and their interpretations and duties of officials.

Reference & Text Books

- ❖ Smith Robert W. Judo its Story and Practice Charles E. Tuttle Company of Rutland, Vermont Tokyo and Japan, 1958.
- ❖ Ewan Harry, Your Book of Judo. Faber and Faber Ltd. 3 Queen Square London W.C.I. 1972.
- ❖ Harrison C, J. Judo on the Ground W. Foulsham Co. Ltd. 2-5 old Bond Street London, W.L. 1954.
- ❖ Uyenishi S. K. Judo Text Book of Su-Jutsu. Athletic Publications Ltd. Link House, Store Street, London W.C.I.

Latest edition of all the suggested books are recommended

Note: - Evaluation both internal and external will be as per the criteria given in Annexure- B, E, F & G

**B.P.E- IV SEMESTER
EDUCATIONAL PSYCHOLOGY**

Code-BPE401

**L T P C
3 2 0 4**

Objectives:- the objective of psychology is to provide an understanding of behavioral actions. This is done by examining the cause-effect relationship and describes human behavior in a given situation as well as to facilitate prediction of behavior.

UNIT-I

1. Introduction:

- 1.1 Meaning definition and nature of Psychology and Educational Psychology.
- 1.2 Psychology as a Science;
- 1.3 Branches of Psychology;
- 1.4 Importance of Psychology in Education with special reference to Physical Education.

UNIT-II

2.1 Growth and Development:

- 2.1.1 Meaning of growth and development;
- 2.1.2 Physical, Mental, Social and Language development during following stages:
 - 2.1.2.1 Early childhood
 - 2.1.2.2 Middle childhood
 - 2.1.2.3 Late childhood
 - 2.1.2.4 Adolescences

2.2 Individual Differences:

- 2.2.1 Meaning of the term Individual Difference;
- 2.2.2 Heredity and Environment as causes of Individual Differences;
- 2.2.3 Interaction of Heredity and Environment.
- 2.2.4 Other causes of individuals differences.

UNIT-III

3. Learning

- 3.1 Meaning definition and nature of Learning.
- 3.2 Meaning of following theories of learning and their implications:
 - 3.2.1 Trial & Error Theory
 - 3.2.2 Conditioned Reflex Theory.
 - 3.2.3 Gestalt/Insight Theory,
- 3.3. Principles/Laws of Learning.
- 3.4 Factors affecting Learning.
- 3.5 Learning Curve.
- 3.6 How to overcome plateau in learning.
- 3.7 Meaning and Conditions of Transfer of Training.

UNIT-IV

4.1 Motivation and Emotion:

- 4.1.1 Meaning of Motivation;
- 4.1.2 Concept of need, drive, motive, incentive and achievement.
- 4.1.3 Types of Motivation;
- 4.1.4 Role of Motivation in teaching physical activities.

4.2 Emotion:

- 4.2.1 Meaning and nature of Emotion.

4.2.2 Types of Emotion;

4.3 Personality and Memory:

4.3.1 Meaning and nature of Personality;

4.3.2 Dimensions of Personality;

4.3.3 Definition of Memory;

4.3.4 Types of Memory;

4.3.5 Meaning of Forgetting.

4.3.6 Reasons of Forgetting

UNIT-V

5. Introduction to Sports Psychology

5.1 Meaning and area/scope of sports psychology.

5.2 Importance of sports psychology for Physical educationist's coaches and players.

5.3 Motor characteristics development and its important and its Importance in sports.

5.4 Personality and sports performance.

5.5 Problems of motivation in sports.

5.6 Completion anxiety and its causes.

Reference & Text Books

- ❖ Kuppanswami, B. Advanced Educational Psychology (Sterling Publishers Pri, Ltd., 1974)
- ❖ Oxendine, J.B. Psychology and Motor Learning (Engle wood cliffs, : New Jersey, 1968)
Dr. M.L. Kamlesh, 'Psychology of Physical Education of Sports" metropolitan, New Delhi 1983
- ❖ Jack H. Llewellyn, Judy A. Buckeye, Psychology of Coaching: Theory and application
Surjeet Publication, Delhi 1982.
- ❖ Runnier Martens: Coaches Guide to Sports Psychology: Human Kinetics, 1987..

Latest edition of all the suggested books are recommended

**B.P.E- IV SEMESTER
ENVIRONMENTAL STUDIES**

Code-BPE402

**L T P C
3 2 0 4**

Objectives:- Students will be able to know about environmental problems and social sciences including ecosystems , biology, chemistry, economics, political science and international processes.

UNIT-I

1. Introduction:

- 1.1 Multi-Disciplinary nature of environmental studies.
- 1.2 Definition, Scope and Importance of environmental studies.
- 1.3 Concept of environmental education.
- 1.4 Historical Background of environmental education.
2. Needs of Environmental Education for public Awareness.
3. Management of environment and Govt. Policies.
4. Important Day and National Awards.

UNIT-II

2. Natural Resources and related environmental issues:

2.1 Forest Resources:

- 2.1.1 Use and over exploitation, deforestation
- 2.1.2 Timber extraction, mining, dams and their effects on forests and tribal people.

2.2 Water Resources

- 2.2.1 Use and over utilization of surface and ground water, floods, drought.
- 2.2.2 Dams-benefits and problems

2.3 Flood Resources:

- 2.3.1 World food problems
- 2.3.2 Changes caused by agriculture and overgrazing
- 2.3.3 Effects of modern agriculture
- 2.3.4 Fertilizer-pesticide problems.

2.4 Energy Resources:

- 2.4.1 Growing energy needs
- 2.4.2 Renewable and non-renewable energy sources
- 2.4.3 Use of alternate energy sources.

2.5 Land Resources:

- 2.5.1 Land as a resource
- 2.5.2 Land degradation
- 2.5.3 Man induced Land slides
- 2.5.4 Soil erosion and desertification

2.6 Role of an individual in conservation of Natural Resources

UNIT-III

3.1 Ecosystem:

3.1.1 Concept, structure and function of an Ecosystem

3.1.2 Producers, consumers and decomposers.

3.1.3 Energy flow in the ecosystem

3.1.4 Food chains, food Webs and ecological pyramids.

3.2 Introduction, types, characteristics features, structure and functions of:

3.2.1 Forest ecosystem

3.2.2 Grassland ecosystem

3.2.3 Desert ecosystem

3.2.4 Aquatic ecosystem

3.3 Biodiversity and its conservation

3.3.1 Definitions of genetic, species and ecosystem diversity.

3.3.2 Biogeographically classification of India

3.3.3 Values of biodiversity: consumptive use, productive use, social values, ethical values, aesthetic values and option values.

3.3.4 Hot-spots and threats to biodiversity

3.3.5 Endangered and endemic species of India

3.3.6 Conservation biodiversity.

UNIT-IV

4.1 Environmental Pollution:

4.1.1 Definition, effects and control measures of:

4.1.1.1 Air Pollution

4.1.1.2 Water Pollution

4.1.1.3 Soil Pollution

4.1.1.4 Marine Pollution

4.1.1.5 Noise pollution

4.1.1.6 Thermal Pollution

4.1.1.7 Nuclear Hazards

4.1.2 Solid Waste Management: causes, effects and control measures of urban and industrial wastes.

4.1.3 Role Disaster Management: floods, earthquake, cyclone and Land slides.

UNIT-V

5. Social Issues and the Environment:

5.1 From Unsustainable to sustainable development.

5.2 Water conservation, rain water harvesting, water shed management.

5.3 Climate changes, global warning, acid rain, ozone layer depletion and holocaust.

5.4 Environmental ethics: Issues and possible solutions.

5.5 Protection/Conservation Acts: Environment, Air, Water, Wild life, Forest.

5.6. Human population and the environment:

5.7 Population growth, variation among nations.

5.8 Population explosion- Family Welfare Programme.

5.9 Environment and Human Health.

Reference & Text Books

- ❖ Cunningham, W.P., and others. Environmental Encyclopedia (Mumbai: Jaico Publishers Home) 2001.

- ❖ Hawkins, R.E. Encyclopedia of Indian Natural History (Bombay : Natural History Society)
- ❖ Heywood, V.H. and Watson V.M., Global biodiversity Assessment (U.K.: Cambridge University Press), 1995.
- ❖ Jadhav, H. and Bhosale, V.M. Environmental Protection and Laws (Delhi: Himalaya Pub. House), 1995.
- ❖ Mc Kinney, M.L. and School, R.M. Environmental Science System and Solution (Web enhanced Ed.) 1996.
- ❖ Miller T.G. Jr., Environmental Science (Wadsworth Publishing Co.)
- ❖ Odom, E.P. Fundamentals of Ecology (U.S.A.: W.B. Saunders Co.) 1971.
- ❖ Townsend C. and others, Essentials of Ecology (Black well Science)

Latest edition of all the suggested books are recommended

**B.P.E- IV SEMESTER
PAPER III - KINESIOLOGY**

Code-BPE403

**L T P C
3 2 0 4**

Objectives:- Students will be able to know about the possible movement and science of joint and their related muscles.

