

ORDINANCE

BACHELOR OF PHYSICAL EDUCATION AND SPORTS

DEPARTMENT OF HUMANITIES AND SCIENCE

THREE YEAR PROGRAMME



HIMALAYAN GARHWAL UNIVERSITY UTTARAKHAND

<http://www.hgu.ac.in>



HIMALAYAN GARHWAL UNIVERSITY
UTTARAKHAND

COURSE STRUCTURE FOR

Bachelor Of Physical Education And Sports

(B.P.E.S)

SEMESTER SYSTEM



ORDINANCE

Bachelor of Physical Education & Sports (B.P.E.S.)

Title:

The title of the course shall be **Bachelor of Physical Education and Sports (B.P.E.S.)**

Objective:

The main aim of the Bachelor of Physical Education and Sports (B.P.E.S.) programme is to train the students with the knowledge and skills necessary to provide future generations with the opportunity to improve their physical and mental well-being through the programs of athletics, sports and recreation which will result out in a physically, mentally and emotionally developed and strong person in future.

Duration:

The total duration of the course shall be of three years, spread over in six semesters.

Eligibility:

Student should be 12th passed in any stream with 45% for unreserved category and 40% for reserved category shall be eligible for admission to the course.

Admission Policy:

As per University norms.

Course Content:

The curriculum will be divided in to three parts:

- Theory Papers
- Practical Field Work
- Teaching Practices



Theory Papers:

There shall be four theory papers in each of the four semesters as per the details given below:

Semester-1

- Paper-1: Hindi/English (Optional)
- Paper-2: Principles and history of Physical Education and Sports
- Paper-3: Foundation of Physical education and Sports
- Paper-4: Olympic Study

Semester – 2

- Paper-1: Anatomy and Physiology
- Paper-2: Yoga
- Paper-3: Kinesiology
- Paper-4: Sports Nutrition

Semester-3

- Paper-1: Health Education
- Paper-2: Sports Psychology
- Paper-3: Physiology of Exercise
- Paper-4: Management in Physical Education

Semester-4

- Paper-1: Fundamental of Computer and its use in Physical Education.
- Paper-2: Basic Principles of Sports Training
- Paper-3: Recreation
- Paper-4: Adapted Physical Education

Semester-5

- Paper-1: Sports Sociology
- Paper-2: Method of Physical Education
- Paper-3: Remedial and Corrective Physical Education
- Paper-4: Test and Measurement in Physical Education

Semester-6

- Paper-1: Professional preparation in Physical Education & Sports
- Paper-2: Educational Technology
- Paper-3: Officiating and Coaching
- Paper-4: Fitness and Wellness



Evaluation Pattern:

Each theory paper shall be of 100 marks divided into Internal Assessment of 30 marks and term end Assessment of 70 marks respectively.

Every student will be required to pass separately in theory papers, Practical papers and General Viva-Voce Examination. In order to successfully pass, every student will be required to obtain at least 40% marks in the aggregate of Theory Papers, Field Work and General Viva-Voce Examination.

Practical Course (Field Work):

There shall be four Practical field works in each semester

- (i) Game specialisation
- (ii) Athletics
- (iii) Yoga
- (iv) Swimming/ Gymnastics/ Shooting

Practical Track and Field Work will be done simultaneously with class-room teaching of theory papers from the very beginning of the session up to the preparation leave before the commencement of the examination. Each student will be required to go for track and field work (excluding holidays and Dashahara and winter vacations). Practical Track and field work will be of 60 Marks in each semester.

Game Specialization Field Work shall be done with the specific field chosen by the students and will be of 60 marks, each having 20 marks for internal and 40 marks for external for each semester.

There will be athletic event and practical course for yoga in 1st semester which will be performed twice one for internal, and one for external. There will be Swimming/ Gymnastics/ shooting and Indigenous Sports for all semester practical of which is divided again into two parts internal and external.

Teaching Practice:

There shall be teaching lessons in 3rd, 4th, 5th and 6th semester divided into two categories Officiating Lesson and Teaching Lesson

Every student will be required to pass separately in theory papers, Practical Field Work, General Viva-Voce Examination and teaching practices. In order to successfully pass, every student will be required to obtain at least 40% marks in the aggregate of Theory Papers, Field Work and General Viva-Voce Examination.

Project Report:

Each student shall be required to prepare and submit a Project Report on the theme (to be decided in consultation with the Faculty) before the commencement of the Examination for the IV Semester.

Evaluation of Project Report:

Evaluation of project report will be by the external examiner appointed by the controller of examination from the expert faculty members available at university database. If the student unable to get clear the examination, he/she has to appear for examination of project report modified or changed project report.

Fee: As per university norms



Bachelor of Physical Education & Sports (B.P.E.S.)

MARKS - EVALUATION

SEMESTER- I

Part A: Theoretical Course				
Paper Code	Title of the Paper	Internal Marks	External Marks	Total Marks
BPSTC-101	Hindi/ English (optional)	30	70	100
BPSTC-102	Principles & History of Physical Education	30	70	100
BPSTC-103	Foundation of Physical Education	30	70	100
BPSTC-104	Olympic Study	30	70	100
Total		120	280	400
Part B: Practical Course				
BPSPC-101	<u>Games Specialisation:</u> kabaddi/ kho-kho/ Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/ Basketball/ Cricket/ Football/ Handball/ Hockey/ netball/ softball/ etc.	20	40	60
BPSPC-102	<u>Athletics:</u> Running Events	20	40	60
BPSPC-103	<u>Yoga :</u> Asanas	20	40	60
BPSPC-104	<u>Swimming/ Gymnastics (Ground)/ Shooting (Anyone)</u>	20	40	60
BPSPC-105	<u>Drill & Marching</u>	20	40	60
Total		100	200	300
Overall Total		220	480	700

SEMESTER- II

Part A: Theoretical Course				
Paper Code	Title of the Paper	Internal Marks	External Marks	Total Marks
BPSTC-201	Anatomy and Physiology	30	70	100
BPSTC-202	Yoga	30	70	100
BPSTC-203	Kinesiology	30	70	100
BPSTC-204	Sports Nutrition	30	70	100
Total		120	280	400
Part B: Practical Course				
BPSPC-201	<u>Games Specialisation:</u> kabaddi/ kho-kho/ Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/ Basketball/ Cricket/ Football/ Handball/ Hockey/ Netball/ Softball/ etc.	20	40	60
BPSPC-202	<u>Athletics</u>	20	40	60
BPSPC-203	<u>Yoga :</u> Kriyas/ Bandhas/ Pranayam	20	40	60
BPSPC-204	<u>Swimming/ Gymnastics (Ground)/ Shooting (Anyone)</u>	20	40	60
BPSPC-205	<u>Lezim/ Lezim/ Hoop Umbrella</u>	20	40	60
Total		100	200	300
Overall Total		220	480	700



SEMESTER- III

Part A: Theoretical Course				
Paper Code	Title of the Paper	Internal Marks	External Marks	Total Marks
BPSTC-301	Hindi/ English (optional)	30	70	100
BPSTC-302	Sports Psychology	30	70	100
BPSTC-303	Physiology of Exercise	30	70	100
BPSTC-304	Management in Physical Education	30	70	100
Total		120	280	400
Part B: Practical Course				
BPSPC-301	Games Specialisation: kabaddi/ kho-kho/ Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/ Basketball/ Cricket/ Football/ Handball/ Hockey/ netball/ softball/ etc.	20	40	60
BPSPC-302	Officiating of Major Game (Anyone Game)	20	40	60
BPSPC-303	Athletics: Throwing Events (Any two events)	20	40	60
BPSPC-304	Swimming/ Gymnastics (Ground)/ Shooting (Anyone)	20	40	60
Part C: Teaching Practices				
BPSPC-301	Teaching Lessons: a). General Lesson plan (5 lessons) b). Lessons in outdoor Sports & Game activities(5 lessons)	20	40	60
Total		100	200	300
Overall Total		220	480	700

