

Study & Evaluation Scheme

of

Bachelor of Physical Education (B.P.Ed.) **[Applicable w.e.f. Academic Session 2016-17]**

(Approved by VC dated 23 Aug., 2016)



TEERTHANKER MAHAVEER UNIVERSITY
Delhi Road, Moradabad, Uttar Pradesh-244001
Website: www.tmu.ac.in



Study & Evaluation Scheme
Program: B.P.Ed (Bachelor of Physical Education)

Semester – I

SL. No.	Course Code	Title of the Papers	Periods		Credit	Internal Marks	External Marks	Total Marks	
Part A:Core Course									
	Core Course		L	P					
1	BPED105	History, Principles and foundation of Physical Education	4	-	4	40	60	100	
2	BPED106	Anatomy and Physiology	4	-	4	40	60	100	
3	BPED107	Health Education and Environmental Studies	4	-	4	40	60	100	
4	BPED155	Track and Field- I	-	4	2	50	50	100	
5	BPED156	Gymnastic- I	-	4	2	50	50	100	
6	BPED157	Mass Demonstration Activities	-	4	2	50	50	100	
Part B:Elective Course									
7	BPED108	Olympic Movement	(Anyone)	4	-	4	40	60	
8	BPED109	Officiating and Coaching							
9	BPED158	Kabaddi-I		(Indigeno us Sports) (Anyone)	-	4	2	50	50
10	BPED159	Kho-Kho-I							
Total			16	16	24	360	440	800	



Semester – II

Sl. No.	Course Code	Title of the Papers	Periods	Credit	Internal Marks	External Marks	Total Marks		
Part A:Core Course									
	Core Course		L	P					
1	BPED205	Yoga Education	4	-	4	40	60	100	
2	BPED206	Educational Technology and Methods of Teaching in Physical Education	4	-	4	40	60	100	
3	BPED207	Organization and Administration In Physical Education	4	-	4	40	60	100	
4	BPED255	Track and Field- II	-	4	2	50	50	100	
5	BPED256	Teaching Practice – I (General lesson plan)	-	4	2	50	50	100	
6	BPED257	Educational tour	-	-	1	100	-	100	
Part – B Elective Course									
7	BPED208	Contemporary issues in physical education, fitness and wellness	(Any One)	4	-	4	40	60	100
8	BPED209	Sports Nutrition and Weight Management							
9	BPED258	Gymnastic-II	(Proficiency in games and sports) (Any One)	-	4	2	50	50	100
10	BPED259	Yoga							
11	BPED260	Aerobics							
12	BPED261	Badminton-I	(Racquet Sport) (Any One)	-	4	2	50	50	100
13	BPED262	Table Tennis-I							
14	BPED263	Squash-I							
15	BPED264	Tennis-I							
Total			16	16	25	460	440	900	



Semester - III

Sl. No.	Part A:Core Course								
	Course Code	Title of the Papers	Periods		Credit	Internal Marks	External Marks	Total Marks	
	Core Course		L	P					
1	BPED301	Sports Training	4	-	4	40	60	100	
2	BPED302	Computer Applications in Physical Education & Sports	3	2	4	40	60	100	
3	BPED303	Sports Psychology and Sociology	4	-	4	40	60	100	
4	BPED351	Track and Field-III	-	4	2	50	50	100	
5	BPED352	Teaching Practice – II (Theory lesson plan)	-	4	2	50	50	100	
	Part–B Elective Course								
6	BPED304	Sports Medicine, Physiotherapy and Rehabilitation	(Any One)	3	2	4	40	60	100
7	BPED305	Curriculum Design							
8	BPED353	Taekwondo-I	(Combative Sports) (Any One)	-	4	2	50	50	100
9	BPED354	Judo -I							
10	BPED355	Wrestling-I							
11	BPED356	Cricket-I	(Team Games) (Any One)	-	4	2	50	50	100
12	BPED357	Football-I							
13	BPED358	Hockey-I							
14	BPED359	Volleyball-I							
15	BPED360	Handball-I							
16	BPED361	Basketball-I							
Total			14	20	24	360	440	800	