UNIT-I

1.1 Introduction to Kinesiology

1.1.1 Definition

1.1.2 Objectives of Kinesiology

1.1.3 Role of Kinesiology in Physical Educations.

1.1.4 Brief History with important contributions of Aristotle, Leonard Da Vinci, Alfonso Borate, Weber Brothers, and Benjamin Duchene.

1.2. Fundamental concepts of following terms with their application to the human body.

1.1.1 Axes and Planes

1.2.2 Center of Gravity

1.2.3 Line of Gravity

UNIT-II

2.1 Anatomical and Physiological Fundamentals

2.1.1 Classification of Joints and Muscles

2.1.2 Terminology of Fundamental Movements

2.1.3 Types of Muscle Contractions

2.1.4 Angle of Pull

2.2 Kinesiology of joints

2.2.1 Two-joint muscles

2.2.2 Roles in which muscles may act.

2.2.3 All or None Law.

2.2.4 Reciprocal Innovation.

UNIT-III

3.1 Upper Extremity

3.1.1 Major characteristics of Joints.

3.1.2 Location and action of major muscles acting at the following joints:

3.1.2.1 Shoulder

3.1.2.2 Elbow

3.1.2.3 Wrist

3.2 Lower Extremity

3.2.1 Major characteristics of joints.

3.2.2 Location and action of major muscles acting at the following joints:

3.2.2.1 Hip

3.2.2.2 Knee

3.2.2.3 Ankle and Foot

UNIT-IV

4. Application of Mechanical Concepts

4.1 Motion

4.1.1 Definition

4.1.2 Newton's Laws of Motion

4.1.3 Application to Sports activities

4.2 Force

4.2.1 Definition

4.2.2 Magnitude of force

4.2.3 Direction of application of force

4.2.4 Application to Sports activities.

4.3 Equilibrium

4.3.1 Definition

4.3.2 Major factors affecting Equilibrium

4.3.3 Role of Equilibrium in sports

4.4 Lever

4.4.1 Definition of Lever

4.4.2 Types of Lever

4.4.3 Application to Human Body

UNIT-V

5.1 Analysis of Locomotion

5.1.1 Walking

5.1.2 Running

5.2 Kinesiology in Daily living

5.2.1 Lifting

5.2.2 Carrying

5.2.3 Catching

5.3.4 Falling

5.3.5 Landing

Reference & Text Books

- ❖ Borer, M.R. Efficiency of Human Movement (Philadelphia : W.B. Saunders Co., 1966)
- ❖ Bunn, John W. Scientific Principles of Coaching (Engle wood cliffs : N.J. Prentice Hall Inc., 1966)
- ❖ Ranch and Burke, Kinesiology and Applied Anatomy (Philadelphia : Lea and Fibger, 1967)
- ❖ Scott, M. G. Analysis of Human Motion, New York.
- ❖ Wells, K. P. Kinesiology (Philadelphia : W.B. Saunders Co. 1966)
- ❖ Cooper, John M. and Glassgow, R.B. Kinesiology (St. Louis : C.V. Mosby Co., 1963)
- ❖ Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publication In.2005)

Latest edition of all the suggested books are recommended

B.P.E- IV SEMESTER
PAPER IV - BASICS OF SPORTS TRAINING

Code-BPE404

L T P C

3 2 0 4

Objectives:- Students will be able to know about the periodisation, principles and method of sports training in regard of optimum performance of Athletes.

UNIT-I

1.1 Introduction

- 1.1.1 Meaning and Definitions of Sports Training.
- 1.1.2 Meaning of terms: Coaching, Teaching, Conditioning and Training.

1.2 Aim and Tasks of Sports Training.

1.3 Principles of Sports Training.

1.4 Systematization of Sports Training.

- 1.4.1 Basic Training
- 1.4.2 Intermediate Training
- 1.4.3 High Performance Training

UNIT-II

2.1 Training Load

- 1.2.1 Definition and Types of Training Load.
- 1.2.2 Features/Factors of Training Load.

2.2 Principles of Intensity and Volume of Stimulus.

2.3 Over Load.

- 2.3.1 Meaning and types of over load.
- 2.3.2 Causes of over load.
- 2.3.3 Symptoms of over load.

UNIT-III

3.1 Strength

- 3.1.1 Concept and types of Strength.
- 3.1.2 Methods of strength training.
- 3.1.3 Management of strength training programme.

3.2 Endurance

- 3.2.1 Concept and types of endurance.
- 3.2.2 Methods of endurance training.

3.3. Speed

- 3.3.1 Concept and Classification of Speed.
- 3.3.3 Methods of developing speed abilities.
- 3.3.1 Reaction speed
- 3.3.2 Speed of movement.

3.3.3 Acceleration speed

3.3.4 Sprinting speed.

3.3.5 Speed endurance.

UNIT-IV

4.1 Technical Training

4.1.1 Definition of Technique and Skill.

4.1.2 Importance of Technique.

4.1.3 Process of Skill Learning.

4.1.4 Methods of Technique Training.

4.2 Tactical Training

4.2.1 Concept of Tactics and Strategy.

4.2.2 Methods of Tactical Training.

UNIT-V

5.1 Planning

5.1.1 Concept of Training Plan.

5.1.2 Principles of Planning.

5.1.3 Types of Training Plan.

5.2 Periodisation

5.2.1 Meaning and Importance of Periodisation.

5.2.2 Periods of Training Year.

5.2.3 Aim and Contents of Periods.

5.2.4 Types of Periodisation.

Reference & Text Books

- ❖ Dick W. Frank, Sports Training Principles 4th ed. (London: A&C Black Ltd.), 2002.
- ❖ Harre, D. Principles of Sports Training (Berlin: Sport Veulag), 1982.
- ❖ Matveyev, L.P. Fundamentals of Sports Training (Moscow: Progress Publishers) 1977.
- ❖ Singh, Hardyal. Science of Sports Training (New Delhi: DVS Publications), 1991.
- ❖ Uppal, A.K. Principles of Sports Training (Delhi: Friends Publication) 2001.
- ❖ Tudor B. Bompa & Michal C. Carrere, Periodisation Training for Sports, Human Kinetics, 2005 (IInd Edition)
- ❖ K. Chandra Shekhar, Sports Training, Khel Sahitya Kendra -2004

Latest edition of all the suggested books are recommended

B.P.E-IV SEMESTER PRACTICAL – HOCKEY

Code-BPE451

Periods - 40

L T P C

- - 4 2

Teaching

Period - 20

Theory

Period - 10

Practice

Period - 10

1. Introduction of the game and historical development with special reference to India.
2. Important tournaments held at National and International levels and distinguished personalities related to the game.

3. Fundamental Skills.

3.1 Grip.

3.2 Skills-

3.2.1 Rolling the ball.

3.2.2 Dribbling.

3.2.3 Push.

3.2.4 Stopping.

3.2.5 Hit.

3.2.6 Flick.

3.2.7 Scoop.

3.3 Passing – Forward pass, square pass, triangular pass.

3.4 Drills and lead up game related with skill taught.

4. Advance Skill -

4.1 Reverse hit, hitting on the wrong foot.

4.2 Stopping the ball on the right, left side and stopping the ball in the air.

4.3 Pushing on the wrong foot.

4.4 Reverse flick.

4.5 Dodging (through the legs, right and left.)

4.6 Tackling-front, right, left.

4.7 Passing-Through pass, diagonal pass, return pass.

4.8 Common bully.

5. Positional play in attack and defence.

6. Drills and lead up games.

7. Rules and their interpretations and duties of officials.

Reference & Text Books

- ❖ Milford, D.S. Hockey Practice and Tactics London: Edward Arnold and Company, 1949.
- ❖ Wein, Horts, The Science of Hockey. London: Pelham Books, 1979.

- ❖ Ahmed Khan, Eraj, Hockey for Boys and Girls, Scientific Book Company, Patna, 1976.
- ❖ Thani, Yograj, Hockey, 1976.
- ❖ Durairaj, Techniques of Hockey.
- ❖ Kapur, Rules of Hockey with Interpretation (Boys and Girls) 1975.
- ❖ Singh. Gian and Wallia Kuku, Learn, Hockey this way, Commercial publication Bureau, New Delhi-1979

Latest edition of all the suggested books are recommended

Note: - Evaluation both internal and external will be as per the criteria given in Annexure-b, e, f, & G.

**B.P.E-IV SEMESTER
PRACTICAL – II - BASKETBALL**

Code-BPE452

Periods - 40

L T P C

- - 4 2

Teaching

Period - 20

Theory

Period - 10

Practice

Period - 10

1. Introduction of the game and historical development with special reference to India.
2. Important tournaments held at National and International levels and distinguished personalities related to the sport.
3. Rules and their Interpretations.
4. Duties of official.

5. Fundamental Skills

- 5.1 Players stance and ball handling.
- 5.2 Passing and Receiving Techniques.
 - 5.2.1 Two hand chest pass
 - 5.2.2 Two hand Bounce pass
 - 5.2.3 One hand Base ball pass,
 - 5.2.4 Side arm pass
 - 5.2.5 Over head pass.
 - 5.2.6 Hook pass

5.3 Receiving

- 5.3.1 Two hand receiving.
- 5.3.2 One hand receiving.
- 5.3.3 Receiving in stationary position.
- 5.3.4 Receiving while running.
- 5.3.5 Receiving while jumping.