SEMESTER- IV

Part A: Theoretical Course				
Paper Code	Title of the Paper	Internal Marks	External Marks	Total Marks
BPSTC-401	Fundamental of Computer and its use in Physical Education	30	70	100
BPSTC-402	Basic Principles of Sports Training	30	70	100
BPSTC-403	Recreation	30	70	100
BPSTC-404	Adapted Physical Education	30	70	100
Total		120	280	400
Part B: Practical Course				
BPSPC-401	Games Specialisation: kabaddi/ kho-kho/ Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/ Basketball/ Cricket/ Football/ Handball/ Hockey/ Netball/ Softball/ etc.	20	40	60
BPSPC-402	Athletics: Officiating of throwing events.	20	40	60
BPSPC-403	Racket Sports: Badminton/ Table tennis/ Squash/ Lawn Tennis (Any one)	20	40	60
BPSPC-404	Swimming/ Gymnastics (Ground)/ Shooting (Anyone)	20	40	60
Part C: Teaching Practice				
BPSPC-401	Teaching Lessons: a). Lessons in Racket Sports(5lesson) b). Lessons in Throwing events(5 Lessons)	10	50	60
Total		90	210	300
Overall Total		220	480	700

SEMESTER- V

Part A: Theoretical Course				
Paper Code	Title of the Paper	Internal Marks	External Marks	Total Marks
BPSTC-501	Sports Sociology	30	70	100
BPSTC-502	Method of Physical Education	30	70	100
BPSTC-503	Remedial and Corrective Physical Education	30	70	100
BPSTC-504	Test and Measurements in Physical Education	30	70	100
Total		120	280	400
Part B: Practical Course				
BPSPC-501	Games Specialisation: kabaddi/ kho-kho/ Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/ Basketball/ Cricket/ Football/ Handball/ Hockey/ netball/ softball/ etc.	20	40	60
BPSPC-502	Athletics: Jumping events (Any two)	20	40	60
BPSPC-503	Yoga: Performance in Asanas, kriyas, Bandhas & Pranayam	20	40	60
Part C: Teaching Lessons				
BPSPC-501	Teaching Lessons: Lessons in yoga(5 Lessons)	20	40	60
BPSPC-502	Classroom Teaching Lessons (5 Lessons)	20	40	60
Total		100	200	300
Overall Total		220	480	700

SEMESTER- VI

Part A: Theoretical Course				
Paper Code	Title of the Paper	Internal Marks	External Marks	Total Marks
BPSTC-601	Professional Preparation in Physical Education & Sports	30	70	100
BPSTC-602	Educational Technology	30	70	100
BPSTC-603	Officiating and Coaching	30	70	100
BPSTC-604	Fitness and Wellness	30	70	100
Total		120	280	400
Part B: Practical Course				
BPSPC-601	Games Specialisation: kabaddi/ kho-kho/ Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/ Basketball/ Cricket/ Football/ Handball/ Hockey/ Netball/ Softball/ etc.	20	40	60
BPSPC-602	Swimming/ Gymnastics/ Shooting (Any one)	20	40	60
BPSPC-603	Athletics: Jumping Events.	20	40	60
Part C: Teaching Practice				
BPSPC-601	Officiating Lessons: a). Game Specialisation(5Lesson) b). Track and Field: 5 Lessons	20	40	60
BPSPC-602	Project Organised: Athletics/ Game Specialisation (Any one event).	-	60	60
Total		80	220	300
Overall Total		200	500	700



DETAILED SYLLABUS OF B.P.E.S

SEMESTER -I

Paper-I: BPSTC 101- Hindi (Optional)

Periods/weeks - 4 0 2

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02 fglh /ofu; ka dk Lo#i &

d- Loj vks 0; atu

[k- संज्ञा, सर्वनाम, क्रिया, विशेषण

x- okD; I j puk

03 fglh 'kCn I eng &

04-fglh 'kCn I j puk& i ; k; oknh] I ekukFkld] foykekFkld] vudkFkld] vud 'kCnka ds LFkku i j
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Paper-I: BPSTC 101-English (Optional)

L T P
Periods/Week:- 4 0 2

Objective:

- To study the grammatical English and the fiction/prose of the English.

Section-A

1. Story/ Prose

- One essay type question on Summary/Character/Incident (one out of two with internal choice.)
2. Story/ Prose: Short questions to test student's grasp
3. Poetry: Summary (one out of two with internal choice)
4. Paraphrase/Explanation of a Stanza (one out of two with internal choice)

Section-B

5. Grammar

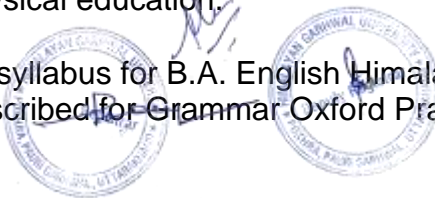
- The Grammar related to the text to test the understanding of the language, syntax, tenses etc.

Section-C

6. Language-in-Use

- Letter-Writing (Personal and Applications)
- Essay: five or six topics to be given, out of which three topics should be related to Sports/physical education.

1. Proposed syllabus for B.A. English Himalayan Garwal University, Uttarakhand.
2. Texts Prescribed for Grammar Oxford Practice Grammar by John Eastwood.



Paper –II: BPSTC 102- Principles and History of Physical Education

L T P
Periods/week:- 4 0 2

Objective:-

- To study the detailing of the physiological and psychological principles of physical education.
- To understand the history and importance of physical education.

UNIT- I

1. Importance of Physical Education

- Meaning concept and scope of physical education.
- Importance of physical education as a profession.

UNIT- II

2. Physiological Principles:

- Principles governing growth and development significance of age & sex.
- Principles of use; disuse and overuse.
- Human energies and how they are spent
- Fatigue, stress and its effect on physical; mental health; Relaxation; Flexibility, Rhythms and Strength.

UNIT- III

3. Psychological Principles:

- Personality, psycho-social needs for the normal; Development, success, recognition, security adventurer's experience.
- Transfer of training, laws of learning, conditioned reflex, Effect of emotions on health, competition; co-operation, age and sex characteristics.

UNIT- IV

4. History of physical education:

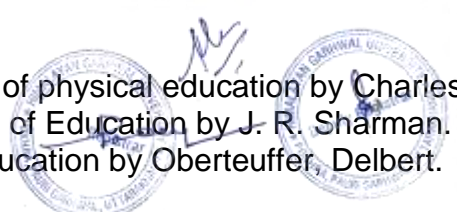
- Physical education in ancient civilizations
- Ancient India-Vedic and Epic period.
- Ancient Greece-Sparta and Athens.

5. Physical Education in modern India:

- Physical education during British period (from 1825 to 1930 A.D.)
- Recent Developments in physical education & sports after independence.
- Asian Games
- Youth movement including youth hostel, Cadet Corps etc.

Reference:

1. Foundation of physical education by Charles A. Bucher.
2. Introduction of Education by J. R. Sharman.
3. Physical education by Oberteuffer, Delbert.



4. Modern Principles of physical education by J.R. Sharman
5. Principles of physical education by J.F. Williams.
6. Physical Education interpretations and objectives by Jay B. Nash. (History or physical education)

Paper-III: BPSTC 103-Foundation of Physical Education

L T P

Periods/Weeks:- 4 0 2

Objective:

- To study the concept and definition of education and physical education.
- To understand the biological, philosophical and sociological foundation.

UNIT – I

1. Introduction Concept and definition of education and physical education.
 - Terminologies related to physical education.
 - Need and importance of physical education.
 - Place of physical education in Tagore's scheme of education.
 - Modern concept and scope of physical education.
 - Aim and objectives of physical education.

