

Sardar Patel University Mandi

District Mandi -175001 (HP) India

www.spumandi.ac.in

(Established Under H.P. Legislative Assembly Act 03 of 2022)



**Syllabus for
Bachelor of Physical Education
B.P.Ed. CBCS (2 Years)
Session 2022-23 Onwards**

**Faculty of Social Sciences
Sardar Patel University Mandi (HP)**

Sardar Patel University Mandi

Mandi (HP) -175001

"CONDUCT BRANCH"

[No. SPU/Mandi/Conduct/Curriculum Committee/13/2023-]

Scheme of Examinations for B.P.Ed. (2 Years)

1st Semester

SN.	Course Code	Title of the Course	Paper Category	Marks Obtained				Credits	
				TH	CIA	PR	Total		
1	BPed-CC-0101	History, Principles and Foundation of Physical Education	Core Course I	MPM	28	12	0	40	4
				MM	70	30	0	100	
2	BPed-CC-0102	Human Anatomy and Physiology	Core Course II	MPM	28	12	0	40	4
				MM	70	30	0	100	
3	BPed-CC-0103	Health Education and Environmental Studies	Core Course III	MPM	28	12	0	40	4
				MM	70	30	0	100	
4	BPed-EC-0104 BPed-EC-0105	Olympic Movement Or Curriculum Design	Elective Course I	MPM	28	12	0	40	4
				MM	70	30	0	100	
5	BPed-PC-0106	Game Practical	Practical Course I	MPM	0	15	35	50	4
				MM	0	30	70	100	
6	BPed-PC-0107	Track & Field	Practical Course II	MPM	0	15	35	50	4
				MM	0	30	70	100	
7	BPed-PC-0108	Mass Demonstration Activities / General Lesson	Practical Course III	MPM	0	15	35	50	4
				MM	0	30	70	100	
8	BPed-ELPC-0109	Human Anatomy and Physiology Practical	Elective Lab Practical Course I	MPM	0	0	25	25	2
				MM	0	0	50	50	
9	BPed-TP-0110	Teaching Practice	Teaching Practice Course I	MPM	0	50	0	50	4
				MM	0	100	0	100	
Total Marks (1st Semester)					280	310	260	850	34

2nd Semester

SN.	Course Code	Title of the Course	Paper Category	Marks Obtained				Credits	
				TH	CIA	PR	Total		
1	BPed-CC-0201	Yoga Education	Core Course IV	MPM	28	12	0	40	4
				MM	70	30	0	100	
2	BPed-CC-0202	Educational Technology and Methods of Teaching in Physical Education	Core Course V	MPM	28	12	0	40	4
				MM	70	30	0	100	
3	BPed-CC-0203	Kinesiology and Biomechanics	Core Course VI	MPM	28	12	0	40	4
				MM	70	30	0	100	
4	BPed-EC-0204 BPed-EC-0205	Contemporary Issues in Physical Education, Fitness and Wellness Or Philosophy & Administration of Recreation	Elective Course II	MPM	28	12	0	40	4
				MM	70	30	0	100	
5	BPed-PC-0206	Game Practical	Practical Course IV	MPM	0	15	35	50	4
				MM	0	30	70	100	
6	BPed-PC-0207	Track & Field	Practical Course V	MPM	0	15	35	50	4
				MM	0	30	70	100	
7	BPed-PC-0208	Yoga Practical	Practical Course VI	MPM	0	15	35	50	4
				MM	0	30	70	100	
8	BPed-ELPC-0209	Kinesiology and Biomechanics Practical	Elective Lab Practical Course II	MPM	0	0	25	25	2
				MM	0	0	50	50	
9	BPed-TP-0210	Teaching Practice	Teaching Practice Course II	MPM	0	50	0	50	4
				MM	0	100	0	100	
Total Marks (2nd Semester)					280	310	260	850	34

Scheme of Examinations for B.P.Ed. (2 Years)

3rd Semester

SN.	Course Code	Title of the Course	Paper Category	Marks Obtained				Credits	
				TH	CIA	PR	Total		
1	BPed-CC-0301	Sports Training	Core Course VII	MPM	28	12	0	40	4
				MM	70	30	0	100	
2	BPed-CC-0302	Computer Applications in Physical Education	Core Course VIII	MPM	28	12	0	40	4
				MM	70	30	0	100	
3	BPed-CC-0303	Sports Psychology and Sociology	Core Course IX	MPM	28	12	0	40	4
				MM	70	30	0	100	
4	BPed-EC-0304 BPed-EC-0305	Organization and Administration Or Officiating and Coaching	Elective Course III	MPM	28	12	0	40	4
				MM	70	30	0	100	
5	BPed-PC-0306	Game Practical	Practical Course VII	MPM	0	15	35	50	4
				MM	0	30	70	100	
6	BPed-PC-0307	Track & Field	Practical Course VIII	MPM	0	15	35	50	4
				MM	0	30	70	100	
7	BPed-PC-0308	Mass Demonstration Activities / General Lesson	Practical Course IX	MPM	0	15	35	50	4
				MM	0	30	70	100	
8	BPed-ELPC-0309	Kinesiology and Biomechanics Practical	Elective Lab Practical Course III	MPM	0	0	25	25	2
				MM	0	0	50	50	
9	BPed-TP-0310	Teaching Practice	Teaching Practice Course III	MPM	0	50	0	50	4
				MM	0	100	0	100	
Total Marks (3rd Semester)					280	310	260	850	34

4th Semester

SN.	Course Code	Title of the Course	Paper Category	Marks Obtained				Credits	
				TH	CIA	PR	Total		
1	BPed-CC-0401	Measurement and Evaluation in Physical Education	Core Course X	MPM	28	12	0	40	4
				MM	70	30	0	100	
2	BPed-CC-0402	Sports Medicine, Physiotherapy and Rehabilitation	Core Course XI	MPM	28	12	0	40	4
				MM	70	30	0	100	
3	BPed-CC-0403	Research in Physical Education	Core Course XII	MPM	28	12	0	40	4
				MM	70	30	0	100	
4	BPed-EC-0404 BPed-EC-0405	Theory of Sports and Game Or Sports Management	Elective Course IV	MPM	28	12	0	40	4
				MM	70	30	0	100	
5	BPed-PC-0406	Specialization in Game	Practical Course X	MPM	0	15	35	50	4
				MM	0	30	70	100	
6	BPed-PC-0407	Atheletic Specialization	Practical Course XI	MPM	0	15	35	50	4
				MM	0	30	70	100	
7	BPed-PC-0408	Track Marking -Practical	Practical Course XII	MPM	0	15	35	50	4
				MM	0	30	70	100	
8	BPed-ELPC-0409	Sports Medicine, Physiotherapy and Rehabilitation - Practical	Elective Lab Practical Course IV	MPM	0	0	25	25	2
				MM	0	0	50	50	
9	BPed-TP-0410	Teaching Practice	Teaching Practice Course IV	MPM	0	50	0	50	4
				MM	0	100	0	100	
Total Marks (3rd Semester)					280	310	260	850	34

Grand Total (1st, 2nd, 3rd & 4th Semesters)					1120	1240	1040	3400	136
---	--	--	--	--	-------------	-------------	-------------	-------------	------------

MPM Minimum Passing Marks

MM Maximum Marks

CURRICULUM FRAMEWORK: TWO-YEAR B.P.ED. PROGRAMME

GUIDELINES OF REGULATIONS AND MODEL SYLLABUS STRUCTURE FOR B. P.ED. TWO YEARS PROGRAMME (FOUR SEMESTERS)(CBCS)

Preamble: Bachelor of Physical Education (B. P. Ed.) two years (Four Semesters Choice Based Credit System) programme is a professional programme meant for preparing teachers of physical education in classes VI to X and for conducting physical education and sports activities in classes XI and XII. B.P.Ed. programme shall be designed to integrate the study of childhood, social context of Physical Education, subject knowledge, pedagogical knowledge, aim of Physical Education and communication skills. The programme comprises of compulsory and optional theory as well as practical courses and compulsory school internship.

B.P.Ed. 1.Eligibility

- (a) Bachelor's degree in any discipline with 50% marks and having at least participation in the Inter-College/Inter-District/Inter-District(School) competition in sports and games as recognized by the AIU/IOA/SGFI/Govt. of India.
Or
- (b) Bachelor's degree in physical education with 45% marks.
Or
- (c) Bachelor's degree in any discipline with 45% marks and studied physical education as compulsory/ elective subject.
Or
- (d) Bachelor's degree with 45% marks and having participated in National/Inter-University competitions or secured 1st, 2nd or 3rd position in Inter-College/Inter-District/Inter-District(School) competition in sports and games as recognized by the AIU/IOA/SGFI/Govt. of India.
Or
- (e) Bachelor's degree with participation in International competitions or secured 1st, 2nd or 3rd position in National/ Inter-University competition in sports and games as recognized by respective federations/ AIU/IOA/SGFI/Govt. of India.
Or
- (f) Graduation with 45% marks and at least three years of teaching experience (for deputed in-service candidates i.e. trained physical education teachers/ coaches)
Or
- (g) Graduation with at least 45% marks and possessing NCC “B” or “C” Certificate in Senior Division or having passed basic course in adventure sports.