Semester— IV

Sl. No.	Part A:Core Course							
	Course Code	Title of the Papers	Periods		Credit	Internal Marks	External Marks	Total Marks
	Core Course		L	P				
1	BPED401	Measurement and Evaluation in Physical Education	4	-	4	40	60	100
2	BPED402	Kinesiology and Biomechanics	4	-	4	40	60	100
3	BPED403	Research and Statistics in Physical Education	4	-	4	40	60	100
4	BPED451	Teaching Practice-III (Coaching of game lesson plan)	-	4	2	50	50	100
5	BPED452	Teaching Practice-IV (Officiating Lesson Plan)	-	4	2	50	50	100
6	BPED453	Leadership Camp	-	-	1	100	-	100
	Part-B Elective Course							
7	BPED404	Theory of sports and game	(Any One)	4	0	4	40	60
8	BPED405	Sports Management						
9	BPED454	Track and Field-IV	(Individual games) (Any One)	-	4	2	50	50
10	BPED455	Gymnastic-III						
11	BPED456	Kabaddi- II	(Sports Specialization) (Any One)	-	4	2	50	50
12	BPED457	Kho-Kho-II						
13	BPED458	Cricket-II						
14	BPED459	Football-II						
15	BPED460	Hockey-II						
16	BPED461	Volleyball-II						
17	BPED462	Handball-II						
18	BPED463	Basketball-II						
19	BPED464	Badminton-II						
20	BPED465	Table Tennis-II						
21	BPED466	Squash-II						
22	BPED467	Tennis-II						
23	BPED468	Judo-II						
24	BPED469	Taekwondo-II						
25	BPED470	Wrestling-II						
Total			16	16	25	460	440	900

Note: Student can take only that subject which he/she has been already covered as part I in his/her previous semesters.



Study & Evaluation Scheme
of
Bachelor of Physical Education
(B.P.Ed.)

[Applicable w.e.f. Academic Session – 2019-20 till revised]
[As per NCTE guidelines with CBCS Pattern]



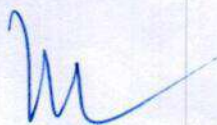
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B.P.Ed. Curriculum

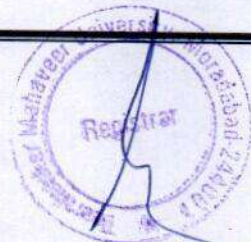
Semester – I

Course Type	Course Code	Title of the Course		Periods			Credit	Internal Marks	External Marks	Total Marks
				L	T	P	C			
CC	BPED105	History, Principles and foundation of Physical Education		4	-	-	4	40	60	100
	BPED106	Anatomy and Physiology		4	-	-	4	40	60	100
AECC	BPED107	Health Education and Environmental Studies		3	-	-	3	40	60	100
CC	BPED155	Track and Field- I		-	-	4	2	50	50	100
	BPED156	Gymnastic- I		-	-	4	2	50	50	100
	BPED157	Mass Demonstration Activities		-	-	4	2	50	50	100
DSEC	• BPED108	• Olympic Movement	(Anyone)	3	-	-	3	40	60	100
	• BPED109	• Officiating& Coaching								
	• BPED158 • BPED159	• Kabaddi-I • Kho-Kho-I	(Indigenous Sports) (Anyone)	-	-	4	2	50	50	100
Total				14	-	16	22	360	440	800



Semester – II

Course Type	Course Code	Title of the Course		Periods			Credit	Internal Marks	External Marks	Total Marks
			L	T	P	C				
CC	BPED205	Yoga Education	3	-	-	3		40	60	100
	BPED206	Educational Technology and Methods of Teaching in Physical Education	4	-	-	4		40	60	100
	BPED207	Organization and Administration In Physical Education	4	-	-	4		40	60	100
	BPED255	Track and Field – II	-	-	4	2		50	50	100
SEC	BPED256	Teaching Practice – I (General lesson plan)	-	-	4	2		50	50	100
PROJ	BPED257	Educational Tour –(Project-I)	-	-	-	2		100	-	100
AECC	BPED210	Human Values and Professional Ethics In Sports	2	-	-	2		40	60	100
DSEC	• BPED208	• Contemporary issues in physical education, fitness and wellness	(Any One)	3	-	-	3	40	60	100
	• BPED209	• Sports Nutrition and Weight Management								
	• BPED258 • BPED259 • BPED260	• Gymnastic-II • Yoga-I • Aerobics	(Proficiency in games and sports) (Any One)	-	-	4	2	50	50	100
	• BPED261 • BPED262 • BPED263 • BPED264	• Badminton-I • Table Tennis-I • Squash-I • Tennis-I	(Racquet Sport) (Any One)	-	-	4	2	50	50	100
Total			16	-	16	26		500	500	1000