UNIT-II

2. Biological Foundation
 - Biological basis of human and biological weakness of human in relation to physical activities.
3. Growth and development
 - Principles, Stages and Affecting factors.
 - Age and Sex difference and physical activities.
 - Concepts and components of physical fitness wellness and active life style.
 - Somatotypes

UNIT-III

4. Philosophical Foundation
 - Meaning of philosophy
 - Different schools of philosophy applied to physical education
5. Psychological Foundation
 - Concept of learning and motor learning
 - Laws of learning
 - Learning curve
 - Psychological factors influencing motor learning

UNIT-IV

6. Sociological Foundation

- Concept of social institutions and socialization
- Sports as social institution and their influence on society.
- Games and sports as Man's cultural heritage
- Role of games and sports in National and international integration

Reference:

1. Williams J.F. - Principles of Physical Education
2. Bucher C.A. – Foundations of Physical Education
3. Barrow H.M. – Man and Movement
4. Singer Robert – Foundation of Physical Education
5. Freeman – Physical Education in Changing Society
6. Howell – Foundation of Physical Education, Friend publication, New Delhi

Paper IV: BPSTC 104- Study of Olympics

L T P
Periods/weeks:- 4 0 2

Objective:

- To understand the study of the Olympic movement of ancient and modern era.
- To discuss the detailing of the structure, IOC programmes and games of the Olympics.

UNIT-I

1. The Olympic Movement

- The ancient Olympic games
- The Olympic movement
- Aims and symbols of the Olympic movement
- The International Olympic Committee (IOC)

UNIT-II

2. Structure of the Olympic Movement

- The National Olympic Committee(NOC)
- The International Sports Federations(IFs)
- The National Sports Federations(NFs)
- Volunteerism

UNIT-III

3. The Olympic Games

- Organization
- The international bid process for selecting sites for the games
- Participation in Olympic games
- Women and sports

UNIT-IV

4. IOC Programmes

- Olympic academy
- Olympic solidarity
- Olympic museum
- Paralympics games

5. Sports for all

- Culture, Olympics, winning, participation and universality of the games
- Drug abuse and doping
- Arbitration and dispute resolution

Reference:

1. Medicine and Sports Science: Physical Structure of Olympic Athletes; Carto, J.E.L. and Calif, S.D.
2. Summer Olympics; Cliw, Glifford
3. The Story of the Olympics, Daw, Anderson
4. The Olympics that Changed the world; Maranirs David, Rome
5. Olympic, Oxlade, Chris
6. Indian Women and Sports; Singh, M.K.

SEMESTER –II

Paper-I: BPSTC 201- Anatomy & Physiology

L T P
Periods/weeks:- 4 0 2

Objective:

- To study the physiology and anatomy of the human body.
- To understand the effect of exercise and training on the different systems of the human body.

Unit-I

1. Meaning of anatomy, cell, structure, properties of living matter.
 - The role of anatomy in physical education & sports
 - anatomy of bones cartilage's
 - Names and location and functions of bones, kinds of bones, joints end their types, tissues, organs and system of body.

Unit-II

2. Anatomy of muscular system
 - Structure of muscles and their kinds.
 - Properties of muscles.
 - Muscle work and, fatigue,
 - Anatomy of respiratory organs, tissue and palmary respiration
 - Anatomy of heart - function of heart, heartbeat, stroke volume, cardiac output.

Unit-III

3. Anatomy of digestive organs (alimentary canal)
 - Structure and functions of excretory system

- Meaning of endocrine glands and structure of the following glands - pituitary glands, thyroid, parathyroid, adrenal glands.

Unit-IV

4. Effect of exercise and training on cardiovascular system.
 - Effect of exercise and training on respiratory system.
 - Effect of exercise and training on muscular system
 - Physiological concept of physical fitness, warming up, conditioning and fatigue.

Reference:-

1. Introduction to anatomy & physiology - Dr. Shemsher Singh.
2. Lawrence, Thomas Gordon; Your health and Safety, Har Schiver. Alices; Powers, Courts, Braco & World, inc. Douglas F; and Vorhana Levis J.
3. Bauer. WAV. (Editor). TODAY'S' Health Guide, American Medical Association.

Paper-II: BPSTC 202- Yoga

	L	T	P
Periods/weeks:-	4	0	2

Objective:

- To study briefly the concept, meaning and history of yoga.
- To understand the detailing of yoga and its misconceptions with physical education

UNIT – I

1. Yoga
 - Meaning concept, Misconceptions about Yoga
 - Relationship with physical education.
 - Historical Background of yoga-yogic practices.

UNIT-II

2. Yoga as a discipline of life
 - Mode of living, cutis of yoga (only central ideas)
 - Raj Yoga
 - Bhakti Yoga
 - Karm Yoga
 - Gyna Yoga
3. Hatha yoga philosophy.

UNIT-III

4. Astanga Yoga with special reference to
 - Yamas
 - Niyams
 - Asanas
 - Pranayams
 - Types of Asanas and Pranayams.
5. Shat Karma-Personal hygiene of Yoga
 - Six prefatory methods of yoga-Neti, Dhauti, Vasti, Nauli, Gajkarni, Kunja.

UNIT-IV

6. Bandhas, Mudras and Chakras of Yoga
7. Recent advances in Yoga Education; Yoga as a Science
 - The therapeutic values of Yogic practices
 - Corrective values of Yogic Practices

References:

1. Asanas and pranayams- Swami kuvalayananda.
2. Yoga Personal Hygiene- Shir Yogendra
3. Yogic Exercise by the Fit and the Ailing- S. Muzumdar
4. Yogic Asanas for health and vigour- Dr. Role

Paper III: BPSTC 203- Kinesiology

L T P
Periods/weeks:- 4 0 2

Objectives:

- To study briefly the objectives of kinesiology, its role and fundamental concepts in physical education.
- To understand the anatomical and physiological fundamentals.
- To study the concept of upper extremity and lower extremity and application of mechanical concept.

UNIT- I

1. Introduction to Kinesiology

- Definition
- Objectives of Kinesiology
- Role of Kinesiology in Physical education

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

- Axes and planes
- Centre of Gravity
- Line of Gravity

UNIT- II

3. Anatomical and Physiological fundamentals

- Classification of joints and muscles
- Terminology of fundamental movements.
- Types of Muscle contractions
- Angle of Pull

4. Kinesiology of Joints

- Two joints muscles
- Roles in which muscles may act.

UNIT- III

5. Upper Extremity

- Major characteristics of joints
- Location and action of major muscles acting at the following joints
- Shoulder
- Elbow
- Wrist

6. Lower Extremity

- Major characteristics of joints



- Location and action of major muscles acting at the following joints:
- Hip
- Knee
- Ankle and Foot

UNIT- IV

7. Application of Mechanical Concepts

- Motion
- Definition
- Newton's Laws of Motion
- Application to sports activities

8. Force

- Definition
- Magnitude of force
- Direction of application of force
- Application to sports activities

9. Equilibrium

- Definition
- Major factors affecting equilibrium
- Role of equilibrium in sports

10. Lever

- Definition Lever
- Types of Lever
- Application of Human body

References:

1. Efficiency of Human Movements- Broer, M.R.
2. Scientific Principles of Coaching- Bunn, John W.
3. Kinesiology- Duvall, E.N.
4. Kinesiology and applied Anatomy- Rasch, Burke



Paper IV: BPSTC 204 - Sports–Nutrition

L T P
Periods/weeks:- 4 0 2

Objective:

- To discuss the concept of basis of nutrition in physical education and sports.
- To understand and study the role of management of hypertension and weight control.

Unit-I

1. Concept of Nutrition, Sport Nutrition and Health

- Types and Sources of Nutrients
- Main function of Macro and Micro nutrients in health and sports
- Balanced diet

Unit-II

2. Energy for sports performance and the role of carbohydrate, protein, fat and their sources.

- A factor affecting the energy needs in different categories of sports events.
- Sports supplements and their effect on performance.
- Nutritional requirements and allowances for sports person of different categories
- Competition nutrition and its management glycaemia index and sports nutrition

Unit-III

3. Management of Hypertension atherosclerosis and dieters mellitus in sportsperson.

- Management of the female sportsperson
- Menarche and Menstruation –Amenorrhoea
- Anaemia and Iron Supplementation
- Bone Health and Calcium Supplementation
- Eating Disorders

Unit-IV

4. Weight Control

- Basic principles of weight control
- Calorie concept of weight control
- Fat reduction and role of fat loss supplements
- Role of diet in weight control.