* The relaxation in the percentage of marks in the qualifying examination and in the reservation of seats for SC/ST/OBC and other categories shall be as per the rules of the Central Government / State Government, whichever is applicable.

PHYSICAL EFFICIENCY TEST:

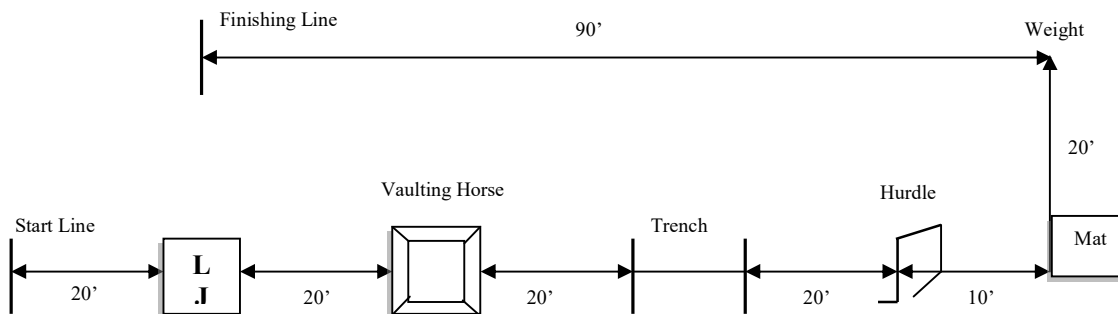
The candidate for admission to B.P.Ed. shall have to qualify the physical efficiency test conducted by the H.P. University through the Chairman, Department of Physical Education, H.P. University, Shimla-171005.

The details of the test are given as under:

ITEM	MEN	WOMEN	
20' Long Jump	10'	8'	Report against the end line within 35 seconds. Carrying weight equal to half of his/her own body weight in buckets
20' Vaulting Horse	5'	4'	
20' Trench 7 Times	5'	4'	
20' Hurdle Height	3'	2'	
20' Mat (Front Roll)			

The candidate will start running from the starting line, cover the distance/obstacles as per the requirements of the chart. In case the candidate does not cover the required distance/obstacles within 35 seconds, he/she will be declared unfit for qualifying the Physical Efficiency Test. Not more than two chances will be given to clear Physical Efficiency Test.

DIAGRAM OF PHYSICAL EFFICIENCY TEST



Note:

- i) Any candidate who has appeared in qualifying examination can appear in the Physical Efficiency Test but his/her candidature for admission will be considered only if the candidate produces the qualifying examination original certificate at the time of personal interview in addition to other Academic/Sports Certificates authenticated by the concerned state agencies/authorities.
- ii) The physical efficiency test is only qualifying test for the admission in B.P.Ed No marks will be awarded for this test.

II. ADMISSION PROCEDURE:

After qualifying physical efficiency test being conducted by the H.P. University through the Chairman, Department of Physical Education, H.P. University, Shimla-171005.

The admission will be made on merit to be determined on the basis of total percentage of marks in qualifying examination + the weightage of the overall achievement in different sports/games given as under:

- (i) Arjuna Award Winner 75 points
- (ii) International Participation: Any candidate who represented India in International tournament recognized by the respective federations.
 - 1st Place 70 Points
 - 2nd Place 65 Points
 - 3rd Place 60 Points
 - Representation 55 Points
- (iii) National record holder 55 Points
 - 1. Senior National:**
 - 1st Position 50 Points
 - 2nd Position 45 Points
 - 3rd Position 40 Points
 - Participation 30 Points
 - 2. Inter-University:**
 - 1st Position 45 Points
 - 2nd Position 40 Points
 - 3rd Position 35 Points
 - Participation 30 Points
 - 3. Junior National/School National:**
 - 1st Position 35 Points
 - 2nd Position 30 Points
 - 3rd Position 25 Points
 - Participation 20 Points
 - 4. State Level/University Level:**
 - 1st Position 25 Points
 - 2nd Position 20 Points
 - 3rd Position 15 Points
 - Participation 10 Points
 - 5. District/School Level:**
 - 1st Position 20 Points
 - 2nd Position 15 Points
 - 3rd Position 10 Points
 - Participation 5 Points

Note:

- (i) The weightage of achievement in sports/games shall be given to only those sports/games which are approved and recognized by H.P. University Sports and Co-Curricular Activity Council.

- (ii) Two additional points shall be awarded for each additional participation/position at International/National/Inter University/Junior National/National School Games level upto a maximum 6 points. One additional point shall be awarded for each additional position at State Level and University Level competition upto a maximum 3 points.
- (iii) Weightage of marks for national participation will be given to those candidate only who produces the certificate of Inter-College/Inter-University/Inter-Districts participation at the time of personal interview. The certificate of participation in National, Junior National will be considered only if the candidate will produce the supporting certificate of lower participation in the concerned game i.e. Inter-College position, State position or participation in Inter-College/State Championship.
- (iv) Selection committee will be constituted by the Chairman, Department of Physical Education, H.P. University, Shimla-171005. The decision of selection committee regarding admission will be final.
- (v) In case of tie of scores candidates who secure position in competition will be preferred according to level of competition. In case any doubt regarding the sports certificates produced by the candidate is raised it will be decided by the Expert Committee constituted by the Chairman, Department of Physical Education and his/her admission is likely to be cancelled if found guilty or defaulter.
- (vi) Sports weightage will be given to candidates who participate in various games only which are recognized by H.P. University Sports and Co-curricular Activity Council.

R. B.P.Ed. 2. Duration:

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

R. B.P.Ed. 3. The CBCS System:

All Programmes shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

R. B.P.Ed 4. Course:

The term course usually referred to, as ‘papers’ is a component of a programme. All courses need not carry the same weight. The courses should define learning fs and learning outcomes. A course may be designed to comprise Lectures/ tutorials/laboratory work/field work/ outreach activities/ project work/ vocational training/viva/ seminars/ term papers/assignments/ presentations/ self-study etc. or a combination of some of these.

R. B.P.Ed. 5. Courses of Programme:

The B.P.Ed. Programme consists of a number of courses, the term ‘Course’ applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a “paper” in the conventional sense. The following are the various categories of courses suggested for the B.P.Ed. Programme.

Theory:

- Core Course
- Elective Course

Practical:

- Games
- Track and Field Events
- Mass Demonstration Activities/General Lessons
- Gymnastics
- Teaching Practices

R. B.P.Ed.6. Semesters:

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The odd semester may be scheduled from May/June to November/December and even semester from November/December to May/June. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

R. B.P.Ed.7. Working days:

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

R. B.P.Ed 8. Credits:

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half / two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing a B.P.Ed. Programme is 90 credits and for each semester 20 credits.

Provision of Bonus Credits Maximum 06 Credits in each Semester

Sr. No.	Special Credits for Extra Co-curricular Activities	Credit
1.	Sports Achievement at State level Competition (Medal Winner) Sports Achievement National level Competition (Medal Winner) Sports participation International level Competition	1 2 4
2.	Inter Uni. Participation (Any one game)	2
3.	Inter College Participation	2
4.	National Cadet Corps / National Service Scheme	2
5.	Blood donation / Cleanliness drive / Community services /	2
6.	Mountaineering – Basic Camp, Advance Camp / Adventure Activities	2
7.	Organization / Officiating – State / National level	2
8.	News Reposting / Article Writing / book writing / progress report writing	1
9.	Research Project	4

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution / Department. This Bonuscredit will be used only to compensate loss of credits in academic activities.

R. B.P.Ed. 9. Examinations:

- i.) There shall be examinations at the end of each semester conducted by the H.P. University, for odd semester in the month of November /December. For even semester in the month of May / June. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November /December or May /June.
- ii.) A candidate should get enrolled /registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condonation limit / rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

R. B.P.Ed 10 Condonation:

Student must have 75% of attendance in each course for appearing the examination. Students who have 74% to 65% of attendance shall apply for condonation in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendance shall apply for condonation in prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 50% of attendance are not eligible to appear for the examination.

R. B.P.Ed 11. Pattern of Question Papers:

Question Papers shall have five questions corresponding to four units of each theory course.

B.P.Ed.: Format of Question Paper for 4 Units.