5.4 Dribbling.

- 5.4.1 How to start dribble.
- 5.4.2 How to stop dribble.
- 5.4.3 High dribble.
- 5.4.4 Low dribble.
- 5.4.5 Reverse dribble.
- 5.4.6 Rolling dribble.

5.5 Shooting.

- 5.5.1 Lay-up shot and its variations.
- 5.5.2 One hand set shot.
- 5.5.3 One hand jump shot.
- 5.5.4 Hook shot.
- 5.5.5 Free throw.

5.6 Rebounding.

- 5.6.1 Defensive rebound.
- 5.6.2 Offensive rebound.

5.6.3 Knock out.

5.6.4 Rebound organization.

5.7 Individual Defence.

5.7.1 Guarding the man with the ball.

5.7.2 Guarding the man without the ball.

5.8 Pivoting.

Reference & Text Books

- ❖ Boa, Clair and Norton, Kin, Men to Men Defence and Attack. New York : the Ronald Press Company, 1959.
- ❖ Boa Clair and Norton, Kin, Zone Defence and Attack. New York: The Ronald Press Company, 1959.
- ❖ Abraham C.C. Basket-Ball for Men and Women. Madras Y.M.C.A. Publishing House, 1956.
- ❖ Julian, Alvin F. Brerad and Butter Basketball. London Prentice Hall, Inc., 1960.
- ❖ Colberk A.L. Modern Basketball-A Fundamental Analysis of Skills and Tactics. London: Nicholas Kaya, 1966.
- ❖ Srivatsan, S. Basketball, NIS, Publication, Patiala.
- ❖ Jerry V.Krasue, Ed D, Nivia Basketball Skills & Drills, the Marine Sports Publishing Division 2000.

Latest edition of all the suggested books are recommended

Note: - Evaluation both internal and external will be as per the criteria given in Annexure-B, E, F, & G.

**B.P.E-IV SEMESTER
PRACTICAL – III - KHO-KHO**

Code-BPE453	Periods - 40
	L T P C
	- - 4 2
Teaching	Period - 20
Theory	Period - 10
Practice	Period - 10
1. Introduction of the game and historical development with special reference to India.	
2. Important tournaments held at National and International levels and distinguished personalities related to the game.	
3. Fundamental Skills: General Skills of the game-running, chasing dodging, faking etc.	
3.1 Skills in chasing correct kho, moving on the lanes, pursuing the runner, trapping the inactive runner, trapping the runner on heels, trapping on the pole, diving, judgment in giving kho, citification of foul.	
3.2 Skills in running -Zig-zag running, single and double chain, ring play, rolling in the sides, dodging while facing and on the back fakes on the pole fake-legs, body arm etc, combination of different skills.	
4. Rules and their interpretations and duties of officials.	

Reference & Text Books

- ❖ Kho-Kho, The game of chase and Trill, Bombay Maharashtra Kho-Kho Association.
- ❖ Yogesh Yadav. Kho-Kho, Maharashtra Kho-Kho Association, 1969.
- ❖ Gouric Kho-Kho AVALOKAN (New Delhi Khel Sahitya Kendra)2005

Latest edition of all the suggested books are recommended

Note: - Evaluation both internal and external will be as per the criteria given in Annexure-B, E, F, & G.

**B.P.E-IV SEMESTER
PRACTICAL – WRESTLING**

Code-BPE454	Periods - 40
	L T P C
	- - 4 2
Teaching	Period - 20
Theory	Period - 10
Practice	Period - 10
1. Introduction of the Wrestling and historical development with special reference to India.	
2. Important tournaments held at National and International levels and distinguished personalities related to the game.	
3. Fundamental Skills.	
3.1 Learning and demonstrating fundamental skills involving drills and Lead up games, if any, therein (Catch as can style).	
3.1.1 Take downs: leg tackles, arm drag.	
3.1.2 Counters for take downs: Cross face, whizzer series.	
3.1.3 Escapes from under: Sit out-turn in tripped.	
3.1.4 Counters for escapes from under: Basic control, back drop, counters for stand up.	
3.1.5 Pinning combination: Nelson series, (Half Nelson, Half Nelson and bar arm) leg lift series, leg cradle series, Reverse double bar arm, chicken wing and half nelson.	
3.1.6 Escapes from pinning: Wing lock series, Double arm lock roll, bridge.	

Reference & Text Books

- ❖ Collangner E. L. & Dex Perry Wrestling A.S. Barues & Co. New York.
- ❖ U.S. Naval Institute, Wrestling, Annapolis Manyala USA.
- ❖ Art Keith, EdD, Successful Wrestling, Leisure Press, 1990 by Art Keith.
- ❖ Complete Book of Wrestling, 1998 by Publications international Limited.
- ❖ Harphool Singh, Teaching and Coaching Modern Wrestling, Lokesh Thani for Sports Publication 1996
- ❖ David N. Camaione & Kenneth G. Tillman, Teaching and Coaching Wrestling, 1980 by John Wiley & Sons, Inc.

Latest edition of all the suggested books are recommended

Note: - Evaluation both internal and external will be as per the criteria given in Annexure-B, E, F, & G.

B.P.E- V SEMESTER
PAPER I - HEALTH EDUCATION

Code-BPE501

L T P C
3 2 0 4

Objectives:- like general education is concerned with the change in knowledge, feelings and behavior of people. In its most usual 'form it concentrates on developing of health education.

UNIT-I

1.1 Health

- 1.1.1 Concept of Health
- 1.1.2 Dimensions of Health
- 1.1.3 Spectrum of Health
- 1.1.4 Positive Health
- 1.1.5 Determinants of Health

1.2 Health Education

- 1.2.1 Concept, aims objectives and Scope
- 1.2.2 Principles of Health Education
- 1.2.3 Methods of Communication in Health Education

UNIT-II

2.1 Health Problems

- 2.1.1 Communicable and non-communicable diseases
- 2.1.2 Nutrition
- 2.1.3 Environmental sanitation
- 2.1.4 Medical care
- 2.1.5 Population

2.2 An Introduction to Organizational and Administrative set-up of Health System in India

- 2.2.1 National level
- 2.2.2 State Level
- 2.2.3 District Level

2.3 Steps of Planning of Health Education Programme

UNIT-III

3.1 Personal and Environmental Hygiene

- 3.1.1 Care of skin, mouth, nails, clothing, bathing etc.
- 3.1.2 Importance of rest sleep and exercise.

3.2 Community Health

- 3.2.1 Brief account of housing, water supply, sewage and refuse Disposal.

3.3 School Health Service:

- 3.3.1 Common Health Problems
- 3.3.2 Objectives of School health service

3.4 Aspects of School Health Service:

- 3.4.1 Health Appraisal.

- 3.4.2 Remedial Measures and Follow-up
- 3.4.3 Prevention of Communicable Diseases
- 3.4.4 Healthful School Environment
- 3.4.5 Nutritional Services
- 3.4.6 First Aid and Emergency Care
- 3.4.7 Eye Health Service
- 3.4.8 Health Education
- 3.4.9 Education of Handicapped Children
- 3.4.10 School Health Records.

UNIT-IV

4. Nutrition

- 4.1 Classification of foods
- 4.2 Proximate principles and role of various nutrients
- 4.3 Balanced diet
- 4.4 Balanced diet for Indian School Children
- 4.5 Malnutrition, Adulteration of Food

UNIT-V

5.1 Family planning

- 5.1.1 Concept, need and importance
- 5.1.2 Role of Health Education in family

5.2 Sex Education

- 5.2.1 Concept need and importance of sex education at school level

5.3 National Health Programme in India (Brief description)

- 5.3.1 NMEP (National Malaria Eradication Programme).
- 5.3.2 DDCP (Diarrhea Diseases Control Programme).
- 5.3.3 National TB Control Programme
- 5.3.4 STD Control Programme
- 5.3.5 NFPF National Family Planning Programme.

5.4 International Health Agencies:

- 5.4.1 WHO
- 5.4.2 UNICEF
- 5.4.3 UNDP

Reference & Text Books

- ❖ Bucher, Charles A. "Administration of Health and Physical Education Programme".
- ❖ Delbert, Oberteuffer, et. Al. "The School Health Education"
- ❖ Ghosh, B.N. "Treaties of Hygiene and Public Health".
- ❖ Hanlon, John J. "Principles of Public Health Administration".2003
- ❖ Park, J.E. and Park, K. "Text-Book of preventive and social medicine" 2002
- ❖ Turner, C.E. "The School Health and Health Education".
- ❖ Turner, G.L. "Personal and Community Health".
- ❖ Moss and et. At. "Health Education" (National Education Association of U.T.A.)

Latest edition of all the suggested books are recommended

B.P.E- V SEMESTER
PAPER -II - PROFESSIONAL PREPARATION

Code-BPE502

L T P C
3 2 0 4

Objectives:- The objective of this course is to develop expertise in various schemes of profession principles and career.

UNIT-I

1. Foundation OF Professional Preparation

- 1.1 Meaning of Professional
- 1.2 Components of Professional Preparation.
- 1.3 Contribution of physical education in attaining ideals of Indian democracy.
- 1.4 Forces and factors affecting educational policies and programme.