Reference:

1. Sports Nutrition. Biddles Ltd, Guildford and Kings Lynn.
2. Zimmermann, M. (2007). Handbook of Nutrition, Saurab Printers Pvt Ltd.
3. Antoonio, J and Stout, J.R. (2001). Sports supplements. Lippincott Williams & Wilkins.

B.P.E.S SEMESTER – III

Paper I: BPSTC 301- Health Education

L T P

Periods/weeks:- 4 0 2

Objective:

- To study the concept and meaning of the health education.
- To understand the basis of hygiene, school health programme and disease, sex education and family planning.

Unit-I

1. Health Education

- Concept and meaning of Health.
- Concept, meaning, definition, and scope of health education.
- Principles and practice of health education.
- Planning and evaluation in health education programmes.
- Organisation and administrative set up of health services in India

Unit-II

2. Hygiene

- Hygiene: The concept of hygiene and personal hygiene.
- Care of skin, mouth, teeth, nose, eyes, hands, feet, nails, hair clothing, vital genital organs etc.
- Importance of rest, sleep, diet and exercise.

3. Community Health

- Brief account of housing water supply, sewerage and refuse disposal.

4. School Health Programmes

- School Health Service: History, School Health Problems.
- Health appraisal, healthy school environment nutritional services, mental health, school health programmes/services, school health records.
- Safety measures in the playfields – first aid and emergency care

Unit-III

5. Diseases

- Meaning of a disease, diseases cycle, epidemiological trials, modes of disease transmission and immunity.
- Health Problem in India: Problems related to communicable diseases: (HIV- AIDs, Hepatitis, Malaria, Rabies and Tetanus) nutrition, environmental sanitation, medical care and population.
- Eating Disorders - Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorders

Unit-IV

6. Sex Education

- Concept and meaning of sex education
- Need of sex education to the professional students.

7. Family Planning

- Meaning and concept of family planning.
- Methods to control child birth
- National family welfare programme
- Mother and child care

Reference:

1. Singh Ajmer and et al, "Essential of physical Education".
2. Pandey, P.K. and Gongopadhay, S. R. "Health Education for School Children".
3. Park, J.E. and Park K. "Text Book of Preventive and Social Medicine".

Paper II: BPSTC 302- Sports Psychology

L T P
Periods/weeks:- 4 0 2

Objective:

- To study the concept of growth and development.
- To understand the individual difference, learning and personality

UNIT – I

1. Introduction

- Meaning definition and nature of Psychology and Educational Psychology.
- Psychology as a Science.
- Importance of Psychology in Physical Education.

UNIT –II

2. Growth and Development:

- Meaning of growth and development.
- Physical, Mental & Social development during following stages:-
- Early childhood
- Middle childhood
- Late childhood
- Adolescences

3. Individual Differences:

- Meaning of the term individual difference
- Heredity and Environment as causes of Individual Differences
- Interaction of Heredity and Environment

UNIT – III

4. Learning

- Meaning definition and nature of learning
- Principles/Laws of Learning
- Factors affecting Learning
- Meaning and Conditions of Transfer to Training

UNIT – IV

5. Motivation and Emotion:

- Meaning of Motivation
 - i. Concept of need, drive, motive, incentive and achievement
 - ii. Types of Motivation
 - iii. Role of Motivation in teaching physical activities

6. Emotion

- Meaning and nature of Emotion
- Types of Emotion

7. Personality:

- Meaning and nature of Personality
- Dimensions of Personality
- Introduction to Sports Psychology Meaning and area/scope of sports psychology
- Importance of sports psychology for physical educationists Coaches and players

References:

1. Gates, A.I. et al. Educational Psychology, Lindgram, H.E. Advanced Educational Psychology in the classroom.
2. Kuppanswami, B. Advanced Educational Psychology.
3. Oxendine, J.B. Psychology and Motor Learning.
4. Dr. M.L. Kamlesh, "Psychology of Physical Education of Sports" metropolitan.
5. Jack H. Liewellyn, Judy A. Bluckeve,, Psychology of Coaching Theory and application.

Paper III: BPSTC 303- Physiology of Exercise

L T P
Periods/week:- 4 0 2

Objective:

- To understand the concept of definition of physiology and its importance.
- To study the importance of different systems of human body in physical education.

UNIT – I

1. Definition of physiology and its importance in the field of physical education and sports.
 - Structure, Composition, Properties and functions of skeletal muscles.
 - Nerve control of muscular activity: O Neuromuscular junction
 - Transmission of nerve impulse across it. O Fuel for muscular activity
 - Role of oxygen- physical training, oxygen debt, second wind, vital capacity.
2. Energy –
 - Meaning of energy Production and use of energy.
 - Types of Energy
 - Aerobic and anaerobic of muscular energy.

UNIT-II

3. Muscles:-
 - Types of muscles.
 - Characteristics of skeletal muscles, innervation and blood supply.
 - Microscopic structure of muscles fiber, sensory organ of muscle.
 - Biochemical changes in muscles during exercise, second wind.
 - Muscles fatigue and recovery process, debt.

4. Circulatory System:
 - 4.1 Functioning of heart during exercise.
 - Stroke volume
 - Cardiac output
 - Pulse rate
 - 4.2 Effect of training on functioning of heart.
 - 4.3 Blood-constituents
 - Role during exercise-Blood lactate CO₂ in blood, O₂ carriage in body Oxy-haemoglobin
 - Blood pressure changes during exercise.



UNIT – IV

5. Respiratory System:

- General functioning of the system-Various measures & capacities like Vital capacity, tidal air, residual air, inspiration and expired air pressure.
- Transportation of gases.
- At lung level
- At Cellular level
- Changes during exercise in respiratory system.
- Effect of long term training on respiratory capacities.

Reference:

1. Physiology of Exercises – by Maccurdy and Mekenzh.
2. Physiology of Exercise – by Karpovich.
3. Sports physiology – by Fox
4. Exercise physiology – by Morehanse & Miller.
5. Physiological Basis of Physical Education and Athletics by Mathews and Fox.
6. Exercise Physiology – by David H. Clarke.

PAPER IV: BPSTC 304- Management in Physical Education

L T P

Periods/weeks:- 4 0 2

Objective:

- To study the management and organizational structure.
- To understand the detailing of facilities & equipments and class management and office management.

UNIT – I

1. Management and Organizational Structure:

- Meaning and Definition of the Terms – Administration and Managements.
- Elements/Phases of Management (Planning; Organizing; staffing; Directing and Coordination; Supervision and Control/ Evaluation
- Re-adjustments and Improvement/ Follow-up) Importance/Significance of the Subject Management in Physical Education and Sports.
- Principles of Management.

UNIT- II

2. Facilities and Equipments :

- The Need for Out-door Facilities: Principles for their Location and the Recommended Area.
- Selection/Types of Surfaces, Drainage System, Fencing (Protection), Seating Arrangements and Parking.
- Guidelines/Principles for the Lay-out of outdoor Facilities.
- Care and Maintenance of Out-door Facilities
- Gymnasium:
 - The need, Location, Dimensions, Sample Floor Plans.
- Swimming Pool:
 - The Need, Construction, Maintenance and Supervision.
- The need for Equipments and their Types.

- Procedure for the Purchase of Equipments.
- Principles to be followed for the Purchase.
- Store Room Management:
 - Need, Location, Fixtures, Handing of equipments, Issuing Procedure and Periodical
- Stock- Checking. Stocking of Leather Equipments, Rubber Equipments, Wooden Equipments, Cloth Uniform Shuttle Cocks, Mattresses, Swimming and Track Equipments.
- Repairs and Disposal of Damaged Equipments.

UNIT – III

3. Staff and Leadership

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

UNIT – IV

4. Class Management & Office Management

- Teacher's Preparation before Class (Lesson Plan, Markings of the Courts, Necessary Equipments Suitable Uniform).
- Students Preparation Handling and Controlling the Class
- Attendance System.
- Grading the Student.
- Preparing Reports.
- The Need for Office, It's Location and Set up.
- Office Function and Practice.