Semester - III

Course Type	Course Code	Title of the Course		Periods			Credit	Internal Marks	External Marks	Total Marks
				L	T	P	C			
CC	BPED301	Sports Training		4	-	-	4	40	60	100
SEC	BPED302	Computer Applications in Physical Education & Sports		2	-	2	3	40	60	100
CC	BPED303	Sports Psychology and Sociology		4	-	-	4	40	60	100
AECC	BPED306	Teaching Practice (Internship)		-	-	-	2	50	50	100
CC	BPED351	Track and Field-III		-	-	4	2	50	50	100
SEC	BPED352	Teaching Practice – II (Theory lesson plan)		-	-	4	2	50	50	100
DSEC	BPED304	Sports Medicine, Physiotherapy and Rehabilitation	(Any One)	2	-	2	3	40	60	100
	• BPED305 • BPED353 • BPED354 • BPED355	• Curriculum Design • Taekwondo-I • Judo –I • Wrestling-I		(Combative Sports) (Any One)	-	-	4	2	50	50
	• BPED356 • BPED357 • BPED358 • BPED359 • BPED360 • BPED361	• Cricket-I • Football-I • Hockey-I • Volleyball-I • Handball-I • Basketball-I	(Team Games) (Any One)		-	-	4	2	50	50
	Total			12	-	20	24	410	490	900
	VAC-I	TMUGS301	Managing self		2	1	-	-	60	40



Semester – IV

Course Type	Course Code	Title of the Course	Periods			Credit	Internal Marks	External Marks	Total Marks
			L	T	P				
CC	BPED401	Measurement and Evaluation in Physical Education	3	-	-	3	40	60	100
	BPED402	Kinesiology and Biomechanics	4	-	-	4	40	60	100
	BPED403	Research and Statistics in Physical Education	4	-	-	4	40	60	100
SEC	BPED451	Teaching Practice-III (Coaching of game lesson plan)	-	-	4	2	50	50	100
SEC	BPED452	Teaching Practice-IV (Officiating Lesson Plan)	-	-	4	2	50	50	100
PROJ	BPED453	Leadership Camp-(Project-II)	-	-	-	2	100	-	100
AECC	BPED406	English Communication Skills	-	-	4	2	50	50	100
DSEC	• BPED404 • BPED405	• Theory of sports and game • Sports Management (Any One)	3	-	-	3	40	60	100
	• BPED454 • BPED455	• Track and Field-IV • Gymnastic-III (Individual games) (Any One)	-	-	4	2	50	50	100
	• BPED456 • BPED457 • BPED458 • BPED459 • BPED460 • BPED461 • BPED462 • BPED463 • BPED464 • BPED465 • BPED466 • BPED467 • BPED468 • BPED469 • BPED470 • BPED471	• Kabaddi- II • Kho-Kho-II • Cricket-II • Football-II • Hockey-II • Volleyball-II • Handball-II • Basketball-II • Badminton-II • Table Tennis-II • Squash-II • Tennis-II • Judo-II • Taekwondo-II • Wrestling-II • Yoga-II (Sports Specialization) (Any One)	-	-	4	2	50	50	100
	Total		14	-	20	26	510	490	1000
VAC-II	TMUGS401	Managing work and others	2	1	-	-	60	40	100

Note: Student can take only the course in Sports Specialization which s/he has been already covered as part (I) in his/her previous semesters.



SEMESTER – II
HUMAN VALUES AND PROFESSIONAL ETHICS IN SPORTS

Course Code-BPED210

L T P C
2 0 0 2

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following.....

CO-1. Remembering the concepts of human value and professional ethics in sports.

CO-2. Remembering the constitutional values of India.

CO-3. Understanding the concepts of Women & Sports.

CO-4. Understanding the specific problems related to female athletes.

CO-5. Applying code of ethics in coaching and training.

Contents

Unit – 1: Introduction

(05 Hrs.)

1.1 Meaning & Definition of Ethics & Values

1.2 Need, Importance of value education

1.3 Objectives of value education

Unit- 2: The constitutional values of India

(08 Hrs.)

2.1 Justice

2.2 Liberty

2.3 Equality

2.4 Fraternity

Unit- 3: Ethics & Values in sports

(08 Hrs.)

3.1 Introduction to Ethics & Values in sports

3.2 Major Ethical Issues in Sports

3.3 Code of Ethics in IOC (International Olympic committee)

3.4 Code of Ethics for Coaches and Athletes

Unit- 4: Women & Sports

(08 Hrs.)