UNIT-II

2. Historical Perspective

- 2.1 Historical review of Professional Preparation in India.
- 2.2 Professional courses being offered in professional preparation colleges in India.
- 2.3 Professional Preparation in Physical Education in USA, USSR and UK.
- 2.4 Beginning of Professional Preparation in the world.

UNIT-III

3.1 Under-Graduate preparation of professional personnel.

- 3.1.1 Purposes, Admission Requirements of Undergraduate preparation.
- 3.1.2 Theory, Teaching practice and practicals.
- 3.1.3 Professional competencies to be developed.

3.2. Post-Graduate Preparation.

- 3.2.1 Purposes & Admission requirements.
- 3.2.2 Methods of instruction.
- 3.2.3 Professional relations.

UNIT-IV

4. Teacher and Teaching

- 4.1 Teaching as a career.
- 4.2 Basic Qualities of a successful teacher.
- 4.3 Preparation of the specialized physical education teacher.
- 4.4 Types of teaching jobs.
- 4.5 Types of non-teaching jobs.

UNIT-V

5.1. In-Service Education.

- 5.1.1 Nature and Scope.
- 5.1.2 Role of teacher education institutions in in-service education.
- 5.1.3 Role of Profession in in-service education.
- 5.1.4 Course and Formal education experience.

5.2 Evaluation.

- 5.2.1 Trends in evaluating professional preparation.
- 5.2.2 Evaluating the programme of professional preparation.
- 5.2.3 Relation of evaluation to administration & Personal program.

5.3 Modern Trends in professional preparation

Reference & Text Books

- ❖ Pape, A Laurence, Means, E. Louis. A Professional Career in Physical Education. (Englewood Cliffs, N.J. Prentice Hall, Inc. 1963.)
- ❖ Jensen, R. Clayne, Administrative Management of Physical Education and Athletic Programmes. (Philadelphia Lea and Febiger, 1983.)
- ❖ Snyder and Scott. Professional Preparation in Health, Physical Education and Recreation. (Connecticut, Greenwood press, Westport, 1971).
- ❖ Bucher, C.A Foundations of Physical Education (Saint Louis) : The C.V. Mosby Company, 1975), Ed. 7.
- ❖ Will goose GE, 'The Curriculum; in ;Physical Education(Prentice hall Inc. Englewood Cliffs. N.J.) 1969
- ❖ Wessel, Kelly Achievement Based Curriculum Development in Physical Education (Greenwood Press Publishers, West Port) in Physical Education(Lea & Febiger, Philadelphia)1986.

Latest edition of all the suggested books are recommended

B.P.E- V SEMESTER
PAPER -III - EDUCATIONAL TECHNOLOGY

Code-BPE503

L T P C

3 2 0 4

Objectives:- To analyse the characteristics of learner and organize the content in logical or psychological sequence.

UNIT-I

1. Introduction to Educational Technology

- 1.1 Definition
- 1.2 Educative Process
- 1.3 The Teacher of Yesterday & Today
- 1.4 An outline of Teaching method used then and now
- 1.5 Use of sensory organ in the process of learning and remembering
- 1.6 Communication:
 - 1.6.1 Types of Communication
 - 1.6.2 Communication Cycle
 - 1.6.3 Communication in the Class room

UNIT-II

2. Teaching Aids:

- 2.1 Importance of Teaching Aids
- 2.2 Criteria for selecting Teaching Aids
- 2.3 Difference between Teaching Method and Teaching Aid

2.4 Broad classification of Teaching Aids

- 2.4.1 Audio Aids
- 2.4.2 Visual Aids
- 2.4.3 Audio-Visual Aids
- 2.4.4 Effectiveness of Edger Dale's cone classification

2.5 Advantage and suggestions for effective use of selected teaching Aids.

- 2.5.1 Verbal
- 2.5.2 Chock Board
- 2.5.3 Charts
- 2.5.4 Models
- 2.5.5 Slide Projector
- 2.5.6 Over Head Projector
- 2.5.7 Motion Picture
- 2.5.8 Self Experiment and Projects.

UNIT-III

3. New Teaching Techniques and Innovations – I:

- 3.1 Art of questioning and answering
 - 3.1.1 Purpose of Questioning
 - 3.1.2 Classification of Questioning
 - 3.1.3 Techniques of asking questions

- 3.2 Programmed Learning
 - 3.2.1 Concept of Programmed learning
 - 3.2.2 Fundamental Principles of Programmed learning
 - 3.2.3 Steps involved in preparation of Programme
- 3.3 Team Teaching
 - 3.3.1 Meaning
 - 3.3.2 Guiding principles of Team Teaching
 - 3.3.3 Advantage of Team Teaching.

UNIT-IV

4. New Teaching Techniques and Innovations – II:

- 4.1 Micro Teaching
 - 4.1.1 Concept and Features of Micro Teaching
 - 4.1.2 Micro Teaching Verses Traditional Teaching
 - 4.1.3 Steps in Micro Teaching
 - 4.1.4 Principles of Micro Teaching
 - 4.1.5 Micro Teaching Skills
 - 4.1.6 Limitation of Micro Teaching
- 4.2 Simulation Teaching
 - 4.2.1 Meaning of Simulation
 - 4.2.2 Types of activities in simulation
 - 4.2.3 Steps in Simulation
 - 4.2.4 Advantages of Simulation
 - 4.2.5 Limitations of Simulation

UNIT-V

5.1 System Approach

- 5.1.1 Definition of System
- 5.1.2 Components of an instructional system
- 5.1.3 Flow Diagram for designing a system
- 5.1.4 Advantages of system approach

5.2 Teaching Machines

- 5.2.1 Meaning of teaching machines
- 5.2.2 Values of teaching machines
- 5.2.3 Machine verses Teacher
- 5.2.4 Computer- Assisted Instruction

Reference & Text Books

- ❖ K. Sampath, A. Pannirselvam and S. Santhanam. Introduction to Educational Technology (New Delhi: Sterling Publishers Pvt. Ltd.) : 1981.
- ❖ Kozman, Cassidy and Jackson. Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1952.
- ❖ Singh, Ajmer and other. Modern Text Book of Physical Education, Health and Sports, B.A. Part-I (Kalyani Publishers,Ludhiana)2000.
- ❖ Amita Bhardwaj, New Media of Educational Planning”.Sarup of Sons,New Delhi-2003
- ❖ Prof. Ramesh Chandra, Dittel Aneja,”Corporate Global Environment”, Usha Books, Delhi 2004.
- ❖ Mohit Chakravarty,”Education in the 4 Century” KalpanPublication’ Delhi2005.

- ❖ V.C. Pandey, Educational Technology” Usha Books Delhi -2005.
Latest edition of all the suggested books are recommended

B.P.E- V SEMESTER
PAPER -IV - INTRODUCTION TO CORRECTIVES AND
REHABILITATION

Code-BPE504

L T P C
3 2 0 4

Objectives:- rehabilitation are individual and can vary very widely depending on the patient's physical and emotional capabilities.

UNIT-I

1.1 Meaning of Correctives Physical Education, its objectives and scope.

1.2 Posture & concept

- 1.2.1 Definition, values of good posture, causes and drawbacks of bad posture.
- 1.2.2 Common postural deviations, their causes and remedial exercises.
 - 1.2.2.1 Kyphosis
 - 1.2.2.2 Scoliosis
 - 1.2.2.3 Lordosis
 - 1.2.2.4 Knock knees and Bow legs
 - 1.2.2.5 Flat feet.

1.3 Organization of a Corrective Gymnastic class (Group therapy) and its advantages.

UNIT-II

2.1 Sports Injuries

- 2.1.1 Introduction to Sports injuries
- 2.1.2 Role of trained personnel in the management of the sports Injuries.

2.2. Prevention of Injuries:

- 2.2.1 Factors causing sports injuries.
- 2.2.2 Factors sports injuries.
- 2.2.3 Complications of incomplete treatment

2.3 Common sport injuries and their immediate treatment.

- 2.3.1 Sprain
- 2.3.2 Strain
- 2.3.3 Contusion and hematoma
- 2.3.4 Dislocation
- 2.3.5 Fracture

UNIT-III

3.1 Rehabilitation:

- 3.1.1 Definition, objectives and scope.

- 3.1.2 Effects and uses of the therapeutic modalities in**
 - 3.1.2.1 Cold Therapy
 - 3.1.2.1 Hot moist
 - 3.1.2.3 Infra Red
 - 3.1.2.4 Contrast Bath

3.1.2.5 Wax Bath Therapy

UNIT-IV

4.1 Therapeutic Exercises:

- 4.1.1 Definition and scope of therapeutic exercises
- 4.1.2 Classification, therapeutic effects and uses of the following:-
 - 4.1.2.1 Active Exercises (Free, Assisted and Resisted exercises)
 - 4.1.2.2 Passive Exercises (relaxed and forced exercises).

4.2 Muscle strength and its maintenance

- 4.2.1 Causes of muscle weakness and its prevention
- 4.2.2 General principles of muscle strengthening.

