

# Theory Papers

## Semester-I

### Foundation of Physical Education

Subject-Code-BPE2101

#### Unit – I

##### **Chapter-I**

Meaning and Definition of Education, Meaning, Definition and Scope of Physical Education, Aim and Objectives of Physical Education.

##### **Chapter-II**

Need and Importance of Physical Education in present era, Misconceptions about Physical Education, Relationship of Physical Education with General Education.

#### UNIT-II

##### **Chapter-I**

Meaning and Definition of Philosophy, functions of philosophy, Idealism and physical education

##### **Chapter-II**

Pragmatism and physical education, Naturalism and physical education, Realism and physical education

#### Unit-III

##### **Chapter-I**

Growth and development- meaning and definition, Factors affecting Growth and development, Gender differences (anatomical & physiological)

##### **Chapter-II**

Body Types- Kretchmer & Sheldon's classification, Chronological Age, Anatomical Age, Physiological age

#### Unit-IV

##### **Chapter-I**

Meaning and Definition of Psychology, Meaning and definition of following terms; Individual differences, Anxiety, Aggression, Attention and their relationship with sports performance, Play- Play theories

##### **Chapter-II**

Meaning and Definition of Sociology, socialization process, social nature of men and physical activity, sports as cultural heritage of mankind, customs, traditions and sport, competition and cooperation.

#### **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, Delbert (1970). *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

### History of Physical Education

Subject-Code-BPE2102

#### Unit-I

##### **Chapter-I**

History of Physical Education in Ancient Greece, Ancient Rome, Germany Denmark and Sweden

##### **Chapter-II**

Physical Education in India before Independence, Indus valley civilization, Vedic period, Epic period, Buddhist period, medieval period

#### Unit-II

##### **Chapter-I**

British Period:- YMCA College of Physical Education-Madras, Christian College of Physical Education-Lucknow, H.V.P Mandal- Amravati

##### **Chapter-II**

Physical Education in India after Independence, Governing bodies of Physical education and sports (I.O.C., I.O.A., S.N.I.P.E.S., S.A.I., U.G.C., N.C.T.E., N.A.A.C.,)

#### Unit-III

##### **Chapter-I**

Policies and schemes related to Physical Education & Sports- Kothari Commission, New Education Policy, and National Policy on sports, Rajkumari Amrit Kaur coaching scheme, N.P.E.D., N.S.O.

##### **Chapter-II**

Awards related to Physical Education & Sports- Arjuna Award, Dronacharya Award, Rajiv Gandhi Khel Ratna Award, Maulana Azad Trophy, Laxman Award, Rani Laxmibai Award.

#### Unit-IV

##### **Chapter-I**

Ancient Olympic Games: - Historical background, Decline & termination of games, Modern Olympic Games: - Revival, charter, aim, objectives, spirit, motto, torch, flag, opening and closing ceremonies

##### **Chapter-II**

Asian Games, Commonwealth Games, SAF Games, Afro-Asian Games: - Historical background, their role for regional co-operation and peace

#### References:

- Khan E.A. (1964). History of Physical Education: Scientific Book Company, the University of Michigan
- Kamlesh Ml & Sangral Ms (1998). Principles & History Of Physical Education: Tandon pulication, Ludhina,
- Govindarajulu. N (2006) Historical Developments in Physical Education: Published by Friends, New Delhi
- Deshpande, S. H. (2014). *Physical Education in Ancient India* Amravati: Degree college of Physical education.

## Semester-I

### Anatomy & Physiology

**Subject-Code-BPE2103**

#### Unit-I

##### **Chapter-I**

Anatomy: - Meaning, need and importance, Cell: - definition, meaning, structure, function, shapes and Cell division.

##### **Chapter-II**

Tissue: - Definition, classification, structure, functions and types, Blood: - Composition, function and coagulation.

#### Unit-II

##### **Chapter-I**

Skeletal system: - Function, types of bones, Major bones of the body and their locations in body.

##### **Chapter-II**

Structure of Joints of the body, types of joints and their locations in body

#### Unit-III

##### **Chapter-I**

Muscular system: - Types of muscles, structure and function of skeletal muscle, Major muscles of the body and their locations.

##### **Chapter-II**

Physiology: - Meaning, need and importance, Essential properties of living organism.

#### Unit-IV

##### **Chapter-I**

Structure and functions: - Respiratory system, circulatory system and digestive system.

##### **Chapter-II**

Brief introduction to structure and functions of nervous system, endocrine system, excretory system and reproductive system

#### References:

- Gupta, A. P. (2010). Anatomy and physiology. Agra: SumitPrakashan.  
Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.  
Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B. Saunders.  
Karpovich, P. V. (n.d.). Philosophy of muscular activity. London: W.B. Saunders Co.  
Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication.  
Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications.  
Morehouse, L. E. & Miller, J. (1967). Physiology of exercise. St. Louis: The C.V. Mosby Co.  
Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd  
Sharma, R. D. (1979). Health and physical education, Gupta Prakashan.  
Singh, S. (1979). Anatomy , physiology and health education. Ropar: Jeet Publications.