4.1 Sports participation of women in India

4.2 Special consideration (Menarche & Menstrual Dysfunctions)

4.3 Female Athletes Triad (Osteoporosis, Amenoria, Eating Disorders)

4.4 Psychological aspects of women athlete

4.5 Sociological aspects of sports participation

Text and Reference book:

1. Ilse H.T. & Gertrud P. (2003). *Sport and Women: Social Issues in International Perspective*. New York.
2. Zeigler, E.F. (2008). *Applied ethics for sports & physical activity professionals*. New Delhi: Sports Education Technologies.
3. Govindarajula, N. (2009). *Equality excellence & ethics in sports*. New Delhi: Sports Education Technologies.
4. Kumar, A. & Singh, B. (2018). *Value and environmental education*. New Delhi: Friends Publications.
5. Quareshi, S.S., Sethi, P.K. & Verma, H. (2015). *UGC- NET Physical Education*. New Delhi: Sports Publication.
6. Anand, Sh. (2015). *UGC- NET Physical Education*. New Delhi: UpkarPrakashan.

Latest addition of all the relevant books are recommended.



SEMESTER – III
Course: Managing Self
(Mandatory Value Added Course)

Course Code: TMUGS-301

L	T	P	C
2	1	0	0

Course Perspective This value-added course will be taught in odd semester of the final year. This course will focus on concepts of 'Managing Self' like perception, positive attitude right value and vision. Students will also learn goal setting, action planning, self-motivation and confidence building. Students will also be taught methods becoming good and assertive communicators. This will enable them to perform better during job interviews and group discussion. This course will also concentrate on techniques of facing interviews, Group Discussion and Resume building, etc

Course Outcomes (COs) On completion of the course, the student will be:

- CO - 1 Utilizing effective verbal and non-verbal communication techniques in formal and informal settings
- CO - 2 Understanding and analysing self and devising a strategy for self-growth and development.
- CO - 3 Adapting a positive mind-set conducive for growth through optimism and constructive thinking.
- CO - 4 Utilizing time in the most effective manner and avoiding procrastination.
- CO - 5 Making appropriate and responsible decisions through various techniques like SWOT, Simulation and Decision Tree.
- CO - 6 Formulating strategies of avoiding time wasters and preparing to-do list to manage priorities and achieve SMART goals.

Contents

Unit – I Personal Development

(10 hours)

- 1.1 Personal growth and improvement in personality
- 1.2 Perception
- 1.3 Positive attitude
- 1.4 Values and Morals
- 1.5 High self-motivation and confidence
- 1.6 Grooming

Unit – II Professional Development

(8 hours)

- 2.1 Goal setting and action planning
- 2.2 Effective and assertive communication
- 2.3 Decision making
- 2.4 Time management
- 2.5 Presentation Skills
- 2.6 Happiness, risk taking and facing unknown

Unit – III Career Development

(12 hours)

- 3.1 Resume Building
- 3.2 Occupational Research
- 3.3 Group discussion (GD) and Personal Interviews

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Evaluation Scheme - Faculty led Continuous Evaluation

Evaluation of Managing Self will follow the continuous evaluation method.

Students will be evaluated on the score of 100 on the pattern prescribed the University for Conduction of Practical Courses.

Internal: 50 marks for Internal evaluation following the continuous evaluation method, which includes,

40 marks for Class Performance (Every class activity will carry 8 marks; each student can participate in maximum of 5 activities)

10 marks for Attendance and involvement in the activities

External: 50 marks for External evaluation at the time of external exams (Based on Observations, GDs and PIs).

References:

Robbins, Stephen P., Judge, Timothy A., Vohra, Neharika, Organizational Behaviour (2018), 18th ed., Pearson Education

Tracy, Brian, Time Management (2018), Manjul Publishing House

Hill, Napoleon, Think and grow rich (2014), Amazing Reads

Scott, S.J., SMART goals made simple (2014), Createspace Independent Pub

<https://www.hloom.com/resumes/creative-templates/>

<https://www.mbauniverse.com/group-discussion/topic.php>

Rathgeber, Holger, Kotter, John, Our Iceberg is melting (2017), Macmillan

Burne, Eric, Games People Play (2010), Penguin UK

<https://www.indeed.com/career-advice/interviewing/job-interview-tips-how-to-make-a-great-impression>



SEMESTER – IV
ENGLISH COMMUNICATION SKILLS

Course Code-BPED406

L T P C
0 04 2

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following.....

- CO-1. Remembering the fundamental of English communication skills.
- CO-2. Understanding the fundamental of English writing skills.
- CO-3. Understanding the fundamental of professional skills.
- CO-4. Applying the knowledge of communication and writing skills.
- CO-5. Applying the knowledge of professional skills.

Content

Unit – 1: Introduction

(08 Hrs.)