References:

1. Joseph P.M. Organization of physical Education.
2. Voltmar, B.P. et. al. The Organization and Administration of Physical Education.
3. Bucher, C.H. Administration of Physical Education and Athletic programmes.
4. Zigler, E.M. and Dewie, G.W. Management Competency Development in Sports and Physical Education
5. Maheshwari, B. Management by Objectives Table
6. Allen, L.A. Management and Organization.
7. Newman, W.D. Administrative Action.
8. Hugesm W.L.et.al. Administrative of Physical Education.
9. Venderzwaq, H.J. Sports Management in Schools and Colleges.
10. Larry Horine, Administration of Physical Education and Sports.



B.P.E.S SEMESTER - IV

Paper I: BPSTC 401-Fundamental of and its use in Physical Education

L T P
Periods/weeks:- 4 0 2

Objective:

- To study the fundamentals of computer and its use in physical education.
- To understand the basic concept of information and communication technology.

UNIT-I**1. Introduction to Computers**

- Brief history of development of computers Generations of computers
- Types of components of a computer system Basic components of a computer system
- Memory RAM – ROM, and other types of memory. Operating system
- Need of software, types of software
- Types of virus, virus detection and prevention Binary number system

UNIT-II**2. Introduction to Windows**

- Using mouse and moving icons on the screen.
- My computer, recycle bin, status bar.
- Start menu selection, running an application
- Window explorer to view files, folders and directories, creating and renaming of files and folders.
- Operating and closing of different windows, minimize, restore and maximize forms of windows.
- Basic components of a window: Desktop, frame, Title bar, menu bar, status bar, scroll bars, using right button of the mouse.
- Creating shortcut, basic windows accessories: power point presentation, notepad, paint, calculator, word pad, using clipboard.

UNIT-III**3. Introduction to Ms-office and word processor**

- Types of word processor
- Creating and saving a documents, editing and formatting document including changing colour, size font, alignment of text.
- Formatting paragraphs with line or paragraph spacing adding headers and footers, numbering pages.
- Using grammar and spell check utilities, etc. printing document. Inserting word art, clipart and pictures.
- Page setting, bullet and numbering, borders, shading format painter find and replace.
- Inserting tables, mail merge.

UNIT-IV**4. Introduction to information and communication technology**

- Concept, importance, meaning and nature of information and communication technology.
- Need of information and communication technology in physical education
- Scope of ICT in education and physical education
- Teaching learning process, publication, evaluation, research administration.
- Paradigm shift in education due to ICT content with special reference to curriculum.
- Role to teacher, methods of teaching, classroom environment, evaluation procedure.
- POP and WEB based E-mail, merits address, Basics of sending and receiving, E-mail, protocols, Mailing list free e-mails services.

References:

1. mITL Education solution ltd. Introduction to information technology research and development wing-2006.
2. Simmons Ian, computer dictionary BPB publications-2005.
3. Pradeep K. Sinha and Prit; Sinha foundations computing BFB publications-2006.
4. Douglas E. Comer, The internet Book, Purdue University, West Lafayette in 2005.
5. V. Rajarman, fundamentals of computers, prentice hall of India, New Delhi-2000.
6. B. Ram, Computer fundamentals, New age international publishers 2006.

Paper II: BPSTC 402-Basic Principles of Sports Training

L T P

Periods/weeks:- 4 0 2

Objective:

- To study the basic principle of sports training.
- To give brief study to the training load, types of training and overload.

UNIT-I

1. Introduction

- Meaning and Definitions of sports training.
- Meaning of terms: coaching, teaching, conditioning and training.
- Aims and Tasks of sports training.
- Systematization of sports training
- Basic Training
- Intermediate Training
- High performance training

UNIT-II

2. Training Load:

- Definition and Types of training load.
- Features/Factors of Training Load.

3. Over Load

- Meaning and types of over load
- Causes of over load.
- Symptoms of over load.

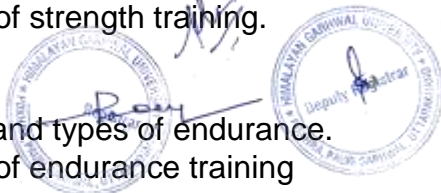
UNIT-III

4. Strength

- Concept and types of strength
- Methods of strength training.

5. Endurance

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



6. Speed

- Concepts and classification of speed
- Methods of developing speed abilities
 - Reaction speed
 - Speed of movement
 - Acceleration speed
 - Sprinting speed
 - Speed endurance

UNIT-IV

7. Technical Training

- Definition of Technique and skill
- Importance of Technique

8. Tactical Training

- Concept of Tactics and Strategy
- Methods of Tactical Training.

9. Planning

- Concept of Training Plan.
- Types of Training plan.

10. Periodization

- Meaning and Importance of Periodization
- Aim and Contents of Periods
- Types of Periodization

Reference:

1. Dick W. Frank, Sports Training Principles.
2. Harre, D. Principles of Sports Training.
3. Matveyev, L.P. Fundamentals of Sports Training.
4. Singh, Hardayal, Science of Sports Training.
5. Uppal, A.K. Principles of Sports Training.
6. Tudor B. Bompa & Mihai C. Carera, Periodiation Training for Sports, Human Kinetics
7. Yograj Thani, Sports Training.
8. K. Chandra Shekar, Sports training.

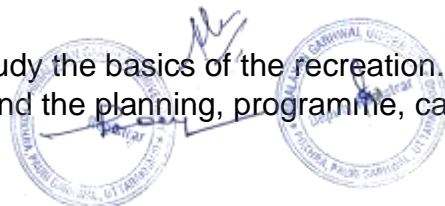
Paper III: BPSTC 403- Recreation

L T P

Periods/weeks:- 4 0 2

Objective:

- To briefly study the basics of the recreation.
- To understand the planning, programme, camping and leadership quality.



UNIT- I

1. Introduction

- Meaning, Definitions and characteristics of recreation
- Importance of Recreation.
- Misconceptions about Recreation Scope of Recreation

UNIT- II

2. Influence of recreation in social institutions

- Family Education institutions
- Community/Cultural Religious organization

UNIT- III

3. Planning for recreation

- Planning criteria and objectives of recreation facilities.
- Different types of indoor and outdoor recreation for urban and rural population.
- Operation and maintenance of different recreation area and facilities.
- Sources of funding of recreational activities.

UNIT- IV

4. Programmes in recreation

- Classification of Recreational Activities: Indoor and outdoor activities, water activities, Cultural activities, Literary activities, Nature and outing Social events Adventure activities
- Hobbies-Introduction to hobbies and types of hobbies Agencies providing Recreation.

5. Camping and leadership

- Aim, objectives and importance of camping. Organization and types of camp.
- Selection and layout of camp site.
- Camping leadership
- 6. Types and functions of recreation leaders
- 7. Qualification, qualities and training and recreation leaders.

References:

1. Bright Charles K. and Herold C. Meyer. Recreational test and readings.
2. Ness wed, M.H. and New Meyer E.s. Leisure and Recreation.
3. Vannier Maryhalen, Methods and Material in Recreation leadership.
4. Planning Facilities for Health Physical Education and recreation.
5. Recreation areas: Their Design and equipments.
6. Kran, R.G. Recreation and the schools.
7. Shivers J.S., Principles and practices of recreational service.
8. Kledienst V. K. & Weston A the recreational sports programme.
9. Butler George introduction to community recreation.
10. Dubey and Nayak Recreation.
11. Jalandhar. Marrow GS Therapuetic Recreation.



Objective:

- To study the basic concept of adapted physical education and its role.
- To understand the classification of disability, co-curricular activities, rehabilitation and government welfare programme.

UNIT- I

1. Introduction to Adapted Physical Education

- Meaning and definitions Aims, goals, & objectives
- Need & importance of adapted physical education

UNIT - II

2. Classification of Disability

- Physical disabilities Causes
- Functional Limitations
- Characteristics Mental Retardation Causes
- Characteristics Functional Limitations
- Visual Impairment Causes
- Characteristics Functional Limitations
- Hearing Impairment Causes
- Characteristics Functional Limitations
- Behavioural Disorders
- Adjustment problems
- Personality disorder
- Modifications for teaching and programming in physical education and sports

UNIT- III

3. Adapted physical education programme

- Guiding principles for adapted physical education programme (AAPHER Principles)
- Physical Education program for disabled for Elementary school
- Middle school High School
- College & University level

UNIT-IV

4. Co-curricular Activities for disabled

- outdoor programme for the disabled
- Adventure based outdoor programme
- Rhythm and dance activities

5. Rehabilitation

- Aims and objectives of rehabilitation council of India.
- Meaning of functional and occupational rehabilitation

6. Governmental Welfare Programme

- Provision of Special rights and privilege for disabled through legislations.