Each question paper shall have five questions. The pattern will be as follows:

Question No. Description Marks

Question No.	Description	Marks
1	Answer in detail (Long Question) Or Answer in detail (Long Question) (From Unit 1)	15
2.	Answer in detail (Long Question) Or Answer in detail (Long Question) (From Unit 2)	15
3.	Answer in detail (Long Question) Or Answer in detail (Long Question) (From Unit 3)	15
4.	Answer in detail (Long Question) Or Answer in detail (Long Question) (From Unit 4)	15
5.	M.C.Q. Type Questions (10 out of 12 Questions.) (3 Questions from each unit)	10
	Total	70

R. B.P.Ed. 12. Continuous Internal Assessment (CIA):

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher. Semester examination will be conducted by the University. The components for continuous internal assessment are;

One Test	15 Marks
Seminar / Quiz	5 Marks
Assignments	5 Marks
Attendance	5 Marks
Total	30 Marks

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

R. B.P.Ed. 13. Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40%, i.e. 12 marks out of 30 marks and 28 marks out of 70 marks respectively for theory courses.

The minimum passing for both CIA & external examination shall be 50%, i.e. 15 marks out of 30 and 35 marks out of 70 marks for the practical courses.

R. B.P.Ed.14. Grievance Redressal Committee:

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

OUTLINES OF SEMESTER WISE COURSES

SEMESTER-I					
S.N.	Course	Course Name	Course Code	Credit	Cumulated Credits Category wise
1.	Core Course I	History, Principles and foundation of Physical Education	BPEd-CC-0101	4	Core Course = 12 Elective Course = 04 Practical Course = 12 Elective Lab Practical Course = 02 Teaching Practice = 04 Total = 12+4+12+2+4 = 34
2.	Core Course II	Human Anatomy and Physiology	BPEd - CC-0102	4	
3.	Core Course III	Health Education and Environmental Studies	BPEd- CC-0103	4	
4.	Elective Course I	(i) Olympic Movement Or (ii) Curriculum Design } Any One	BPEd-EC-0104 BPEd- EC0105	4	
5.	Practical Course I	Games Practical's (any one of the games) 1. Kabaddi 4. Boxing 2. Volley Ball 5. Wrestling 3. Hand Ball	BPEd-PC-0106	4	
6.	Practical Course II	Track & Field (any one of the Athletic Events) 1. Sprints, Middle distance and long distance races 2. Long Jump 3. Shot Put 4. Marking and officiating of athletic events included in 1 st semester	BPEd-PC -0107	4	
7.	Practical Course III	Mass Demonstration Activities/General Lesson (Any One) 1. Calisthenics 4. Lezium 2. March Past 5. Flag Hosting 3. Band	BPEd-PC-0108	4	
8.	Elective Lab Practical Course I	Human Anatomy and Physiology Practical	BPEd-ELPC-0109	2	
9.	Teaching Practice Course I	Teaching Practice (Ten Teaching Lesson Plans) Games – 4, Athletics – 3, General Lesson – 3	BPEd-TP-0110	4	

SEMESTER-II

S.N.	Course	Course Name	Course Code	Credit	Cumulated Credits Category wise
1.	Core Course IV	Yoga Education	BPEd-CC-0201	4	Core Course = 12 Elective Course = 04 Practical Course = 12 Elective Lab Practical Course = 02 Teaching Practice = 04 Total = 12+4+12+2+4 = 34
2.	Core Course V	Educational Technology and Methods of Teaching in Physical Education	BPEd-CC-0202	4	
3.	Core Course VI	Kinesiology and Biomechanics	BPEd-CC-0203	4	
4.	Elective Course II	(i) Contemporary Issues in Physical Education, Fitness and Wellness Or (ii) Philosophy & Administration of Recreation } Any One	BPEd-EC-0204	4	
5.	Practical Course IV	Games Practical's (any one of the games) 1. Kho-Kho 4. T. T. 2. Hockey 5. Weight Lifting 3. Cricket	BPEd-PC -0206	4	
6.	Practical Course V	Track & Field (any one of the Athletic Events) 1. Relay Races 2. Discuss 3. Triple Jump 4. Marking and officiating of athletic events included In 2 nd semester	BPEd-PC -0207	4	
7.	Yoga Practical VI	Yoga Practical	BPEd-PC-0208	4	
8.	Elective Lab Practical Course II	Kinesiology and Biomechanics Practical	BPEd-ELPC-0209	2	
9.	Teaching Practice Course II	Teaching Practice (Ten Teaching Lesson Plans) Games – 4, Athletics – 3, Yoga – 3	BPEd-TP-0210	4	

SEMESTER-III					
S.N.	Course	Course Name	Course Code	Credit	Cumulated Credits Category wise
1.	Core Course VII	Sports Training	BPEd-CC-0301	4	Core Course = 12 Elective Course = 04 Practical Course = 12 Elective Lab Practical Course = 02 Teaching Practice = 04 Total = 12+4+12+2+4 = 34
2.	Core Course VIII	Computer Applications in Physical Education	BPEd-CC-0302	4	
3.	Core Course IX	Sports Psychology and Sociology	BPEd-CC-0303	4	
4.	Elective Course III	(i) Organization and Administration Or (ii) Officiating and Coaching	BPEd-EC-0304 BPEd-EC-0305	4	
5.	Practical Course VII	Games Practical's (any one of the games) 1. Football 2. Judo 3. Badminton 4. Basket Ball	BPEd-PC-0306	4	
6.	Practical Course VIII	Track & Field (any one of the Athletic Events) 1. Hurdles 2. Javelin Throw 3. High Jump 4. Marking and officiating of athletic events included In 3 rd semester	BPEd-PC-0307	4	
7.	Practical Course IX	Mass Demonstration Activities/General Lesson (Any One) 1. Dumb-Bell 3. Indian Club 2. Class Formations 4. Ribbon and Rings	BPEd-PC-0308	4	
8.	Elective Lab Practical Course III	Computer Applications in Physical Education Practical	BPEd-ELPC-0309	2	
9.	Teaching Practice Course III	Teaching Practice (Ten Teaching Lesson Plans) Games – 4, Athletics – 3, General Lessons – 3	BPEd-TP-0310	4	

SEMESTER-IV					
S.N.	Course	Course Name	Course Code	Credit	Cumulated Credits Category wise
1.	Core Course X	Measurement and Evaluation in Physical Education	BPEd-CC-0401	4	Core Course = 12 Elective Course = 04 Practical Course = 12 Elective Lab Practical Course = 02 Teaching Practice = 04 Total = 12+4+12+2+4 = 34
2.	Core Course XI	Sports Medicine, Physiotherapy and Rehabilitation	BPEd-CC-0402	4	
3.	Core Course XII	Research in Physical Education	BPEd-CC-0403	4	
4.	Elective Course IV	(i) Theory of sports and game Or (ii) Sports Management } Any One	BPEd-EC-0404 BPEd-EC-0405	4	
5.	Practical Course X	Specialization In Game (Any One Game From Games Covered in Sem I to Sem III) + Officiating and Marking	BPEd-PC-0406	4	
6.	Practical Course XI	Athletic Specialization (In Any One of the Event chosen either from track of field events) + Officiating and Marking	BPEd-PC-0407	4	
7.	Practical Course XII	Track Marking Practical	BPEd-PC-0408	4	
8.	Elective Lab Practical Course IV	Sports Medicine, Physiotherapy and Rehabilitation Practical	BPEd-ELPC-0409	2	
9.	Teaching Practice Course IV	Teaching Practice (Ten Teaching Lesson Plans) Games – 5 and Athletics – 5	BPEd-TP-0410	4	

**SCHEME OF EXAMINATION
SEMESTER - I**

Course	Subject	Internal	External	Total Marks
	THEORY (400)			
Core Course I	History, Principles and foundation of Physical Education	30	70	100
Core Course II	Human Anatomy and Physiology	30	70	100
Core Course III	Health Education and Environmental Studies	30	70	100
Elective Course I	Olympic Movement/ Curriculum Design (Elective)	30	70	100
	PRACTICAL (350)			
Practical Course I	Games Practical's	30	70	100
Practical Course II	Track and Field Practical's	30	70	100
Practical Course III	Mass Demonstration Activities/ General Lesson Practical's	30	70	100
Elective Lab Practical Course I	Human Anatomy and Physiology Practical	--	50	50
	Total	210	540	750

SEMESTER - II

Course	Subject	Internal	External	Total Marks
	THEORY (400)			
Core Course IV	Yoga Education	30	70	100
Core Course V	Educational Technology and Methods of Teaching in Physical Education	30	70	100
Core Course VI	Organization and Administration	30	70	100
Elective Course II	Contemporary issues in physical education, fitness and wellness/ Sports Nutrition and Weight Management (Elective)	30	70	100
	PRACTICAL (350)			
Practical Course IV	Game Practical's	30	70	100
Practical Course V	Track and field Practical's	30	70	100
Practical Course VI	Yoga Practical's	30	70	100
Elective Lab Practical Course II	Kinesiology and Biomechanics	--	50	50
	Total	210	540	750