4.3 Joint mobility and its maintenance

- 4.3.1 Factors causing limitation of joint mobility
- 4.3.2 Methods of increasing joint mobility

UNIT-V

5.1 Therapeutic AND Sports Massage:

- 5.1.1 Definition and brief history of message
- 5.1.2 General approach to massage manipulation.
- 5.1.3 Common Physiological effects of massage.
- 5.1.4 Classification of massage technique

5.2 Common massage technique and their therapeutic uses:

- 5.2.1 Effleurage
- 5.2.2 Kneading
- 5.2.3 Petrissage
- 5.2.4 Friction
- 5.2.5 Stroking
- 5.2.6 Percussion Manipulations
- 5.2.7 Shaking Manipulations.

5.3 Contraindications of Massage in general

5.4 Techniques of Massage for the limbs back and neck

5.5 Role of Massage in Competitive Sports.

Reference & Text Books

- ❖ First Aid to the Injured, New Delhi, St. John Ambulance Association.
- ❖ Pande, P.K., Gupta, L.C. ; 'Outline of Sports Medicine' New Delhi Jaypee Brother, 1987.
- ❖ Steven, Roy, Irvin Richard, 'Sports Medicine'. Engle wood Cliff N. J. ;Prentice Hall,1983.
- ❖ Gandiner M Dena : 'The Principles of Exercise Therapy : London : Bell & Hyman, 1981.
- ❖ Kessler Henry H : The Principles and Practices of Rehabilitation Philadelphia Lea & Febiger, 1950.3
- ❖ Forester, Angela and Palastange, Nigal: Clayton's Electrotherapy 8th ed. (New Delhi CBS Publishers & Distributors, 1985)

Latest edition of all the suggested books are recommended

**B.P.E-V SEMESTER
PRACTICAL – BADMINTON**

Code-BPE551

Period - 40
L T P C
- - 4 2
Period - 20
Period - 10
Period - 10

**Teaching
Theory
Practice**

1. Introduction of the game and historical development with special reference to India.
2. Important tournaments held at National and International levels and distinguished personalities related to the game.

3. Fundamental Skills:

- 3.1 Racket parts, racket grips, shuttle grips.
- 3.2 The basic stances.

3.3 The basic strokes.

- 3.3.1 Serves.
- 3.3.2 Forehand-overhead and under arm.
- 3.3.3 Back hand-overhead and underarm.
- 3.3.4 Drills and Lead up games.
- 3.3.5 Types of games-singles, doubles, including mixed doubles.

4. Rules and their interpretations and duties of officials.

Reference & Text Books

- ❖ Doway, J.C. Better Badminton for All: Great Britain, Pelham Books Ltd. 1969.
- ❖ Davic part, Better Badminton Learn in yourself Book. London : Orient Paper Books, 1979.
- ❖ Brown E, Better Badminton London Faber & Faber, 1969.

Latest edition of all the suggested books are recommended

Note: -Evaluation both internal and external will be as per the criteria given in Annexure-B, E, F & G.

SEMESTER - V
PRACTICAL – II TEACHING ABILITY

Code-BPE552

Period - 20
L T P C
- - 4 2
Period - 20

Teaching

Teaching ability will be evaluated in following category as per Annexure no – B & C

(i) General lesson

1. General Activity/Skills

1.1 Drill

1.1 Attention/Stand-at-ease/Left turn/Right Turn/About Turn/Mark Time.

1.2 March

1.3 Quick March and Halt.

1.4 Marching with About Turn

1.5 Marching with Salute

2 Free hand exercise(Calisthenics)

2.1 Two count

2.2 Four count with verbal command, drum and music.

2.3 Eight count

3 Light Apparatus

3.1 Exercise with apparatus with verbal command

3.2 Exercise with apparatus (with music and drum)

3.3 Exercise with apparatus (with music and formations) – BHARTIYAM

(i) General lesson – Students are required to take 4 lesson in 5th semester. The lessons will be supervised as per Annexure – B by the faculty members who would discuss the merits and demerits of the concerned lesson and guide them.

(ii) Specific lesson:- Students are expected to take 4 lesson in 5th semester. The lessons will be supervised as per Annexure – B by the faculty members who would discuss the merits and demerits of the concerned lesson and guide them.

(iii) Theory lesson:- Students are expected to take 4 lesson in 5th semester. The lessons will be supervised as per Annexure – C by the faculty members who would discuss the merits and demerits of the concerned lesson and guide them. Physical Education students shall be 35 to 45 minutes depending on the class they are going to handle at primary, middle and secondary level. The classification of lesson is as follows:

1. Theory of Games: Rules, marking, tactics(Two lessons)

2. Subject teaching (any subject other than education) – Anatomy Physiology, Methods, Sports psychology etc. (Five lessons). Health Education (Three lessons) – These types of lesson are generally taken by the Physical Education teachers in the schools. The course content will be as per the C.B.S.E syllabus. The final lesson shall be conducted in the Institute/ nearby school.\

Latest edition of all the suggested books are recommended

Note: -Evaluation both internal and external will be as per the criteria given in Annexure-B,E,F & G.

SEMESTER - V
PRACTICAL – SPORTS SPECIALISATION

Code-BPE553

Period - 20
L T P C
- - 4 2

Athletics, yoga, Gymnastics, Football, Volleyball, Kabaddi, basketball, Judo, Hockey, Kho-Kho, Badminton, Table Tennis, Lawn Tennis, Cricket, Wrestling, Boxing.

SPORTS SPECIALIZATION : (Any one out of the above mentioned games/sports) total 10 lessons should be taken by each student out of which 5 should be based on Technique & 5 on Tactical or theoretical. Evaluation criteria will be as per annexure no A, E, F & G.

Latest edition of all the suggested books are recommended

Note: -Evaluation both internal and external will be as per the criteria given in Annexure-B, E, F & G.

SEMESTER - V
PRACTICAL – SWIMMING

Code-BPE554

Period - 20
L T P C
- - 4 2

1. Introduction of Swimming and historical development with special reference to India.
2. Important Championships held at National and International levels and distinguished personalities related to the swimming.

3. Fundamental Skills.

3.1 Entry into the pool.

3.2 Developing water balance and confidence-

3.2.1 Water-fear removing drills.

3.2.2 Floating-Mushroom and Jelly- fish etc.

3.2.3 Gliding-with and without kickboard.

4. Teaching of competitive swimming strokes (minimum two strokes)-Body position, leg, kick, arm pull, breathing and co-ordination.

5. Starts and Turns of the concerned strokes.

6. Water treading and simple jumping.

7. Rules of competitive, swimming-officials and their duties, pool specifications, seeding of heats and finals, rules of the race and swimming strokes.

BOOKS RECOMMENDED FOR STUDY

- ❖ Harlen, Bruce. How to Improve your Diving Poona Modern Book Stall.
- ❖ Reckhan, George, Diving Complete. London: Faber and Faber Ltd.
- ❖ David A, Rober H. and Hobert, Swimming and Diving, The C.V. Mosby Company, Saint Louis-1968
- ❖ Kanika K. Swimming Coaching Manual, Sports Publication, New Delhi- 2005
- ❖ D. Jain, Swimming Skill & Rules, Khel Sahitya, Kendra, New Delhi,2003
- ❖ Kelvin Juba, Swimming for fitness, Kelvin Juba-2001
- ❖ Dick Hannula, Coaching Swimming, Successfully (Second edition) friends Publication (India)2003

Latest edition of all the suggested books are recommended

Note: -Evaluation both internal and external will be as per the criteria given in Annexure-B,E,F & G.

B.P.E- VI SEMESTER
PAPER I- ADAPTED PHYSICAL EDUCATION

Code-BPE601

L T P C

3 2 0 4

Objectives:- the objective of this subject is to add gross motor development. Services may be direct instruction (group or individual), collaboration or consultation.

UNIT-I

1. Introduction to Adapted Physical Education

- 1.1 Meaning and definitions
- 1.2 Aims, goals, & objectives
- 1.3 Need & importance of adapted physical education
- 1.4 Historical review of adapted physical education

UNIT-II

2. Classification of Disability

- 2.1 Physical disabilities
 - 2.1.1 Causes
 - 2.1.2 Functional Limitations
 - 2.1.3 Characteristics

2.2 Mental Retardation

- 2.2.1 Causes
- 2.2.2 Characteristics
- 2.2.3 Functional Limitations

2.3 Visual impairment

- 2.3.1 Causes
- 2.3.2 Characteristics
- 2.3.3 Functional Limitations

2.4 Hearing Impairment

- 2.4.1 Causes
- 2.4.2 Characteristics
- 2.4.3 Functional limitations

2.5 Behavioral disorders

- 2.5.1 Adjustment problems
- 2.5.2 Personality disorder
- 2.5.3 Modifications for teaching and programming in physical education and sports

UNIT-IV

3. Adapted Physical Education Programme

- 3.1 Guiding principles for adapted physical education programme (AAPHER Principle)
- 3.2 Physical Education program for disabled of person.**
 - 3.2.1 Elementary school
 - 3.2.2 Middle School

- 3.2.3 High School
- 3.2.4 College & university level

3.3 Program to meet individual needs

- 3.3.1 Determining the unique needs
- 3.3.2 Establishing goals and objectives
- 3.3.3 Selecting activities and instructional strategies

UNIT-IV

4. Co-Curricular Activities for Disabled

- 4.1 Outdoor programme for the disabled
- 4.2 Adventure based outdoor programme
- 4.3 Rhythm and dance activities

4.4 Aquatic activity programme for Disabled

- 4.4.1 Importance of aquatics for the disabled
- 4.4.2 Nature of aquatic activity programme based on types of various disabilities
- 4.4.3 Rehabilitative role and importance of aquatic activity

UNIT-V

5.1 Rehabilitation

- 5.1.1 Aims and objectives of rehabilitation council of India
- 5.1.2 Meaning of functional and occupational rehabilitation
- 5.1.3 Importance of Adapted Programme in Rehabilitation
 - 5.1.3.1 Functional Rehabilitation
 - 5.1.3.2 Psychological Rehabilitation – Adjust mental, Environmental and Personality Development.