- 1.1. Greeting and self-introduction (activity)
- 1.2. Sentences construction; part of speech and tenses
- 1.3. Common error in sentences

Unit – 2: Communication skills

(10 Hrs.)

- 2.1. Communication Process and How to make it effective
- 2.2. Power point presentation skills
- 2.3. Speech on different topics
- 2.4. Extempore speech (Just a minute)

Unit – 3: Writing Skills

(10 Hrs.)

- 3.1. Application writing on common issues
- 3.2. CV & resume writing
- 3.3. Job application and cover letter
- 3.4. Newspaper reading before an audience (reading unseen passages)

Unit – 4: Professional Skills

(10 Hrs.)

- 4.1. Group discussion: Dos & Don'ts of group discussion
- 4.2. One to one oral presentation by students
- 4.3. Interview skills (with mock presentation)
- 4.4. Language activities (Quiz, picture & narration's)

References:

- R1: Dua, j. (2012). *Business letters*. New Delhi: The Readers Paradise.
- R2: Asar, S. & Mazhar, M. (2012). *Far from the madding crowd*. Agra: Shivam Publication.
- R3: Kaur, A. (2012). *Art of letter writing*. New Delhi: The Readers Paradise.
- R4: Pathak, A. (2013). *Reminiscences of Shadows*. New Delhi: The Readers Paradise.
- R5: Imam, S.T. (2014). *Brush-up your English*. New Delhi: Bharti Bhawan.
- R6: Lewis, N. (2014). *Word power made easy*. New Delhi: Goyal Publisher
- R6: Kumar, A. (2012). *Spoken English*. New Delhi: The Readers Paradise.
- R7: Suri, A. (2012). *Art of writing*. New Delhi: The Readers Paradise.

Latest addition of all the relevant books are recommended.

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SEMESTER – IV
Course: Managing Work and Others
Course Code: TMUGS-401

L	T	P	C
2	1	0	0

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following.....

Course Perspective This value-added course will be taught in even semester of final year. In this course, students will be taught to develop and become team player for creativity and innovation in organization they work. Students will be taught methods to develop cordial relation using “Johari Window”, which will help them in managing change in their organizations. Since they would be entering in the world of work, Special emphasis is also given to manners, etiquettes, negotiation, stress and conflict management. Finally, students will be rigorously prepared facing various selection tools like – GD, PI and resume preparation.

Course Outcomes (COs) On completion of the course, the student will be:

- CO-1. Communicating effectively in a variety of public and interpersonal settings.
- CO-2. Applying concepts of change management for growth and development by understanding inertia of change and mastering the Laws of Change.
- CO-3. Analyzing scenarios, synthesizing alternatives and thinking critically to negotiate, resolve conflicts and develop cordial interpersonal relationships.
- CO-4. Functioning in a team and enabling other people to act while encouraging growth and creating mutual respect and trust.
- CO-5. Handling difficult situations with grace, style, and professionalism.

Contents

Unit – 1 Intrapersonal Skills

(8 hours)

- 1.1 Creativity and Innovation
- 1.2 Understanding self and others (Johari window)
- 1.3 Stress Management
- 1.4 Managing Change for competitive success
- 1.5 Handling feedback and criticism

Unit – 2 Interpersonal Skills

(12 hours)

- 2.1 Conflict management
- 2.2 Development of cordial interpersonal relations at all levels
- 2.3 Negotiation
- 2.4 Importance of working in teams in modern organisations
- 2.5 Manners, etiquette and net etiquette

Unit – 3 Interview Techniques

(10 hours)

- 3.1 Job Seeking
- 3.2 Group discussion (GD)
- 3.3 Personal Interview



Evaluation Scheme - Faculty led Continuous Evaluation

Evaluation of Managing Self will follow the continuous evaluation method.

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Internal: 50 marks for Internal evaluation following the continuous evaluation method, which includes,

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10 marks for Attendance and involvement in the activities

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References:

Robbins, Stephen P., Judge, Timothy A., Vohra, Neharika, Organizational Behaviour (2018), 18th ed., Pearson Education

Burne, Eric, Games People Play (2010), Penguin UK

Carnegie, Dale, How to win friends and influence people (2004), RHUK

Rathgeber, Holger, Kotter, John, Our Iceberg is melting (2017), Macmillan

Steinburg, Scott, Nettiquette Essentials (2013), Lulu.com

<https://www.hloom.com/resumes/creative-templates/>

<https://www.mbauniverse.com/group-discussion/topic.php>

<https://www.indeed.com/career-advice/interviewing/job-interview-tips-how-to-make-a-great-impression>