SEMESTER - III

Course	Subject	Internal	External	Total Marks
	THEORY (400)			
Core Course VII	Sports Training	30	70	100
Core Course VIII	Computer Applications in Physical Education	30	70	100
Core Course IX	Sports Psychology and Sociology	30	70	100
Elective Course III	Sports Medicine, Physiotherapy and Rehabilitation/Officiating and Coaching(Elective)	30	70	100
	PRACTICAL (300)			
Practical Course VII	Games Practical's	30	70	100
Practical Course VIII	Track and field Practical's	30	70	100
Practical Course IX	Mass Demonstration Activities/ General Lesson	30	70	100
Elective Lab Practical Course III	Computer Applications in Physical Education Practical	--	50	50
	Total	210	540	750

SEMESTER - IV

Course	Subject	Internal	External	Total Marks
	THEORY (400)			
Core Course X	Test Measurement and Evaluation in Physical Education	30	70	100
Core Course XI	Kinesiology and Biomechanics	30	70	100
Core Course XII	Research in Physical Education	30	70	100
Elective Course IV	Theory of sports and games(Specifically sports and games specialization)/Sports Management (Elective)	30	70	100
	PRACTICAL (350)			
Practical Course X	Specialization in game	30	70	100
Practical Course XI	Athletics Specialization	30	70	100
Practical Course XII	Track Marking	30	70	100
Elective Lab Practical Course IV	Sports Medicine, Physiotherapy and Rehabilitation	--	50	50
	Total	210	540	750

B. P. Ed. SYLLABUS
SEMESTER – I
Theory Courses

Course: Compulsory Course

Course Code: BPEd-CC-0101

HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

Unit – I

Introduction

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

Unit –II

Historical Development of Physical Education in India

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

Unit – III

Foundation of Physical Education

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

Unit – IV

Principles of Physical Education

Biological

- Growth and development
- Age and gender characteristics
- Body Types
- Anthropometric differences

Psychological

- Learning types, learning curve

- Laws and principles of learning
- Attitude, interest, cognition, emotions and sentiments

Sociological Foundation of Physical Education

- Physical Education and sports as a need of the society.
- Sociology implications of Physical Education and Sports.
- Physical Education and Sports as a social institution and their influence on society.
- Leadership.

References:

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

SEMESTER I

Course: Compulsory Course:
Course Code: BPEd-CC-0102

HUMAN ANATOMY AND PHYSIOLOGY

Unit-I

Introduction:

Brief introduction of human anatomy and physiology and its importance in the field of physical education and sports. Meaning and definition of cell, tissue, organ and system. Microscopic structure and functions of cell.

Skeletal System:

General structure of bone, classification of bones and functions of the bones. Location of various bones in skeleton. Joints, their structure and classification.

Unit-II

Circulatory System /Cardiovascular System:

Constituents of blood and their function. Heart, its location, structure and function. Major blood vessels of the body. Mechanism of blood circulation. Systemic, pulmonary and coronary circulatory. Blood pressure, cardiac output, cardiac cycle, heart rate, pulse rate and athlete's heart

Digestive System:

General arrangement and structure of digestive tract. Mechanism of digestion.

Unit-III

Muscular System

Meaning of muscle. Various types of muscle, their structure and functions. Microscopic structure of skeletal muscle. Mechanism of muscular contraction of skeletal muscle.

Nervous System:

Parts of the Brain, their structure and function. Spinal cord its structure and function. Structure of neuron and its types. Reflex action and reflex arch.

Unit-IV

Respiratory System:

Organs of respiratory system and their structure. Mechanism of respiration. Internal and external respiration. Vital capacity, tidal volume, dead space, oxygen debt and second wind.

Excretory System:

Structure and function of kidney, urinary tract and skin. Microscopic structure of Nephron-mechanism of Urinary excretion.

Endocrine System

Description of endocrine gland. Various types of endocrine glands and their location. Structure and function of pituitary gland, thyroid gland, adrenal gland, parathyroid gland and sex gland.

Reference Books:

1. Pearce E., "Anatomy and Physiology for Nurses." Delhi Oxford University Press 1989.
2. Parrot, J.W. , "Anatomy for the students and teachers of Physical Education." London Edward Arnold Ltd. 1973.
3. Miller, A. and Leavel L.C., "Kimber-Grey-Stack pole's, Anatomy and Physiology." Amerind Publishing Co. Pvt. Ltd. New Delhi, Bombay, Calcutta, new York 1973.
4. Singh Ajmer et.al, "Essentials of Physical Education." Kalyani Publishers Ludhiana second revise addition 2008.
5. Grays Anatomy.
6. Characids, B.D., " Handbook of General Anatomy." CAS Publication, New Delhi.
7. Fox, E.L, "Physiological Basis of Physical Education and Athletic" Brown Publication, 1989.

SEMESTER I

Course: Compulsory Course:
Course Code: BPEd-CC-0103

HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Unit – I

Health Education

Concept, Dimensions, Spectrum and Determinants of Health. Definition of Health, Health Education, Health Instruction, Health Supervision Aim, objectives and Principles of Health Education. Health Service and guidance instruction in personal hygiene.

Unit – II

Health Problems in India

Communicable and Non Communicable Diseases. Obesity, Malnutrition, Adulteration in food, Environmental sanitation, Explosive Population, Personal and Environmental Hygiene for schools, Objectives of school health service, Role of health education in schools Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, First- Aid and Emergency Care etc.

Unit – III

Environmental Science

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

Unit – IV

Natural Resources and related environmental issues:

Water resources, food resources and Land resources. Definition, effects and control measures of:- Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution Management of environment and Govt. policies , Role of pollution control board.

References:

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

SEMESTER – I

Course: Elective Course

Course Code: BPEd-EC-0104

OLYMPIC MOVEMENT

Unit – I

Origin of Olympic Movement

Philosophy of Olympic movement. The early history of the Olympic movement. The significant stages in the development of the modern Olympic movement. Educational and cultural values of Olympic movement

Unit – II

Modern Olympic Games

Significance of Olympic Ideals, Olympic Rings, Olympic Flag. Olympic Protocol for member countries. Olympic Code of Ethics. Olympism in action. Sports for All

Unit – III

Different Olympic Games

- Para Olympic Games
- Summer Olympics
- Winter Olympics
- Youth Olympic Games

Unit – IV

Committees of Olympic Games

- International Olympic Committee - Structure and Functions
- National Olympic committees and their role in Olympic movement
- Olympic commission and their functions
- Olympic medal winners of India

Reference:

Osborne, M. P. (2004). *Magictree house fact tracker: ancient greece and the olympics: a nonfictioncompanion to magic tree house: hour of the Olympics*. New York: Random House Books forYoung Readers. Burbank, J. M., Andranovich, G. D. &Heying Boulder, C. H. (2001). *Olympic dreams: the impact of mega-events on local politics*: Lynne Rienner

SEMESTER – I

Course: Elective Course

Course Code: BPEd-EC-0105

CURRICULUM DESIGN

UNIT-I

Modern concept of the curriculum

Need and importance of curriculum, Need and importance of curriculum development, the role of the teacher in curriculum development. Factors affecting curriculum - Social factors - Personnel qualifications – Climatic consideration - Equipment and facilities -Time suitability of hours. National and Professional policies, Research finding

UNIT-II

Basic Guide line for curriculum construction; contest (selection and expansion).

- Focalization
- Socialization
- Individualization
- Sequence and operation
- Steps in curriculum construction.

UNIT-III

Curriculum-Old and new concepts, Mechanics of curriculum planning.

Basic principles of curriculum construction. Curriculum Design, Meaning, Importance and factors affecting curriculum design. Principles of Curriculum design according to the needs of the students and state and national level policies. Role of Teachers

UNIT-IV

Under-graduate preparation of professional preparation.

Areas of Health education, Physical education and Recreation. Curriculum design- Experience of Education, Field and Laboratory. Teaching practice. Professional Competencies to be developed- Facilities and special resources for library ,laboratory and other facilities.

Reference:

Barrow, H. M. (1983). *Man and movement: principles of physical education*. Philadelphia: Lea and Febiger. Bucher, C. A. (1986). *Foundation of physical education*: St. Louis: The C. V. Mosby & Company. Cassidy, R. (1986). *Curriculum development in physical education*. New York: Harper & Company. Cowell, C.C. & Hazelton, H.W. (1965). *Curriculum designs in physical education*. Englewood Cliffs: N.J. prentice Hall Inc. Larson, L.A. (n.d.). *Curriculum foundation in physical education*. Englewood Cliffs: N.J. Prentice Hall Inc. Underwood, G. L. (1983). *The physical education curriculum in secondary school: planning and implementation*. England: Taylor and Francis Ltd. Willgoose, C.E. (1979). *Curriculum in physical education*. 3rd Ed. Englewood Cliffs.: N.J. Prentice Hall, Inc.

SEMESTER – I
PRACTICAL COURSES

Instructions:-

1. Each student shall take a minimum of 10 supervised lessons in games, athletics and mass demonstration activities (Games 4 lesson, Athletics 3 lesson & Mass Demonstration Activities 3 lessons). In addition each trainee shall complete 1 assignment each in games& Athletics.
2. For the purpose of examination in practical one lesson each of respective category is compulsory for each candidate which will be assessed by external examiner appointed by the University.
3. Each group of practical examination will be of three hours duration irrespective of its weightage.