5.2 Governmental Welfare Programme

- 5.2.1 Provision of Special rights and privilege for disabled through legislations.
- 5.2.2 Social Welfare Programme for disabled.
- 5.2.3 Mass Public Education/Awareness Programme.
 - 5.2.3.1 Education Approach.
 - 5.2.3.1 Service Approach.
 - 5.2.3.2 Legislative Approach.

Reference & Text Books

1. Auxter, Byler, Howtting, “Adapted Physical Education and reactions” Morbey-St. Louis Mirrauri.
2. Arthur G. Miller & James, “Teaching Physical Activities to impaired youth” John Wilag & Sons Inc. Canada.
3. Ronald W. French, & Paul J., “Special Physical Education”, Charles E. Merrics Publishing Co. dinburgh , Ohio.
4. Arthur S. Daniels & Euilya , “Adapted Physical Education”, Harpet & Row Publisher- New York..
5. Shekar KC, Adapted Physical Education (Khel Sahitya Kendra: New Delhi)-2005

Latest edition of all the suggested books are recommended

**B.P.E- VI SEMESTER
PAPER II - RECREATION**

Code-BPE602

**L T P C
3 2 0 4**

Objectives:- the objective of this subject to bring change by indulging them in recreational activities and serve as a relaxing break from our hectic schedule.

UNIT-I

1. Introduction to Recreation

- 1.1 Meaning, Definitions and characteristics of Recreation
- 1.2 Importance of Recreation
- 1.3 Misconceptions about Recreation
- 1.4 Scope of Recreation

UNIT-II

2. Influence of Recreation in Social Institutions.

- 2.1 Family
- 2.2 Educational institutions
- 2.3 Community/ Cultural
- 2.4 Religious organizations

UNIT-III

3. Planning for Recreation

- 3.1 Planning criteria and objectives of Recreation facilities
- 3.2 Different types of indoor and outdoor Recreation for Urban and Rural population
- 3.3 Operation and maintenance of different Recreation area and facilities
- 3.4 Sources of funding of Recreational activities

UNIT-IV

4. Programmes in Recreation

- 4.1 Criteria and principles of selecting a programme

4.2 Classification of Recreational activities:

- 4.2.1 Indoor and outdoor activities
- 4.2.2 Water activities
- 4.2.3 Cultural activities
- 4.2.4 Literary activities
- 4.2.5 Nature and outing
- 4.2.6 Social events
- 4.2.7 Adventure activities

4.3 Hobbies – Introduction to hobbies and types of hobbies.

- 4.4 Agencies providing Recreation.

UNIT-V

5. Camping and leadership

- 5.1 Aim, objectives and importance of Camping.

5.2 Organization and types of Camp.

5.2.1 Selection and layout of camp site.

5.2.2 Camping leadership.

5.3 Types and functions of Recreation leaders.

5.4 Qualification, Qualities and training & Recreation leaders.

Reference & Text Books

- ❖ Bright Charles K. and Herold C. Meyer. "Recreational test and readings" Eaglewood cliff, New Jersey Prentice Hall, Inc. 1953.
- ❖ Ness wed, M.H. and New Meyer E.S. Leisure and Recreation, New York : Ronald Press.
- ❖ Vannier Maryhalen, "Methods and Material in Recreation leadership: Philadelphia." W.B. Saunders company, 1959.
- ❖ Planning Facilities for Health, Physical Education and Recreation, Chicago, the Athletic Institute, 1936.
- ❖ Recreation areas: Their Design and equipments, New York : Ronal Press 1958.
- ❖ KRAN, R.G. Recreation and the schools: New York: Mac melon company.
- ❖ Shivers J.S., "Principles and practices of Recreational services, London : Mac Melon Company 1964.
- ❖ Kledienst VK & Weston A The recreational Sports programme Prentice Hall International Ic.London1978

Latest edition of all the suggested books are recommended

B.P.E- VI SEMESTER
PAPER III- MANAGEMENT IN PHYSICAL EDUCATION

Code-BPE603

L T P C

3 2 0 4

Objectives:- The objective this subject is to enable the students to develop their leadership, decision-making, and problem-solving qualities required in the profession of physical education and sport.

UNIT-I

1. Management and Organizational Structure:

- 1.1 Meaning and Definition of the Terms – Administration and Management.
- 1.2 Elements/Phases of Management (Planning; Organizing; staffing; Directing and Coordination; Supervision and Control/Evaluation; Re-adjustments and Improvement/Follow-up)
- 1.3 Importance/Significance of the Subject- Management in Physical Education and Sports.
- 1.4 Principles of Management.
- 1.5 Schemes of Organization- Meaning.
- 1.6 Procedure for Working-out an effective Scheme of Organization.
- 1.7 Organizational Structure in Schools, Colleges and Universities.
- 1.8 Organizational Structure in District and State Education Departments.

UNIT-II

2. Facilities and Equipments:

- 2.1 The Need for Out-door Facilities: Principles for their Location and the Recommended Area.
- 2.2 Selection/Types of Surfaces, Drainage System, Fencing (Protection), Seating Arrangements and Parking.
- 2.3 Guidelines/Principles for the Lay-out of Out-door Facilities.
- 2.4 Care and Maintenance of Out-door Facilities.
- 2.5 Gymnasium: The need, Location, Dimensions, Sample Floor Plans.
- 2.6 Swimming Pool: The Need, Construction, Maintenance and Supervision.
- 2.7 The Need for Equipments and their Types.
- 2.8 Procedure for the Purchase of Equipments
- 2.9 Principles to be followed for the Purchase.
- 2.10 Store Room Management: Need, Location, Fixtures, Handing of equipments, Issuing Procedure and Periodical Stock-Checking.
- 2.11 Stocking of Leather Equipments, Rubber Equipments, Wooden Equipments, Cloth Uniform Shuttle Cocks, Mattresses, Swimming and Track Equipments.
- 2.12 Repairs and Disposal of Damaged Equipments.

UNIT-III

3. Staff and Leadership

- 3.1 Head of the Institute/Department and his Role in Imbibing the Spirit of Discipline among his Staff and Students.
- 3.2 Qualifications of Physical Educators for Different Level Assignments.
- 3.3 Qualities of a Good Physical Education Teacher.

- 3.4 Staff Co-operation and it's Significance.
- 3.5 Involvement/Development of Voluntary Services of Other Teachers for physical Education Programs.
- 3.6 Student Leadership: Meaning, Elements, and Values/Significance.
- 3.7 Selection, Training and Recognition of Student Leaders.

UNIT-IV

4. Intramurals, Extramural and Public Relations

- 4.1 Meaning and Values of Intramural Program.
- 4.2 Units, Events and Points System for Competition.
- 4.3 Sample Rules to be followed for Intramurals.
- 4.4 Rewards and Incentives for Winners.
- 4.5 Meaning and Educational Outcomes of Extramural.
- 4.6 Evil Practices in Extramural.
- 4.7 Limitations on Participation.
- 4.8 Team Management: Selection & Training (Coaching Camps etc.)
- 4.9 Tour Management (Physical Education Teacher as manager of the Team)
- 4.10 Tournament Management, Opening and Closing Ceremonies; various Committees and their Responsibilities.
- 4.11 Definition and meaning of Public Relations.
- 4.12 Need for a Public Relation Program in Physical Education.
- 4.13 Principles to be followed for a good Public relation Program.
- 4.14 Techniques of Public Relation.
- 4.15 Relation of the physical Education Teacher with the Students, Parents, Colleagues, Principal and Supervisor etc.

UNIT-V

5. Class management, Office Management and Physical Education Budget.

- 5.1 Teacher's Preparation before Class (Lesson Plan, Markings of the Courts, Necessary Equipments Suitable Uniform).
- 5.2 Students Preparation.
- 5.3 Handling and Controlling the Class.
- 5.4 Attendance System.
- 5.5 Grading the Student.
- 5.6 Preparing Reports.
- 5.7 The Need for Office, It's Location and Set-up.
- 5.8 Office Function and Practices.
- 5.9 Meaning and Importance of `Budget` in Physical Education.
- 5.10 Budget Making (Steps, Areas of Income and Expenditure).
- 5.11 Account Keeping.
- 5.12 Petty Cash Fund/Imp rest.

Reference & Text Books

- ❖ Bucher, C.H. Administration of Physical Education and Athletic Programmes, The C.V. Mosby Company, London, 1983.
- ❖ Zeigler, E.M. and Dewie, G.W. Management Competency Development in Sports and Physical Education, Lea and Febiger, Philadelphia, 1983.
- ❖ Maheshwari, B. Management by Objectives, Tabe Mc. Graw Hill Publishing Company Ltd., New Delhi, 1982.