- Social welfare programme for disabled
- Mass public education /Awareness programme
- Education approach
- Service approach
- Legislative approach

Reference:

1. Auxter,Byler, Howtting, Adapted Physical Education and Reactions,
2. Morbey-St. Louis Mirrauri. Arthur G. Miller and James, Teaching Physical Activities to Impaired Youth
3. John Wilage & Sons Inc. Canada. Ronal W. French, & Paul J., Special Physical Education,
4. Charles E. Merrics Publishing Co. Edinburgh, Ohio. Arthur S.Daniles and Euily, Adapted Physical Education, Harpet & R.W. Publisher-New York.
5. Anoop Jain, Adapted physical Education, sports publications, Ashok Vihar, Delhi-52.

SEMESTER-V

Paper I: BPSTC 501-Sports Sociology

L T P
Periods/week: 4 0 2

Objective:

- To study the concept of sociology and introduction to sports sociology.
- To understand the detailing of the social factors concerning sports in society.

UNIT-I

1. Concept of Sociology

- Meaning, nature and scope of sociology
- Methods of sociology and their relationship with other social sciences.
- Effect of various social forces on personality development.
- Sport – medium of socio-cultural change.

UNIT-II

2. Introduction to sports sociology

- Meaning and scope of sports sociology
- Sports sociology as a discipline
- Sports as a social occurrence
- Effect of appearance, sociability and specialization on sport participation

UNIT-III

3. Sports and society

- Socialization through games and sports
- Recreation and its scope through games and sports.
- Sport as an element of society
- Sport as an element of cultural development
- Sport as an art.



UNIT-IV

4. Social factors concerning sports in society

- Social stratification in sports
- Demonstration in sports
- Sport and women
- Sport and children
- Sport and older adults

References:

1. Sociological Foundation in physical education and sports; S.R. Sharma, Friends publication
2. Sociology of Sports; Kawaljeet Singh, Friends Publication
3. Sports Sociology- An Indian Perspectives; Bhupinder singh, Friends Publication
4. Sociology of Sports; Yobu, Friends Publication

Paper II: BPSTC 502- Method of Physical Education

L T P
Periods/weeks:- 4 0 2

Objective:

- To study the basic concept of physical education and its method.
- To study and determine the classification, lesson planning and types of teaching aids.

UNIT- I

1. Physical Educational Method:

- Definitions – Scope and importance of method in Physical education:
- Teaching Techniques in Physical Education
- Lecturer Method
- Command Method
- Demonstration Method
- Limitation Method
- Project Method
- Discussion Method
- Group Directed Practice Method
- Teaching Procedure in Physical Education :
- Whole Method
- Whole part whole method
- Part whole method
- Stage whole method

UNIT-II

2. Classification:-

- Classification of pupils for routine physical Education activities and competitions
- Various method of classification
- Advantage and disadvantage of classification.

UNIT-III

3. Lesson Planning:

- Types of lessons: Knowledge lesson, Drill lesson, skill lesson, Review lesson, Appreciation lesson

- Planning and observation of Class- Room Teaching lesson
- Planning and observation of field Activity Teaching lesson.
- Teaching aids-importance, Types and uses, Audio-Visuals, Charts, Models, Films, Black Board, etc.

UNIT-IV

4 Tournaments and competitions:

- Group competitions and their importance, Methods of organizing competitions types of tournaments, methods of conducting tournaments
- Methods of conducting intra- Mural and Extra mural completions, games of law organization, organization of excursions.
- Construction and marking of play field for various games, laying out of running's. Track, construction of jumping pits preparing and markings of different play fields. The measurement and requirement.

Paper III: BPSTC 503- Remedial and Corrective Physical Education

L T P
Periods/weeks:- 4 0 2

Objective:

- To study the basics of the remedial and corrective of physical education.
- To understand the postural deformities sports injuries common sports injuries and their immediate treatment.

UNIT-I

1. Meaning, importance and scope of posture education.
 - Concept and classification of posture
 - Correct and incorrect posture
 - Static and dynamic posture
 - Body type and posture-

UNIT-II

2. Postural Deformities:
 - A study of Physical defects in posture and the corrections to be arrived at-
 - Kyphosis
 - Lordosis flatfoot
 - Bowed legs
 - knocked knees
 - corrective exercise
 - Assessment of posture and posture test.
 - Therapeutic exercise and their classification.

UNIT-III

3. Sports Injuries:
 - Introduction to sports injuries
 - Role of trained personnel in the management of the sports injuries
4. Prevention injuries:
 - Factors causing sports injuries
 - Factors sports injuries
 - Complications of incomplete treatment

UNIT-IV

5. Common sport injuries and their immediate treatment
 - Sprain
 - Strain
 - Contusion and hematoma
 - Dislocation
 - Fracture
 - Rehabilitation : Definition objectives and scope
 - Effects and uses of the therapeutic modalities in
 - a. Cold therapy
 - b. Hot most
 - c. Infra Red
 - d. Contrast bath
 - e. Wax bath therapy
 - Brief history of massage.
 - Principles of application of Massage.
 - Classification of the manipulations used in massage and the effects of each such type on different systems of human body.
 - a. Stroking manipulation
 - b. Pressure manipulation
 - c. Percussion Manipulation

Reference:-

1. Corrective physical education by rathbone
2. Manual of message and movement by Prof. E.M.Naro
3. Therapeutic exercises for body alignment and function by William Maclimond, Catherine Worthingw
4. Message and Medical Gymnastics by M.V.Lace
5. Preventive and Corrective Physical Education by Stafford and Kelly
6. Tests and Measurements by McColy and Young.

Paper IV: BPSTC 504- Test and Measurement in Physical Education

L T P
Periods/weeks:- 4 0 2

Objective:

- To study the basic concept of the test and measurement in physical education.
- To understand the study of different types of test, their criteria and their usage, role and importance.

1. History and Need:

- History of measurement in physical education.
- Meaning of test and measurement
- Need for test and measurement in physical education.
- The use of test and measurement in physical education.

UNIT-II

2. Criteria for selecting tests:

- Validity
- Reliability
- Objectivity
- Norms
- Standard norms
- Accuracy and interpretability

UNIT-III

3. Physical Fitness Test:

- Strength Test
 - a. Freshman's battery on basic fitness test
 - b. Physical fitness index
 - c. Sargent test
- MotorFitness Tests –
 - a. J.C.R. Test
 - b. National Physical efficiency test
- Cardiovascular test-
 - a. Harward's Step test
 - b. Foster test
 - c. Copper's Twelve minuler Run and walk test

UNIT-IV

4. Sport skills test

- Application of skill test.
 - a. Fundamental of measuring techniques in sports.
 - b. Standard activity tests Miler Volley ball test,
 - c. Johnson Basketball ability test. Goal shooting test in hockey.

Reference:

1. Clarks H: Application of measurement of health physical education.
2. Larson L.A. & Yucom R.D. Measurement and Evaluation in Physical Health and Recreation Education.
3. Mathew, Donald: Measurement in Physical Education.
4. Neilson, N.P.: An elementary Course in Statistics Test and Measurement in Physical.
5. Harbens Singh : Teaching Hockey Through Testing.
6. Wilks, S.S. Elementary Statistical Analysis.



SEMESTER- VI

Paper I: BPSTC 601- Professional Preparation in Physical Education & Sports

L T P
Periods/week:- 4 0 2

Objective:

- To study the concept of professional preparation in physical education and sports.
- To understand the detailing of role of central and state government in professional preparation.