GAMES PRACTICAL

Course: Practical Course
Course Code: BPEd-PC-0106
Marks: 100
(External=70 + Internal=30)

Lesson on any one of the following games:

1. Kabaddi
2. Volleyball
3. Handball
4. Boxing
5. Wrestling

The contents of teaching for each game are as follows:-

1. History of game.
2. Measurement of the field.
3. Equipment and specifications of equipments.
4. Fundamental skills and lead up games.
5. Techniques, strategies and system of play.
6. Rules and regulations of the game/activity.
7. Tournaments at national and international level.
8. Records (world, Olympic, Asian games and national games).
9. Awards in the game.

10. Related books and magazines.
11. Officiating: -
 - a. Duties of official
 - b. Knowledge of score sheets
 - c. Signals officiating
 - d. Technical equipment for officiating.

1. Kabaddi: Fundamental Skills

Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing. Skills of Holding the Raider-Variou formations, Catching from particular position, different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques. Additional skills in raiding-Bringing the antis in to particular position, escaping from various holds, Techniques of escaping from chain formation, combined formations in offence and defense.

Ground Marking, Rules and Officiating

2. Volleyball: Fundamental Skills

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

The Volley (Overhead pass),

The Dig(Under hand pass).

Smash,

Block.

Ground Marking, Rules and Officiating

3. Hand Ball:

Fundamental Skills-Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and center, Blocking, Goal keeping, Defense.

Ground Marking, Rules and Officiating

4. Boxing: Fundamental Skills

Player stance

Stance - Right hand stance, left hand stance.

Footwork – Attack, defense.

Punches – Jab, cross, hook, upper cut, combinations.

Defense slip – bob and weave, parry/block, cover up, clinch and counter attack

Tactics – Toe to toe, counter attack, fighting in close, feinting

Rules their interpretations and duties of officials.

5. Wrestling: Fundamental Skills

Take downs, Leg tackles, Arm drag.

Counters for take downs, Cross face, Whizzer series.

Escapes from under-sit-out turn in tripped.

Counters for escapes from under-Basic control back drop, Counters for stand up.

Pinning combination-Nelson series(Half Nelson, Half Nelson and Bar arm), Leg lift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson. Escapes from pinning: Wing lock series, Double arm lock roll, Cridge.Standing Wrestling-Head under arm series, whizzer series

Rules their interpretations and duties of officials.

SEMESTER – I PRACTICAL COURSES

Course: Practical Course
Course Code: BPEd-PC-0107
Marks: 100
(External=70 + Internal=30)

TRACK AND FIELD PRACTICAL

Lesson on any one of the following Athletic events:

1. Sprints, Middle distance and long distance races (Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks. Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug).
2. Long Jump
3. Shot Put
4. Marking and Officiating of athletic events included in 1st Semester

**SEMESTER – I
PRACTICAL COURSES**

Course: Practical Course
Course Code: BPEd-PC-0108
Marks: 100
(External=70 + Internal=30)

MASS DEMONSTRATION ACTIVITIES/ GENERAL LESSON PRACTICAL

Lesson on any one of the following mass demonstration activities/ general lesson:

1. Calisthenics
2. Lezium
3. March Past
4. Flag Hosting
5. Band

**SEMESTER – I
PRACTICAL COURSES**

Course: Elective Lab Practical Course
Course Code: BPEd-ELPC-0109
Marks: 50

HUMAN ANATOMY AND PHYSIOLOGY PRACTICAL

1. Physical examination of human skeleton.
2. Study of the digestive system, respiratory system, excretory system nervous system and circulatory system with the help of model and charts. (Any one)
3. Histological examination of the slides of the following:
Cell, blood, skeletal muscle, skin, nephron, neuron (Any two)
4. Measurement of blood pressure, vital capacity and counting of pulse rate
5. Demonstration of reflex action.
6. Internal and External Respiration.

SEMESTER – II

Course: Elective Course

Course Code: BPEd-CC-0201

YOGA EDUCATION

Unit – I

Meaning and Definition of Yoga. Aims and Objectives of Yoga.
Types of Yoga-Raja Yoga, Mantra Yoga, Bhakti Yoga, Karma Yoga.
Need and Importance of Yoga in Physical Education and Sports.
Meaning and Philosophy of Asthanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

Unit - II

Hatha Yoga meaning, philosophy and its constituents.
Shudhi Kriyas (Purification Processes), their role and importance, in the scheme of Hatha Yogas.
Techniques and benefits of the following:
Neti (Jal and Sutra), Dhoti (Dand and Vastra), Kalpalbhati, Nauli.

Unit - III

Aasana their major classification (sitting, standing, laying spine position, laying prone position) and effects of each category of aasanas in general techniques and benefits of the following Aasanas:
Bhujanga, Shalabha, Dhanush, Hal, Matsya, Ushtra, Paschimottan, Varka, Ardhamatsyendra, Chakra, Baka, Mayur, Padma, Sidha, Makar, Shava, Vajra, Supta Vajra, SirshAasana and Sarvangasan.

Meaning of Bandhas and Mudra. Benefits of the following:
Jalandhar, Udiyana, Mool, Sirsha, Sarvanga, Vipartia and Yoga Mudras.

Unit – IV

Pranayama meaning techniques and benefits of the following Pranayamas:
Ujjai, Bhastrika, Kapal Bharti, Shitali, Sheetkari and Bhramari.
Role of yoga in physical education and sports.
Relevance of yoga in modern life.
Difference between yoga and nonyogic systems of exercise.

References:

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

SEMESTER – II

Course: Elective Course

Course Code: BPEd-CC-0202

EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION

Unit – I

Introduction

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

Unit – II

Teaching Technique

Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, project method etc. Teaching Procedure – Whole method, whole – part – whole method, part – whole method. Presentation Technique – Personal and technical preparation. Command- Meaning, Types and its uses in different situations.

Unit – III

Teaching Aids

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

Unit – IV

Lesson Planning and Teaching Innovations

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

Reference:

Bhardwaj, A. (2003). *New media of educational planning*. New Delhi: Sarup of Sons. Bhatia, & Bhatia, (1959). *The principles and methods of teaching*. New Delhi: Doaba House. Kochar, S.K. (1982). *Methods and techniques of teaching*. New Delhi: Sterling Publishers. Pvt. Ltd. Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). *Introduction to educational technology*. New Delhi: Sterling Publishers Pvt. Ltd. Walia, J.S. (1999). *Principles and methods of education*. Jullandhar: Paul Publishers.

SEMESTER – II

Course: Common Course

Course Code: BPEd-CC-0203

KINESIOLOGY AND BIOMECHANICS

Unit – I

Introduction to Kinesiology and Sports Biomechanics

Meaning and Definition of Kinesiology and Sports Biomechanics. Importance of Kinesiology and Sports Biomechanics to Physical Education Teacher, Athletes and Sports Coaches.

Terminology of Fundamental Movements. Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Equilibrium, Line of Gravity

Unit – II

Fundamental Concept of Anatomy and Physiology

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

Unit – III

Mechanical Concepts

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

Unit – IV

Kinematics and Kinetics of Human Movement

- Concept of Kinetic and Kinematics.
- Application of Biomechanics in the field of sports.
- Mechanical analysis of the following:
Walking, Running, Jumping, Throwing

Reference:

Bunn, J. W. (1972). *Scientific principles of coaching*. Englewood Cliffs, N.J.: Prentice Hall Inc. Hay, J. G. & Reid, J. G. (1982). *The anatomical and mechanical basis of human motion*. Englewood Cliffs, N.J.: prentice Hall Inc. Hay, J. G. & Reid, J. G. (1988). *Anatomy, mechanics and human motion*. Englewood Cliffs, N.J.: prentice Hall Inc. Hay, J. G. (1970). *The biomechanics of sports techniques*. Englewood Cliffs, N.J.: Prentice Hall, Inc. Simonian, C. (1911). *Fundamentals of sport biomechanics*. Englewood Cliffs, N.J.: Prentice Hall Inc.

SEMESTER – II

Course: Elective Course

Course Code: BPEd-EC-0204

CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS

Unit – I

Concept of Physical Education and Fitness

Definition, Aims and Objectives of Physical Education, fitness and Wellness. Importance and Scope of fitness and wellness. Modern concept of Physical fitness and Wellness. Physical Education and its Relevance in Inter Disciplinary Context.

Unit – II

Fitness, Wellness and Lifestyle

Fitness – Types of Fitness and Components of Fitness. Understanding of Wellness. Modern Lifestyle and Hypo kinetic Diseases – Prevention and Management. Physical Activity and Health Benefits.

Unit – III

Principles of Exercise Program

Means of Fitness development – aerobic and anaerobic exercises. Exercises and Heart rate Zones for various aerobic exercise intensities. Concept of free weight Vs Machine, Sets and Repetition etc. Concept of designing different fitness training program for different age group.