- ❖ Allen, L.A. Management and Organization, Mc-Graw Hill Book Company, Inc., London, 1958.
- ❖ Newman, W.D. Administrative Action, Prentice Hall I.C., New Jersey, 1963.
- ❖ Huges, W.L. et. al. Administrative of Physical Education, The Ronald Press, Company, New York, 1962.
- ❖ Venderzwaq, H.J. Sports Management in Schools and Colleges, McMillan Publishing Company, New York, 1935.
- ❖ Larry Horine, Administration of Physical Education and Sports, Wm.C. Brown Publishers, 1991 (IInd Edition)
- ❖ Griffin, Fundamentals of Management (IV Edition), Houghton Mifflin Company, Boston, New York,2006.

Latest edition of all the suggested books are recommended

B.P.E- VI SEMESTER
PAPER IV- TESTS AND MEASUREMENTS

Code-BPE604

L T P C
3 2 0 4

Objectives:- *Objective tests and measurement is to develop your understanding of the course materials and Objective measurement for research can be extended to which a given number can be interpreted as indicating the same amount of the thing measured.*

UNIT-I

1.1 Introduction

- 1.1.1 Meaning of Test, Measurement and Evaluation.
- 1.1.2 Formative and summative Evaluation.

1.2 Needs and Importance of Tests, Measurements and Evaluation in Physical Education.

1.3 Introduction to Statistics

- 1.3.1 Meaning and Definitions of Statistics
- 1.3.2 Meaning and kinds of Data
- 1.3.3 Needs and Importance of Statistics

1.4 Frequency Table

- 1.4.1 Meaning, Importance and uses of F.T.
- 1.4.2 Construction of F.T.

1.5 Measures of Central Tendency

- 1.5.1 Meaning, uses and calculation of mean from Ungrouped and grouped Data.
- 1.5.2 Meaning, uses and calculation of Median from ungrouped and grouped Data.
- 1.5.3 Meaning, uses and calculation of Mode from ungrouped and grouped Data.

UNIT-II

2.1 Population and sample

- 2.1.1 Meaning of population and sample
- 2.1.2 Importance of sampling
- 2.1.3 Principles of sampling.
- 2.1.4 Sampling Techniques.
 - 2.1.4.1 Systematic sampling
 - 2.1.4.2 Random sampling
 - 2.1.4.3 Stratified sampling
 - 2.1.4.4 Cluster sampling
 - 2.1.4.5 Sequential sampling

2.2 Knowledge Test

- 2.2.1 Importance of knowledge Test
- 2.2.2 Types of Knowledge Tests
 - 2.2.2.1 Characteristics of objective Knowledge Test
 - 2.2.2.2 Characteristics of subjective Knowledge Test
 - 2.2.2.3 Items to be included in objective Knowledge Test

2.2.2.4 Items to be included in subjective Knowledge Test

2.3 Technical standards of a test

- 2.3.1 Reliability
- 2.3.2 Validity
- 2.3.3 Objectivity
- 2.3.4 Norms

2.4 Criteria of Tests Selection

2.5 Administration of Testing Programme.

- 2.5.1 Advance Preparation
- 2.5.2 Duties during Testing
- 2.5.3 Duties After testing.

UNIT-III

3.1 Somato typing

- 3.1.1 Meaning of Somato typing
- 3.1.2 Brief Account of Kretchmer's body type
- 3.1.3 Brief Account of Sheldon's body type

3.2. Strength Test

- 3.2.1 Maximum strength (Arms & Legs)
- 3.2.2 Explosive strength (Arms & Legs)
- 3.2.3 Strength endurance (Arms & Abdomen)

3.3 Cardio- Respiratory Endurance Tests

- 3.3.1 Cooper's Run/Walk Test.
- 3.3.2 Harvard Step Test.

UNIT-IV

4.1 Balance Tests.

- 4.1.1 Stock stands for static balance.
- 4.1.2 Modified Bass Test for Dynamic Balance.

4.2 Flexibility Tests

- 4.2.1 Bridge up test for spine flexibility.
- 4.2.2 Shoulder Rotation test for shoulder flexibility.

4.3 Fitness Tests

- 4.3.1 Rogers's PFI.
- 4.3.2 AAHPER youth fitness test.
- 4.3.3 National Physical Fitness Programme.
- 4.3.4 FYT Health Related fitness tests battery.
- 4.3.5 JCR Test.
- 4.3.6 Barrow Motor Ability Test (Three Items).

UNIT-V

5.1 Sports Skill Tests

- 5.1.1 Johnson Basketball Ability Tests.
- 5.1.2 Lock Hart and McPherson Badminton Tests.
- 5.1.3 McDonald Soccer Test
- 5.1.4 Brady Volleyball Test.
- 5.1.5 Harbhan's Hockey Test.

5.2 Social Efficiency

- 5.2.1 Meaning of Social Efficiency.
- 5.2.2 Mc Cloy's Behaviour Rating Scale.
- 5.2.3 Cowell Social behaviour Trend Index.

Reference & Text Books

- ❖ Ted. A and Andrew S., "Measurement for evaluation in Phy. Edu. And exercise science." Sixth edition (Newyork WCB Mcgraw-Hill), 1999.
- ❖ Barrow, H.M. and R. McGee (1971), "A Practical Approach to measurement in Physical Education." Lea and Fabiger, Philadelphia, U.S.A.
- ❖ Baumartnes, T.A. and A.S. Jackson (1991) "Measurement for Evaluation in Physical Education and Exercise Science. Wm. C. Brown publishers, University of Horesten, U.S.A.
- ❖ Claste, H.H., and D.H. Claske (1987), "Application of measurement to physical Education. "Practice Hal INC., Englewood Cliff, New Jersey, U.S.A.
- ❖ Hasted, D.N. and A.C. Lacy (1989), "Measurement and Evaluation in contemporary Physical Education. Gorsuch Scasisbrick, Scottsdale, AZ, U.S.A.
- ❖ Johnson, B.L. and J.K. Nelson (1982), "Practical measurement for Evaluation in Physical Education, 3rd Ed. Subject Publications, Delhi.
- ❖ Mathews, D.K. (1973), "Measurement in Physical Education." 4th Ed. W.B. Saunders Company, Philadelphia, U.S.A.
- ❖ Phillips, D.A. and J.E. Harnak (1979), "Measurement and Evaluation in Physical Education." Wiley, New York, U.S.A.

Latest edition of all the suggested books are recommended

**B.P.E-VI SEMESTER
PRACTICAL – I TABLE TENNIS**

Code-BPE651

Periods - 40
L T P C
- - 4 2
Period - 20
Period - 10
Period - 10

Teaching
Theory
Practice

1. Introduction of the game and historical development with special reference to India.

2. Important tournaments held at National and International levels and distinguished personalities related to the game.

3. Fundamental Skills.

3.1 The grip-

3.1.1 The Tennis grip (forehand grip and backhand grip)

3.1.2 Penholder grip.

3.2 Service-

3.2.1 Forehand (Forward and backward spins).

3.2.2 Back hand (Forward and backward spins).

3.2.3 Side spin.

3.2.4 High Toss.

3.3 Strokes (From both forehand and backhand).

3.3.1 Push.

3.3.2 Chop.

3.3.3 Drive (with top spin).

3.3.4 Half volley.

3.3.5 Smash.

3.3.6 Drop-shot.

3.3.7 Balloon.

3.3.8 Flick shot.

3.3.9 Loop drive.

3.4 Stance and Ready position, and foot work.

4. Tactics – Defensive, attacking in singles doubles and mixed doubles.

5. Rules and their interpretations and duties of officials.

Reference & Text Books

- ❖ Sklorz Martin, Sport Table Tennis. Yorkshire: E.P. Ltd. Cast Ardsley, Wakefield, 1973.
- ❖ Varner, Margaret and Harrison J. Rumford. Brown Physical Education, Activities series, Table Tennis. IOWA: WM. C. Brown Company Dubuque.
- ❖ Myers Harold. Table Tennis: London L Faber & Faber Ltd. 3, Queen Square, 1977.
- ❖ Leslie Woallard, Table Tennis, Foyles Handbooks London.

- ❖ Donal Parker & David Hewitt, Play the Game Table Tennis, Bland ford- 2003.
- ❖ D. Jain, Table Tennis Skills & Rules, Khel Sahitya Kendra, New Delhi- 2003

Latest edition of all the suggested books are recommended

Note: - Evaluation both internal and external will be as per the criteria given in Annexure- B, E, F, & G.

**B.P.E-VI SEMESTER
PRACTICAL – II - TEACHING ABILITY**

Code-BPE652

Periods - 20
L T P C
- - 4 2

Teaching ability will be evaluated in following category as per **Annexure no.-B & C**

Fundamental Skills.

2.1 Dumbbell exercises-

- 2.1.1 Two counts exercises.
- 2.1.2 Four counts exercises.
- 2.1.3 Eight counts exercises.
- 2.1.4 Sixteen counts exercise.