UNIT-I

1. Meaning Nature and Criteria of profession.
 - Physical Education as a profession.
 - Aims and objectives of General Education contribution of professional preparation to the purpose of education.
2. Forces and Factors affecting the policies and programmes of professional preparation educational, social, political, economical, religions etc.
 - Accreditation and Certification.

UNIT-II

3. Qualifications for teaching courses of professional preparation in physical education.
 - Specific qualifications for physical educators.
 - Teaching evaluation
4. Duties and services of physical education teachers.
 - Experience through movement education including games, sports and other activities.
 - Professional preparation programmes Health, safty, recreation, camping and outdoor education.
 - Coaching: conducting research
 - Administrative functions
 - Measurement and Evaluation.
 - Community Responsibilities
 - Professional Leadership

UNIT-III

5. Role of central and state Government in professional preparation.
6. Role of non-official agencies in improving professional preparations.
7. Historical perspective of teachers training in physical education in India.

UNIT-IV

8. Allied subjects their meaning, concept and scope sports, psychology, sports sociology, sports philosophy, sports, mechanics, kinesiology, physiology sports medicine, health education.
 - Sports and other field
 - Sports and polities
 - Sports and Culture
 - Sports and Economics (Commerce)

Reference:

1. Bucher, Wuest: Foundation of physical education and sport.

2. Seidel Reseck : Physical education : An overview (2nd Edn)
3. Richard S. Revenes : Foundation of physical education.

Paper II: BPSTC 602- Educational Technology

L T P
Periods/weeks: 4 0 2

Objective:

- To study the concept of educational technology.
- To understand the basic concept of teaching aids, techniques and technology of education.

UNIT-1

1. Introduction to Educational Technology:
 - Definition
 - Educative process
 - The Teacher of Yesterday & Today.
 - An outline of teaching method used then and now

UNIT-II

2. Teaching Aids: Importance of Teaching Aids.
 - Criteria for selecting teaching aids
 - Difference between teaching method and teaching aid Broad classification to teaching aids
 - Audio Aids visual Aids
 - Audio Visual Aids
 - Effectiveness of Edger Dale's cone classification.

UNIT-III

3. Advantage and suggestions for effective use of selected teaching aids.
 - Verbal Chock Board Charts Models
 - Slide Projector Over Head Projector Motion Pictures
 - Self Experiment and Projects.

UNIT-IV

4. New Teaching Techniques and Innovations-II: Micro Teaching
 - Concept and features of micro teaching.
 - Micro teaching verses traditional teaching.
 - Steps in micro teaching
 - Micro teaching skills
 - Limitation of Micro teaching
5. Simulation Teaching:
 - Meaning of Simulation
 - Types of activities in simulation
 - Steps in simulation



- Advantages of simulation
- Limitations of simulation

References:

1. K Smapath, A Pannirselvan and S. Santhanam , Introduction to Educational Technology.
2. Bhatia and Bhatia. The Principles and Methods of Teaching.
3. Walia J.S.Principles and Methods of Education.
4. Kochar, S.K., Methods and Techniques of Teaching.
5. Lozman Cassidy and K Jackson, Methods in Physical education.
6. Singh, Ajmer, Modern Text Book of Physical Education. Health and sports.
7. Amita Bhardwaj, New Media of Educational Planning.

Paper III: BPSTC 603- Officiating and Coaching

L T P
Periods/weeks:- 4 0 2

Objective:

- To study the basic concept of teaching and training principles of coaching.
- To analysis the individuals and team performance.

UNIT-I

1. Teaching and Training, Principles of Coaching.
 - Personality of Coach, Methods of Personality Skills.
 - Principles of conditioning, methodical principles of weight training isometric training.
 - Circuit training.
 - Cross country, Fartlek, pressure Training and Sprint Training.

UNIT-II

2. Basic Principles and planning of training schedule maintenance fitness.
 - Selection of players
 - Measures for maintaining and stimulating the interest of students in games and sports.

UNIT-III

3. Analysis of individual and team performance.
4. Sports hygiene, safety measures in sports.

UNIT-IV

5. Official his duties and qualities
 - Factors influencing officiating.
6. Record sheets, facilities, techniques, strategies and rules and their interpretations of the following
 - Athletics
 - Football
 - Hockey
 - Volleyball
 - Basketball
 - Cricket



- Kabaddi
- Kho-kho,
- Gymnastics
- Wrestling also for girls
- Netball
- Throw ball
- Badminton
- Table Tennis.

Reference:

1. Harold, Abraham and Jack Crumps (Athletics The Naldrett Press, London)
2. Doherty : Modern Track and Field.
3. Miller : Fundamentals of Track and Field.
4. D.B.Crmwell Championship Technique in Track and Field
5. Breshnabam and Tuttle : Track and Field.
6. Meeley : Test and Measurements

Paper IV: BPSTC 604- Fitness & Wellness

L T P
Periods/weeks:- 4 0 2

Objective:

- To study the introduction, profile, development and maintenance of the fitness & wellness
- To discuss and understand the behaviour modification of the physical sports and education.

UNIT – I

1. Introduction

- Concept and meaning of fitness and wellness
- Components of fitness and their description
- Components of wellness and their description
- Significance of fitness and wellness in present scenario.
- Fitness and wellness for life

UNIT – II

2. Fitness profile, development and maintenance of the following:

- Types
 - a. Physical (cardio respiratory, strength, speed agility, flexibility, power, muscular endurance)
 - b. Health related (cardio-respiratory, flexibility, body composition, muscular strength and endurance)
 - c. Motor skill related (speed, power, agility, coordination, endurance, balance)
- Principals of physical fitness
- Benefits of fitness programme
- Obesity (causes and prevention)
- Weight management (role of diet & exercise in maintenance of ideal weight)

UNIT – III

3. Wellness:

- Identifying dimensions of wellness, achieving and maintenance of wellness
- Adopting healthy and positive lifestyle
- Identifying Stressors and managing stress
- Staying safe and preventing injuries
- Knowledge of Nutrition and its implementation on healthy lifestyle
- Factors leading to eating disorder
- Hazards of substance abuse (smoking, alcohol and tobacco)
- Adoption of spirituality principles and their remedial measures
- Yogic practices for achieving health and fitness
- Worthwhile use of leisure time
- Sexuality- preventing measures for sexual transmitted diseases.
- Emphasis on proper rest and sleep
- a. Prevention of cancer- Cardiovascular disorders and other diseases
- b. Relationship of wellness towards positive lifestyle
- c. Benefits of wellness

UNIT – IV

4. Behaviour Modification

- Barriers to change
- a. Process of change (6 stages) SMART
- b. Technique of change & smart goal setting.
- c. Healthy lifestyle approach. (Introduction, prevention, and treatment of inactivity diseases)
- Daily schedule based upon one's attitude, gender, age & occupation.
- a. Basic – module: - Time split for rest, sleep, diet, activity & recreation.
- b. Principles to achieve quality of life:- Positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.

References:

1. Anderson, B. Stretch yourself for health and fitness, Delhi;
2. Austin and Noble, Swimming for fitness, Madras;
3. Bean, Anita, Food for Fitness, London;
4. Callno Flood, D.K.; Practical maths for Health Fitness, New Delhi
5. Cox, Corbin, C.B. & Indsey, R.; Concepts of physical fitness, WC brown
6. Difiore, Judy, Complete Guide for Postnatal Fitness, London



B.P.E.S. (SEMESTER- Ist & IInd)
Practical Courses

GAMES SPECIALIZATION WITH (OFFICIATING) (ANY TWO GAMES)

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 defence.
- Ground Marking, Rules and Officiating

Kho Kho: Fundamental Skills

- 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, Judgement 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.

Badminton: Fundamental Skills

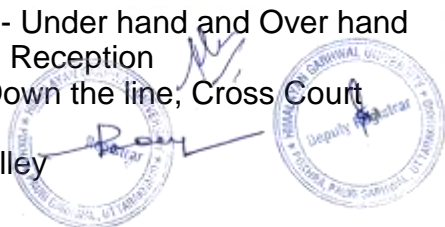
- Racket parts, Racket grips, Shuttle Grips.
- The basic stances.
- The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm
- Drills and lead up games
- Types of games-Singles, doubles, including mixed doubles. o Rules and their interpretations and duties of officials.