Unit – IV

Safety Education and Fitness Promotion

Health and Safety in Daily Life. First Aid and Emergency Care. Common Injuries and their Management. Various methods of fitness promotion

References:

Difiore, J.(1998). *Complete guide to postnatal fitness*. London: A & C Black,.Giam, C.K &The, K.C. (1994). *Sport medicine exercise and fitness*. Singapore: P.G. Medical Book.
Mcglynn, G., (1993). *Dynamics of fitness*. Madison: W.C.B Brown. Sharkey, B. J.(1990). *Physiology of fitness*, Human Kinetics Book.

SEMESTER II

Course: Elective Course

Course Code: BPed-EC-0205

PHILOSOPHY & ADMINISTRATION OF RECREATION

Unit-I

Introduction:

1. Meaning, Aim and Objective of recreation
2. Types of recreation, its scopes and significance
3. Development of recreational activities in India since 1947.

Unit-II

Administration of Recreation

1. Meaning of Recreation administration
2. Importance of recreation administration
3. Organization of recreation at different levels.
4. Agencies promoting recreation in India.

Unit-III

Need of Recreation:

1. Factors Responsible for the need of recreation:

- a. The growth of cities
- b. Changing home conditions
- c. Increase in leisure time
- d. Specialization and automation in Industry
- e. Population changes
- f. Rising economy
- g. Technological Development, etc.

2. Recreational activities for different age groups.

- a. Recreation for handicaps
- b. Facilities refried for community recreation, industrial recreation, institutional recreation, family recreation and commercial recreation.

Unit-IV

Programmes and methods of recreation:

2. Camping:

- a. Importance and principles of camping
- b. Organization of camping
- c. Selection layout of camping
- d. Facilities required for camping
- e. Different types of camping

- f. Staff needed for camping
- g. Activities for the camping

3. Leadership in Recreation:

- a. Professional leadership
- b. Voluntary leadership
- c. Training to leadership

4. Evaluation of Recreation programmes

Reference Books

1. George D. Butler, "Introduction of community recreation", McGraw Hills, 1969.
2. Zeigler F.F. Philosophical Foundations for Physical Health and Recreation Education, Prentice Hill Inc. Eagle Wood Cliffs N.J. Prentice Hall, 1964.
3. Mayer and Bright Bill, Recreation Administration. Eaglewood Cliffs N.J. Prentice Hall Inc. 1961.
4. Singh Ajmer et.al, "Essentials of Physical Education." Kalyani Publishers Ludhiana second revise addition 2008.

**SEMESTER – II
PRACTICAL COURSES**

Instructions:-

1. Each student shall take a minimum of 10 supervised lessons in games, athletics and Yoga (Games 4 lesson, Athletics 3 lesson & Yoga 3 lessons). In addition each trainee shall complete 1 assignment each in games, athletics & Yoga.
2. For the purpose of examination in practical one lesson each of respective category is compulsory for each candidate which will be assessed by external examiner appointed by the University.
3. Each group of practical examination will be of three hours duration irrespective of its weightage.

GAMES PRACTICAL

Course: Practical Course
Course Code: BPEd-PC-0206
Marks: 100
(External=70 + Internal=30)

Lesson on any one of the following games:

1. Kho-Kho
2. Hockey
3. Cricket
4. T.T.
5. Weight Lifting

The contents of teaching for each game are as follows:-

1. History of game.
2. Measurement of the field.
3. Equipment and specifications of equipments.
4. Fundamental skills and lead up games.
5. Techniques, strategies and system of play.
6. Rules and regulations of the game/activity.
7. Tournaments at national and international level.
8. Records (world, Olympic, Asian games and national games).
9. Awards in the game.
10. Related books and magazines.
11. Officiating: -
 - a. Duties of official
 - b. Knowledge of score sheets
 - c. Signals officiating
 - d. Technical equipment for officiating.

1. Kho Kho:

- General skills of the game-Running, chasing, Dodging, Faking etc.
- Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgment in giving Kho, Rectification of Foul.
- 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.
- Ground Marking
- Rules and their interpretations and duties of officials.

2. Hockey:

- Player stance & Grip
- Rolling the ball
- Dribbling
- Push
- Stopping
- Hit
- Flick
- Scoop
- Passing – Forward pass, square pass, triangular pass, diagonal pass, return pass,
- Reverse hit
- Dodging
- Goal keeping – Hand defence, foot defence
- Positional play in attack and defense.
- Rules and their interpretations and duties of officials.
- Rules and their interpretations and duties of officials.
- Ground Marking.

3. Cricket:

- Batting-Forward and backward defensive stroke.
- Bowling-Simple bowling techniques.
- Fielding-Defensive and offensive fielding.
- Catching-High catching and Slip catching.
- Stopping and throwing techniques.
- Wicket keeping techniques.

4. Table Tennis:

- The Grip-The Tennis Grip, Pen Holder Grip.
- Service-Forehand, Backhand, Side Spin, High Toss.
- Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Shot, Loop
- Drive.
- Stance and Ready position and foot work.
- Rules and their interpretations and duties of officials.

**SEMESTER – II
PRACTICAL COURSES**

Course: Practical Course
Course Code: BPEd-PC-0207
Marks: 100
(External=70 + Internal=30)

TRACK AND FIELD PRACTICAL

Lesson on any one of the following Athletic events:

1. Relay Races
2. Discuss Throw
3. Triple Jump
4. Marking and officiating of athletic events included in 2nd semester

**SEMESTER – II
PRACTICAL COURSES**

Course: Practical Course
Course Code: BPEd-PC-0208
Marks: 100

YOGA PRACTICAL

1. Practice of following asana:-

Sitting, standing, laying spine position, laying prone position and effects of each category of aasanas in general techniques and benefits of the following Aasanas:

Bhujanga, Shalabha, Dhanush, Hal, Matsya, Ushtra, Paschimottan, Varka, Ardhmatsyendra, Chakra, Baka, Mayur, Padma, Sidha, Makar, Shava, Vajra, SuptaVajra, SirshAasana and Sarvangasan.

2. Practice of Surya Namaskar

3. Practice of Bandhas:

- Jalandhar Bandh
- UddiyanBandh
- MoolBandh
- MahaBandh

4. Practice of Pranayam:

- Kapalbhati,
- ShitaliPranayam,
- SheetkariPranayam,
- Ujjayi
- BhashtrikaPranayam and Bhramari Pranayam.

SEMESTER – II
PRACTICAL COURSES

Course: Elective Lab Practical Course
Course Code: BPEd-PC-0209
Marks: 50

KINESIOLOGY AND BIOMECHANICS PRACTICAL

Identification and location of major muscles on the human body and their actions. Manual muscles testing. Terminology and range of joints motions. Use of goniometers. Formation and evaluation of conditioning exercises for strength, endurance, speed and flexibility. Simple kinesiological procedures to analyze a skill. Identification of basic mechanical principles relating to running, jumping, throwing and striking.

Axis and Planes

Lever

Newton's Laws of Motion and their implication in sports.

SEMESTER – III

Course: Compulsory Course
Course Code: BPEd-CC-0301

SPORTS TRAINING

Unit – I

Introduction to Sports Training

Meaning and Definition of Sports Training. Aim and Objectives of Sports Training. Principles of Sports Training. System of Sports Training – Basic Performance, Good Performance and High, Performance Training

Unit – II

Training Components

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

Unit – III

Training Process

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

Unit – IV

Training programming and planning

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

Reference:

Dick, W. F. (1980).*Sports training principles*. London: Lepus Books. Harre, D.(1982).*Principles of sports training*. Berlin: Sporulated. Jensen, R. C.& Fisher, A.G. (1979). *Scientific basis of athletic conditioning*. Philadelphia: Lea and Fibiger, 2ndEdn. Matvyew, L.P. (1981).*Fundamental of sports training*. Moscow: Progress Publishers. Singh, H. (1984).*Sports training, general theory and methods*.Patials: NSNIS. Uppal, A.K., (1999).*Sports Training*. New Delhi: Friends Publication.

SEMESTER III

Course: Compulsory Course

Course Code: BPED-CC-0302

COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

Unit – I

Introduction to Computer

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

Unit – II

MS Word

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

Unit – III

MS Excel

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

Unit – IV

MS Power Point

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

References:

Irtegov, D. (2004). *Operating system fundamentals*. Firewall Media. Marilyn, M.& Roberta, B.(n.d.). *Computers in your future*. 2nd edition, India: Prentice Hall. Milke, M.(2007). *Absolute beginner's guide to computer basics*. Pearson Education Asia. Sinha, P. K. & Sinha, P. (n.d.). *Computer fundamentals*. 4th edition, BPB Publication.

SEMESTER – III

Course: Compulsory Course
Course Code: BPEd-CC-0303

SPORTS PSYCHOLOGY AND SOCIOLOGY

Unit –I

Introduction

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

Unit-II

Sports Psychology

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

Unit-III

Relation between Social Science and Physical Education.