2.2 Indian Clubs exercises-

- 2.2.1 Rigid exercise (eight).
- 2.2.2 Swinging exercises (eight).

2.3 Wands exercises-

- 2.3.1 Two counts exercises.
- 2.3.2 Four counts exercises.
- 2.3.3 Eight counts exercises.
- 2.3.4 Sixteen counts exercises.

2.4 Hoops exercises-

- 2.4.1 Two counts exercises.
- 2.4.2 Four counts exercises.
- 2.4.3 Eight counts exercises.

3. Minor Games: At least 50 minor games to be taught at the end of the period for 10-12 minutes.

4. ASSIGNMENT: At least 50 minor games with and without apparatus are to be written by students in their diary.

(i) General lesson;- Students are expected to take 4 lessons in 6th Semester. The lessons will be supervised as per Annexure-C by the faculty members who would discuss the merits and demerits of the concerned lesson and guide them

(ii) Specific lesson:- Students are expected to take 4 lessons in 6th Semester. The lessons will be supervised as per Annexure-C by the faculty members who would discuss the merits and demerits of the concerned lesson and guide them.

(iii) Theory lesson; - Students are expected to take 4 lessons in 5th & 6th Semester. The lessons will be supervised as per Annexure-C by the faculty members who would discuss the merits and demerits of the concerned lesson and guide them. Physical Education students shall be provided classroom teaching experience. The duration of the lesson to be conducted by students shall be

35 to 45 minutes depending on the class they are going to handle at primary, middle and secondary level. The Classification of lessons is as follows:

1. Theory of games: Rules, marking, tactics (Two lessons)

2. Subject teaching (any subject other than health education) – Anatomy Physiology, Methods, Sports Psychology etc. (Five lessons).

3. Health Education: (Three lessons) - These types of lessons are generally taken by the Physical Education teachers in the schools. The course content will be as per the C.B.S.E. syllabus. The final lesson shall be conducted in the Institute/ nearby school.

**B.P.E-VI SEMESTER
PRACTICAL III – SPORTS SPECIALISATION**

Code-BPE653

L T P C
- - 4 2

Athletics, yoga, Gymnastics, Football, Volleyball, Kabaddi, basketball, Judo, Hockey, Kho-Kho, Badminton, Table Tennis, Lawn Tennis, Cricket, Wrestling, Boxing.

*** SPORTS SPECIALIZATION:** (Any one out of the above mentioned team games/ sports)
Total 10 Lessons should be taken by each student out of which 5 should be based on Technique & 5 on Tactical or theoretical. Evaluation criteria will be as per annexure No. A, E, F & G

B.P.E- VI SEMESTER
PRACTICAL –IV INTERNSHIP IN SCHOOLS/HEALTH CLUBS

Code-BPE654

L T P C
- - 4 2

The students will be sent to various schools /Health Clubs by the Institute, which are residential in nature and providing free lodging and boarding and they will work as Physical Education Teachers for duration of approximately 10 days. They will be graded on the basis of Confidential Report by the School Principal /Competent Authority grading them out of 50 marks provided on an appraisal report. Preparation of work profile, to be marked out of 30 and an interview out of 20 by the College.

Annexure-A
Evaluation criteria for Specialization (Opted Team Game)

S. No.	Items / Skill	Int. Examiner		Ext. Examiner		Total	
		50		50		100	
1.	Demonstration of the skill(any two)	6+6		6+6		24	
2.	Performance of the demonstrative activity	12+12		12+12		48	
3.	Knowledge of Rules & Regulations & Competition through viva- voice	02+02		02+02		08	
	Practical Records/copy			10		10	
4.	Regularity/ Attendance/Records	10				10	
	TOTAL	50		50		100	
	TOTAL IN WORDS						

Annexure-B
Evaluation criteria for Team Game

S. No.	Items / Skill	Int. Examiner		Ext. Examiner		Total	
		50		50		100	
1.	Demonstration of the skill(any two)	6+6		6+6		24	
2.	Performance of the demonstrative activity	12+12		12+12		48	
3.	Knowledge of Rules & Regulations & Competition through viva- voice	02+02		02+02		08	
	Practical Records/copy			10		10	
4.	Regularity/ Attendance/Records	10				10	
	TOTAL	50		50		100	
	TOTAL IN WORDS						

Annexure no.-C
Evaluation criteria for Teaching Ability
General/specific Lesson Plan

S.No.	Areas /Aspect Of Evaluation	Marks Allotted	Internal	External
1.	Preparation of General / Specific Lesson plan	5		
2.	Entrance, appearance, appropriate dress-up, grooming etc.	3		
3.	Use of apparatus, Music, Drum etc.	5		
4.	Presentation, Demonstration & Teaching stages from simple to complex	10		
5.	Use of formation	5		
6.	Command, Voice & Confidence	5		
7.	Detection & Correction of faults	5		
8.	Effectiveness & Creativeness of training	2		
9.	Discipline & control of class	5		
10.	Re-assembly & Dismissal	5		
	Total	50		

Annexure no.-D
Evaluation criteria for Teaching Ability
Theory Lesson Plan

<i>S.No.</i>	<i>Areas /Aspect Of Evaluation</i>	<i>Marks Allotted</i>	<i>Internal</i>	<i>External</i>
1.	Preparation of Lesson plan & Method of Introducing topic	5		
2.	Use of developing questions.	3		
3.	Use of Black board, Chart, Audio-Visual Aids, Projectors, slide, etc.	2		
4.	Presentation & explanation of topic	20		
5.	Involvement of the students	2		
6.	Command, Voice & Confidence	3		
7.	Effectiveness & Creativeness in teaching	3		
8.	Discipline & class control	2		
9.	Removal of teaching doubts	5		
10.	Recapitulation	5		
	T0tal	50		

Annexure no.-E
B.P.E Athletics Performance conversion Scoring Table (WOMEN)

Marks	Shot-Put	Discus	Javelin	Long Jump	High Jump	100 M	200 M	800 M	110 M
6.0	10.00	30.00	35.00	5.00	1.50	14.0	28.5	2.40	18.5
5.5	9.50	29.00	33.00	4.90	1.48	14.2	28.7	2.42	18.6
5.0	9.00	27.00	31.00	4.80	1.46	14.4	28.9	2.45	18.7
4.5	9.40	25.00	29.00	4.70	1.44	14.6	30.1	2.46	18.8
4.0	9.00	23.00	27.00	4.60	1.40	14.8	30.3	2.48	19.0
3.5	8.60	21.00	25.00	4.40	1.35	15.0	30.7	2.50	19.2
3.0	8.20	19.00	23.00	4.20	1.30	15.3	30.9	2.55	19.4
2.5	7.80	17.00	21.00	4.00	1.25	15.6	30.9	2.58	19.7
2.0	7.40	15.00	19.00	3.90	1.20	15.9	31.2	3.01	20.0

Annexure no – F
(B.P.E) Athletics Performance conversion Scoring Table (MEN)

Marks	Long Jump	Hop Step Jump	High Jump	Pole Vault	100 M	200 M	800 M	1500 M	110MHurdles
6.0	6.00	13.60	1.60	3.40	11.5	24.5	2.20	4.20	16.5
5.5	5.80	13.40	1.58	3.37	11.7	24.7	2.22	4.23	16.6
5.0	6.05	13.20	1.56	3.34	12.1	24.9	2.24	4.26	16.7
4.5	5.90	13.00	1.54	3.30	12.4	25.1	2.26	4.29	16.8
4.0	5.75	12.80	1.52	3.25	12.7	25.3	2.28	4.32	16.9
3.5	5.60	12.60	1.50	3.20	13.0	25.5	2.30	4.35	17.0
3.0	5.45	12.40	1.45	3.15	13.2	25.7	2.32	4.38	17.2
2.5	5.30	12.20	1.40	3.10	13.4	25.9	2.37	4.41	17.4
2.0	5.15	12.00	1.35	3.05	13.6	26.0	2.42	4.44	17.6

Annexure no – G
B.P.E Athletics Performance conversion Scoring Table (MEN)

Marks	Shot-put	Hammer Throw	Discus Throw (2 kg.)	Javelin Throw 800(gms)
6.0	10.80	35.00	33.00	50.00
5.5	10.20	34.00	31.00	47.00
5.0	9.60	33.00	29.00	44.00
4.5	9.00	32.00	27.00	41.00
4.0	8.50	31.00	25.00	39.00
3.5	8.00	30.00	23.00	36.00
3.0	7.50	29.00	21.00	33.00
2.5	7.00	28.00	19.00	30.00
2.0	6.60	26.50	17.00	27.00

CRITERIA FOR EVALUATION OF YOGA/ GYMNASTICS

Annexure-H

<i>S. No.</i>	<i>Items / Skill</i>	<i>Int. Examiner</i>		<i>Ext. Examiner</i>		<i>Total</i>	
		50		50		100	
1.	Demonstration of the asana(any two)	12+12		12+12		48	
2.	Performance of the demonstrative asana	06+06		06+06		24	
3.	Knowledge of Rules & Regulations & Competition through viva- voice	02+02		02+02		08	
	Practical Records (copy)			10		10	
4.	Regularity/ Attendance	10				10	
	TOTAL	50		50		100	
	TOTAL IN WORDS						