Table Tennis: Fundamental Skills

- 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.

Squash: Fundamental Skills

- Service- Under hand and Over hand
- Service Reception
- Shot- Down the line, Cross Court
- Drop
- Half Volley



- Tactics – Defensive, attacking in game
- Rules and their interpretations and duties of officials.

Tennis: Fundamental Skills.

- Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip.
- Stance and Footwork.
- Basic Ground strokes-Forehand drive, Backhand drive. o Basic service.
- Basic Volley.
- Over-head Volley.
- Chop
- Tactics – Defensive, attacking in game
- Rules and their interpretations and duties of officials.

Base Ball: Fundamental Skills

- Player Stances – walking, extending walking, L stance, cat stance.
- Grip – standard grip, choke grip,
- Batting – swing and bunt.
- Pitching
- Baseball : slider, fast pitch, curve ball, drop ball, rise ball, change up, knuckle ball, screw ball
- Softball: windmill, sling shot, o starting position: wind up, set.
- Fielding
- Catching: basics to catch fly hits, rolling hits
- Throwing: over arm, side arm.
- Base running
- Base running: single, double, triple, home run
- Sliding: bent leg slide, hook slide, head first slide.
- Rules and their interpretations and duties of officials.

Netball: Fundamental Skills

- Catching: one handed, two handed, with feet grounded, in flight.
- Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).
- Footwork: landing on one foot; landing on two feet; pivot; running pass.
- Shooting: one hand; two hands; forward step shot; backward step shot.
- Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.
- Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).
- Intercepting: pass; shot.
- The toss-up.
- Role of individual players
- Rules and their interpretations and duties of officials.

Cricket: Fundamental Skills

- Batting-Forward and backward defensive stroke
- Bowling-Simple bowling techniques



- Fielding-Defensive and offensive fielding o Catching-High catching and Slip catching o Stopping and throwing techniques
- Wicket keeping techniques

Football: Fundamental Skills

- 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.

Hockey: Fundamental Skills

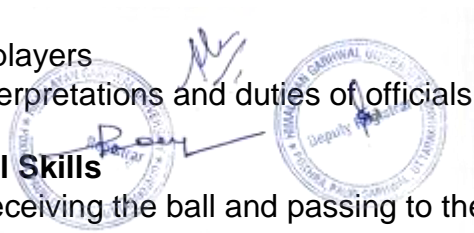
- Player stance & Grip o Rolling the ball
- Dribbling o Push
- Stopping o Hit
- Flick
- Scoop
- Passing – Forward pass, square pass, triangular pass, diagonal pass, return pass,
- Reverse hit
- Dodging
- Goal keeping – Hand defence, foot defence o Positional play in attack and defence.
- Rules and their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

Softball Fundamental Skills

- Catching: one handed, two handed, with feet grounded, in flight.
- Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).
- Footwork: landing on one foot; landing on two feet; pivot; running pass.
- Shooting: one hand; two hands; forward step shot; backward step shot.
- Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.
- Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).
- Intercepting: pass; shot.
- The toss-up.
- Role of individual players
- Rules and their interpretations and duties of officials.

Volleyball: Fundamental Skills

- Players Stance-Receiving the ball and passing to the team mates,
- The Volley (Over head pass)
- The Dig(Under hand pass)



- Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service.
- Rules and their interpretations and duties of officials.

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 centre
- Blocking
- Goal keeping
- Defence
- Rules and their interpretations and duties of officials.

Basket ball: Fundamental Skills

- Player stance and ball handling
- Passing-Two Hand chest pass, two hands 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, Reverse dribble, rolling dribble.
- Shooting-Layup shot and its variations, one hand set shot, One hand jump shot, Hook shot, 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.

TRACK AND FIELD: OFFICIATING (ANY TWO EVENTS)

Running Event

- Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.
- Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug
- Ground Marking, Rules and Officiating

Yoga:

- Asanas
 - a. Sitting



- b. Standing
- c. Laying Prone Position
- d. Laying Spine Position
- Surya Namaskara
- Pranayams
- Corrective Asanas
- Kriyas

GYMNASTICS /SWIMMING/SHOOTING (ANY ONE)

Gymnastics: Floor exercise

- Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap.
- Vaulting Horse
- Approach Run, Take off from the beat board, Cat Vault, Squat Vault.

Swimming: Fundamental Skills

- Entry into the pool.
- Developing water balance and confidence
- Water fear removing drills.
- Floating-Mushroom and Jelly fish etc.
- Gliding with and without kickboard.
- Introduction of various strokes
- Body Position, Leg, Kick, Arm pull, Breathing and Co ordination.
- Start and turns of the concerned strokes.
- Introduction of Various Strokes.
- Water Treading and Simple Jumping.
- Starts and turns of concerned strokes.
- Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.

Shooting Fundamental Skills

- Basic stance, grip, Holding rifle/ Pistol, aiming target
- Safety issues related to rifle shooting
- Rules and their interpretations and duties of officials

Light Apparatus:

- Lathi-Two counts exercises, Four Count exercises, eight count exercises, sixteen count exercises.
- Drill & Marching
- Lezim/ Lezim / Hoop/Umbrella



B.P.E.S. (SEMESTER- IIIrd & IVth)
Practical Courses

TEAM GAMES AND GAMES OF SPECIALIZATION

***Same as semester –I & II**

Officiating of Major Game (any two games)

ATHLETICS:- THROWING EVENTS. (ANY TWO EVENTS) WITH OFFICIATING

Fundamental Skills:

- Throwing Techniques
- Types of throwing
- Ground Marking and Officiating.

SWIMMING/GYMNASTICS (APPARATUS)/SHOOTING (ANY ONE)

****Same as semester- I & II**

TEACHING PRACTICES:

- a. General Lesson Plan (05lessons in outdoor) (4 Internal 1 external)
- b. Lessons in outdoor Sports & Game activities (05lessons). (4 Internal 1 external)

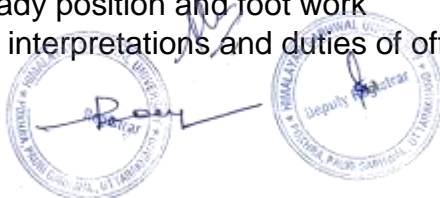
RACKET SPORTS: (ANY ONE)

Badminton: Fundamental Skills

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- Basic Ground strokes-Forehand drive, Backhand drive.
- Basic service.
- Basic Volley.
- Over-head Volley.
- Chop
- Tactics – Defensive, attacking in game
- Rules and their interpretations and duties of officials.

TEACHING PRACTICES

- A) Lessons in Racket Sports (05lessons) (4 Internal 1 external)
- B) Lessons in Throwing events (05lessons) (4 Internal 1 external)



B.P.E.S. (SEMESTER- Vth & VIth)

TEAM GAMES AND GAMES OF SPECIALIZATION

*****Same as semester –III & IV**

ATHLETICS:- JUMPING EVENTS (ANY TWO EVENTS) WITH OFFICIATING

- Approach Run
- Take off
- Clearance over the bar
- Landing

SWIMMING/GYMNASTICS (APPARATUS)/SHOOTING (ANY ONE)

******Same as semester –III & IV**

TEACHING PRACTICES

- a. Teaching Lesson Lessons in Yoga (5 Lessons) (4 Internal 1 external)
- b. Class Room Teaching Lessons (5 Lessons) (4 Internal 1 external)

OFFICIATING LESSON PLAN

- a. Game of specialization (5lessons in outdoor) (4 Internal 1 external)
- b. Lessons in Track and Field (5 Lessons each) (4 Internal 1 external)

PROJECT ORGANIZED

Maximum 4 student in one athletic event (Semester I to V) OR Any one game (Semester I to V)

- A) Athletic (any one events)
- B) Games Specialization(any one Game)

OFFICIATING LESSON OF TRACK & FIELD & GAMES SPECIALIZATION

- 05 Lesson each (4 Internal 1 external)