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

Unit-4

Culture: Meaning and Importance.

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

References:

Ball, D. W. & Loy, J. W. (1975). *Sport and social order; Contribution to the sociology of sport*. London: Addison Wesley Publishing Co., Inc. Blair, J. & Simpson, R. (1962). *Educational psychology*, New York: McMillan Co. Cratty, B. J. (1968). *Psychology and physical activity*. Eaglewood Cliffs. Prentice Hall. Kamlesh, M.L. (1998). *Psychology in physical education and sport*. New Delhi :Metropolitan Book Co. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). *Sport and social system*. London: Addison Wesley Publishing Company Inc. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). *Sports culture and society*. Philadelphia: Lea & Febiger. Mathur, S.S., (1962). *Educational psychology*. Agra. Vinod Pustak Mandir. Skinnner, C. E., (1984.). *Education psychology*. New Delhi: Prentice Hall of India. William, F. O. & Meyer, F. N. (1979). *A handbook of sociology*. New Delhi: Eurasia Publishing House Pvt Ltd.

SEMESTER – III

Course: Elective Course

Course Code: BPEd-EC-0304

ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION

Unit – I

Organization and Administration

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

Unit- II

Office Management, Record, Register & Budget

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

Unit-III

Facilities, & Time-Table Management

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

Unit-IV

Competition Organization

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

References:

Broyles, F. J. & Rober, H. D. (1979). *Administration of sports, Athletic programme: A Managerial Approach*. New York: Prentice hall Inc. Bucher, C. A. (1983). *Administration of Physical Education and Athletic programme*. St. Lolis: The C.V. Hosby Co. Kozman, H.C. Cassidly, R. & Jackson, C. (1960). *Methods in Physical Education*. London: W.B. Saunders Co. Pandey, L.K. (1977). *Methods in Physical Education*. Delhi: Metropolitan Book Depo. Sharma, V.M. & Tiwari, R.H.: (1979). *Teaching Methods in Physical Education*. Amaravati: Shakti Publication. Thomas, J. P. (1967). *Organization & administration of Physical Education*. Madras: Gyanodayal Press. Tirunarayanan, C. & Hariharan, S. (1969). *Methods in Physical Education*. Karaikudi: South India Press. Voltmer, E. F. & Esslinger, A. A. (1979). *The organization and administration of Physical Education*. New York: Prentice Hall Inc.

SEMESTER – III

Course: Elective Course

Course Code: BPEd-EC-0305

OFFICIATING AND COACHING

Unit- I

Introduction of Officiating and coaching

Concept of officiating and coaching. Importance and principles of officiating. Relation of official and coach with management, players and spectators. Measures of improving the standards of officiating and coaching

Unit- II

Coach as a Mentor

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

Unit- III

Duties of Official

Duties of official in general, pre, during and post game. Philosophy of officiating. Mechanics of officiating – position, singles and movement etc. Ethics of officiating

Unit- IV

Qualities and Qualifications of Coach and Official

Qualities and qualification of coach and official. General rules of games and sports. Eligibility rules of intercollegiate and inter-university tournaments, preparation of TA, DA bills. Integrity and values of sports.

Reference Books:

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

**SEMESTER – III
PRACTICAL COURSES**

Instructions:-

1. Each student shall take a minimum of 10 supervised lessons in games, athletics and mass demonstration activities (Games 4 lesson, Athletics 3 lesson & Mass Demonstration Activities 3 lessons). In addition each trainee shall complete 1 assignment each in Games& Athletics.
2. For the purpose of examination in practical one lesson each of respective category is compulsory for each candidate which will be assessed by external examiner appointed by the University.
3. Each group of practical examination will be of three hours duration irrespective of its weightage.

Course: Practical Course
Course Code: BPEd-PC-0306
Marks: 100
(External=70 + Internal=30)

GAMES PRACTICAL

Lesson on any one of the following games:

1. Football
2. Judo
3. Badminton
4. Basket Ball

The contents of teaching for each game are as follows:-

1. History of game.
2. Measurement of the field.
3. Equipment and specifications of equipments.
4. Fundamental skills and lead up games.
5. Techniques, strategies and system of play.
6. Rules and regulations of the game/activity.
7. Tournaments at national and international level.
8. Records (world, Olympic, Asian games and national games).
9. Awards in the game.
10. Related books and magazines.
11. Officiating: -
 - a. Duties of official
 - b. Knowledge of score sheets
 - c. Signals officiating

d. Technical equipment for officiating.

1. Football:

- Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick.
- Trapping-trapping rolling the ball, trapping bouncing ball with sole.
- Dribbling-With instep, inside and outer instep of the foot.
- Heading-From standing, running and jumping.
- Throw in Feinting-With the lower limb and upper part of the body.
- Tackling-Simple tackling, Slide tackling.
- Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting.

2. Judo: Fundamental skills

- Rei (Salutation)-Ritsurei(Salutation in standing position), Zarai (Salutation in the sittingposition)
- Kumi kata (Methods of holding judo costume)
- Shisei (Posture in Judo)
- Kuzushi (Act of disturbing the opponent posture)
- Tsukuri and kake (Preparatory action for attack)
- Ukemi (Break Fall)-UrhiroUkemi (Rear break Fall), Yoko Ukemi (Side Break Fall), Mae
- Ukemi (Front Break Fall), Mae mawariUkemi (Front Rolling break fall)
- Shin Tai (Advance or retreat foot movement)-Suri-ashi (Gliding foot), Twugi-ashi(Following footsteps), Ayumi-ashi (Waling steps).
- Tai Sabaki (Management of the body)
- NageWaze (Throwing techniques)
- SeoiNage (Shoulder throw).

3. Badminton:

- Racket parts, Racket grips, Shuttle Grips.
- The basic stances.
- The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm
- Drills and lead up games
- Types of games-Singles, doubles, including mixed doubles.
- Rules and their interpretations and duties of officials.

4. Basket ball:

- Player stance and ball handling
- Passing-Two Hand chest pass, Two hand Bounce Pass, One Hand Base ball pass, Side
- Arm Pass, Over Head pass, Hook Pass.
- Receiving-Two Hand receiving, One hand receiving, Receiving in stationary position,
- Receiving while jumping, Receiving while running.

- Dribbling-How to start dribble, How to drop dribble, High dribble, Low dribble, Reversedribble, Rolling dribble.
- Shooting-Layup shot and its variations, one hand set shot, One hand jump shot, HookShot, Free throw.
- Rebounding-Defensive rebound, Offensive rebound, Knock out, Rebound Organization.
- Individual Defensive-Guarding the man with the ball and without the ball.
- Pivoting.
- Rules and their interpretations and duties of the officials.

**SEMESTER – III
PRACTICAL COURSES**

Course: Practical Course
Course Code: BPEd-PC-0307
Marks: 100
(External=70 + Internal=30)

TRACK AND FIELD PRACTICAL

Lesson on any one of the following Athletic events:

1. Hurdles
2. Javelin Throw
3. High Jump
4. Marking and officiating of athletic events included in 3rd semester

**SEMESTER – III
PRACTICAL COURSES**

Course: Practical Course
Course Code: BPEd-PC-0308
Marks: 100
(External=70 + Internal=30)

MASS DEMONSTRATION ACTIVITIES/ GENERAL LESSON PRACTICAL

Lesson on any one of the following mass demonstration activities/ general lesson:

1. Dumb-Bell
2. Indian Club
3. Class Formation

4. Ribbon and Rings

**SEMESTER – III
PRACTICAL COURSES**

Course: Practical Course
Course Code: BPEd-ELPC-0309
Marks: 50

COMPUTER APPLICATIONS IN PHYSICAL EDUCATION PRACTICAL

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

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

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

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

SEMESTER – IV

Course: Common Course

Course Code: BPEd-CC-0401

TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

Unit-I

Introduction to Test, Measurement & Evaluation

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

Unit- II

Criteria: Classification and Administration of test

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

Unit- III

Physical Fitness Tests

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

Unit- IV

Sports Skill Tests

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

References:

Bangsbo, J. (1994). *Fitness training in football: A scientific approach*. Bagsvaerd, Denmark: Ho+Storm. Barron, H. M., & Mchee, R. (1997). *A practical approach to measurement in physical education*. Philadelphia: Lea and Febiger. Barron, H.M. & Mchee, R. (1997). *A Practical approach to measurement in physical education*. Philadelphia: Lea and Febiger. Kansal, D.K. (1996). *Test and measurement in sports and physical education*. New Delhi: D.V.S. Publications. Mathews, D.K., (1973). *Measurement in physical education*, Philadelphia: W.B.SoundersCompnay. Pheasant, S. (1996). *Body space: anthropometry, ergonomics and design of work*. Taylor & Francis, New York. Phillips, D. A., & Hornak, J. E. (1979). *Measurement and evaluation in physical education*. New York: John Willey and

Sons. Sodhi, H.S., & Sidhu, L.S. (1984). *Physique and selection of sports- a kinanthropometric study*. Patiala: Punjab Publishing House.

SEMESTER – IV

Course: Elective Course

Course Code: BPEd-EC-0402

SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

Unit-I

Sports Medicine:

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

Unit-II

Physiotherapy

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

Unit-III

Hydrotherapy:

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

Unit-IV

Therapeutic Exercise:

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

References:

Christine, M. D., (1999). *Physiology of sports and exercise*. USA: Human Kinetics. Conley, M. (2000). *Bioenergetics of exercise training*. In T.R. Baechle, & R.W. Earle, (Eds.), *Essentials of Strength Training and Conditioning* (pp. 73-90). Champaign, IL: Human Kinetics. David, R. M. (2005). *Drugs in sports*, (4th Ed). Routledge Taylor and Francis Group. Hunter, M. D. (1979). *A dictionary for physical educators*. In H. M. Borrow & R. McGee, (Eds.), *A Practical approach to measurement in Physical Education* (pp. 573-74). Philadelphia: Lea &Febiger. Jeyaprakash, C. S., *Sports Medicine*, J.P. Brothers Pub., New Delhi, 2003. Khanna, G.L., (1990). *Exercise physiology & sports medicine*. Delhi: Lucky Enterprises. Mathew, D.K. & Fox, E.L, (1971). *Physiological basis of*

physical education and athletics. Philadelphia: W.B. Saunders Co. Pandey, P.K., (1987). *Outline of sports medicine*, New Delhi: J.P. Brothers Pub. Williams, J. G. P. (1962). *Sports medicine*. London: Edward Arnold Ltd.

SEMESTER – IV

Course: Common Course

Course Code: BPEd-CC-0403

RESEARCH IN PHYSICAL EDUCATION

Unit-I

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

Unit-II

Need for surveying related literature. Literature Sources, Library Reading. Research Proposal, Meaning and Significance of Research Proposal. Preparation of Research proposal/ synopsis.

Nature and types of Hypothesis, Examples of hypothesis and importance of hypothesis.

Unit-III

Methods of Research (Historical, Descriptive, Survey, Case Study, Genetic Methods and Experimental Method)

Tools for analyzing and presenting data, Organisation, Analysis and Interpretation of Data.

Unit- IV

Statistics: Meaning, Definition, Nature and Importance. Construction of Tables. Graphical Presentation of Class Distribution: Histogram, Frequency Polygon, Frequency Curve. Cumulative Frequency Polygon, Pie Diagram

Writing of Research Report.

References:

Best, J.W. (1963). *Research in education*. U.S.A.: Prentice Hall. Bompa, T. O. & Haff, G. G. (2009). *Periodization: theory and methodology of training, 5th ed.* Champaign, IL: Human Kinetics. Brown, L. E., & Ferrigno, V. A. (2005). *Training for speed, agility and quickness, 2nd ed.* Champaign, IL: Human Kinetics. Brown, L.E. & Miller, J., (2005). *How the training work*. In: Training Speed, Agility, and Quickness. Brown, L.E. & Ferrigno, V.A. & Ferrigno, V.A., eds. Champaign, IL: Human Kinetics. Carl, E. K., & Daniel, D. A. (1969). *Modern principles of athletes training*. St. Louis: St. Louis's Mosby Company. Clark, H. H., & Clark, D. H. (1975). *Research process in physical education*. Englewood cliffs, New Jersey: Prentice Hall, Inc. Garrett, H.E. (1981). *Statistics in psychology and education*. New York: VakilsFeffer and Simon Ltd. Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). *Introduction to research: A guide for the* Thomas, J.R., & Nelson J.K. (2005). *Research method in physical activity*. U.S.A: Champaign, IL: Human Kinetics Books. Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). *Research method in physical activity*. U.S.A:

Champaign, IL: Human Kinetics Books. Uppal, A. K. (1990). *Physical fitness: how to develop*. New Delhi: Friends Publication. Verma, J. P. (2000). *A text book on sports statistics*. Gwalior: Venus Publications.

SEMESTER – IV

Course: Elective Course

Course Code: BPEd-EC-0404

THEORY OF SPORTS AND GAMES

Unit-I

Introduction

General Introduction of specialized games and sports–

- Athletics,
- Badminton,
- Basketball,
- Cricket,
- Football,
- Hockey,
- Handball,
- Kabaddi,
- Kho-Kho,
- Volleyball

Each game or sports to be dealt under the following heads

- History and development of the Game and Sports
- Ground preparation, dimensions and marking
- Standard equipment and their specifications
- Ethics of sports and sportsmanship

Unit-II

Scientific Principles of coaching: (particular sports and game specific)

- Motion – Types of motion and Displacement, Speed, Velocity, Acceleration, Distance and Newton's Law of motions.
- Force – Friction, Centripetal and Centrifugal force, Principles of force.
- Equilibrium and its types
- Lever and its types
- Sports Training – Aims, Principles and characteristics.
- Training load – Components, Principles of load, Over Load (causes and symptoms).

Unit-III

Physical fitness components: (particular sports and game specific)

- Speed and its types
- Strength and its types
- Endurance and its types
- Flexibility and its types
- Coordinative ability and its types
- Training methods: - Development of components of physical fitness and motor fitness through following training methods (continuous method, interval method, circuit method, fartlek /speed play and weight training)

Unit-IV

Conditioning exercises and warming up.

Concept of Conditioning and warming up. Role of weight training in games and sports. Teaching of fundamental skill & their mastery (technique, tactic and different phases of skill acquisition). Recreational and Lead up games. Strategy – Offence and defense, Principles of offence and defense.

References:

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

SEMESTER – IV

Course: Elective Course

Course Code: BPEd-EC-0405

SPORTS MANAGEMENT

Unit-I

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

Unit-II

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

Unit-III

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

Unit-IV

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

REFERENCES:

Ashton, D. (1968). *Administration of physical education for women*. New York: The Ronald Press Co.
Bucher, C.A. *Administration of physical education and athletic programme*. 7th Edition, St. Louis: The C.V. Mosby Co.
Daughtrey, G. & Woods, J.B. (1976). *Physical education and intramural programmes, organization and administration*. Philadelphia U.S.A. : W.B. Saunders Co. Earl, F. Z., &

Gary, W. B. (1963). *Management competency development in sports and physical education*. Philadelphia: W. Lea and Febiger.

**SEMESTER – IV
PRACTICAL COURSES**

Instructions:-

1. Each student shall take a minimum of 10 supervised lessons in games and athletics (5 lessons each in games and athletics). In addition each trainee shall complete 1 assignment each in games and athletics.
2. For the purpose of examination in practical one lesson each of respective category is compulsion for each candidate which will be assessed by external examiner appointed by the university.
3. Each group of practical examination will be of three hours duration irrespective of its weight age.

Course: Practical Course
Course Code: BPEd-PC-0406
Marks: 100
(External=70 + Internal=30)

SPECIALIZATION IN GAME PRACTICAL

Specialization in Game (Any one game from games covered in SemIst to SemIIIrd) +
Officiating and Marking

**SEMESTER – IV
PRACTICAL COURSES**

Course: Practical Course
Course Code: BPEd-PC-0407
Marks: 100
(External=70 + Internal=30)

SPECIALIZATION IN ATHLETICS PRACTICALS

Athletic Specialization (in any one of the event chosen either from track or field events) +
officiating and marking

**SEMESTER – IV
PRACTICAL COURSES**

Course: Practical Course
Course Code: BPEd-PC-0408
Marks: 100

TRACK MARKING PRACTICAL

Marking of track

- 200 mtrs.
- 400 mtrs.

**SEMESTER – IV
PRACTICAL COURSES**

Course: Practical Course
Course Code: BPEd-ELPC-0409
Marks: 50

SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION PRACTICAL

Identification of injuries and their treatment.

First Aid: Types of Bandages and Splinters, Artificial Respiration.

Management of Common Accidents: Drowning, Burning, Insects stings and biting,
Unconsciousness, Fainting, Shock, Snake bite, Sun Stroke and Electric Shock.

Measurement of Blood pressure and pulse rate.

Physiotherapy: Cold Therapy, Heat Therapy and Hydro Therapy.

**Table – 1: Semester wise distribution of hours per week
Semester Theory Practicum Teaching practice**

Semester	Theory	Practicum	Teaching practice	Total
I	16	24	00	40
II	16	18	6	40
III	16	18	6	40
IV	16	12	12	40
Total	64	72	24	160
<i>Minimum of 36 teaching hours per week is required in five or six days in a week</i>				

**Table – 2: Number of credits per semester
Semester Theory Practicum Teaching practice**

Semester	Theory	Practicum	Teaching practice	Total
I	16	16	00	32
II	16	12	4	32
III	16	12	4	32
IV	16	08	08	32
Total	64	48	16	128
<i>Minimum of 36 teaching hours per week is required in five or six days in a week</i>				