**Semester-I**  
**Yoga Education**

**Subject-Code-BPE2104**

**Unit – I**

**Chapter-I**

Meaning and Definition of Yoga , Aims and Objectives of Yoga.

**Chapter-II**

Yoga in Early Upanishads, the Yoga Sutra: Need and Importance of Yoga for wellness.

**Unit - II**

**Chapter-I**

The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi, their meaning.

**Chapter-II**

Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga

**Unit – III**

**Chapter-I**

Effect of Asanas and Pranayama on various systems of the body, Classification of asanas with special reference to body posture.

**Chapter-II**

Influences of relaxative & meditative posture on various systems of the body, Various Bandhas , mudras & kriyas

**Unit – IV**

**Chapter-I**

Basic, applied and action research in Yoga, Difference between yogic practices and physical exercises

**Chapter-II**

Yoga education centres in India and Abroad, Competitions in Yogasanas

**References:**

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

## Semester-I

### Nutrition & weight Management

**Subject-Code-BPE2105**

#### Unit – I

##### **Chapter-I**

Meaning and Definition of Nutrition, Basic Nutrition guidelines

##### **Chapter-II**

Role of nutrition in sports, Factors to consider for developing nutrition plan

#### Unit – II

##### **Chapter-I**

Nutrients- Carbohydrates, Protein & Fat – Meaning, classification and their functions, Role of carbohydrates, Fat and protein during exercise

##### **Chapter-II**

Vitamins, Minerals & Water – Meaning, classification and their function, Role of hydration during exercise, water balance.

#### Unit – III

##### **Chapter-I**

Meaning of weight management, Concept of weight management in modern era, Factors affecting weight management and values of weight management

##### **Chapter-II**

Concept of BMI (Body mass index) & Obesity, Health Risks Associated with Obesity, Causes and Solutions for Overcoming Obesity

#### Unit – IV

##### **Chapter-I**

Nutrition – Daily calorie intake and expenditure, Determination of desirable body weight, Balanced diet for Indian School Children, Maintaining a Healthy Lifestyle

##### **Chapter-II**

Weight management program for sporty child, Role of diet and exercise in weight management, Designing diet plan and exercise schedule for weight gain and loss

#### References:

- Bessesen, D. H. (2008). Update on obesity. *J ClinEndocrinolMetab.* 93(6), 2027-2034.
- Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity(Silver Spring)*. 15(12), 3091-3096.
- Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a metaanalysis. *Am JObstetGynecol*, 197(3), 223-228.
- DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. *N Engl J Med*, 356(21), 2176-2183.
- Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA*. 299(3), 316-323.

# **Practicals**

## **Semester-I**

### **Computer Application**

#### **Subject-Code-BPE2151**

- Creating Folders, Copying and Moving items, Deleting items
- Creating Shot-cuts on desktops.
- Ms Word, Formatting, Inserting, Creating, Bullets, Numbers
- Spell Checks and Printing.
- Ms Excels basics, Editing Cells Contents,
- Applications of Simple Formula on physical Education related examples

## **Semester-I**

### **Athletics (Running events)**

#### **Subject-Code-BPE2152**

- Starting techniques:- Standing start, Crouch start and its variations, Proper use of blocks, Finishing Techniques:- Run, Through, Forward lunging, Shoulder Shrug,
- Hurdles:- Fundamental Skills- Clearance and Landing Techniques
- Relay:- Various patterns of Baton Exchange, Understanding of Relay Zones
- Ground marking
- Rules and their interpretations and duties of officials

## **Semester-I**

### **Football**

#### **Subject-Code-BPE2153**

##### **Fundamental Skills**

- Kicks- Instep kick, Outer instep kick, Push pass, lofted kick
- Trapping-trapping the rolling & high ball with sole of the foot
- 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
- Ground marking
- Rules and their interpretations and duties of officials

## Semester-I

### Volleyball

**Subject-Code-BPE2154**

#### 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
- Smash- High & Low smash
- Ground marking
- Rules and their interpretations and duties of officials

## Semester-I

### Table Tennis

**Subject-Code-BPE2155**

#### Fundamental Skills

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

## Semester-I

### Badminton

**Subject-Code-BPE2156**

#### Fundamental Skills

- Racket parts, Racket grips, holding Shuttle
- Service – High & Low service
- The basic strokes- Forehand-overhead and underarm, Backhand-overhead and underarm
- Types of games-Singles, doubles, including mixed doubles.
- Ground marking
- Rules and their interpretations and duties of officials.

## Semester-I

### Kho Kho

**Subject-Code-BPE2157**

#### Fundamental Skills

- General skills of the game-Running, chasing, Dodging, Faking etc
- Skills in chasing-Correct Kho, Moving on the lanes, Tapping the in active runner, Tapping the runner on heels, Diving.
- Skills in Running-Zig zag running, Single and double chain, Ring play, Dodging while facing and on the back, fakes on the pole
- Ground Marking
- Rules and their interpretations and duties of officials

## Semester-I

### Kabaddi

**Subject-Code-BPE2158**

#### Fundamental Skills

- Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line,
- Different catches- Ankle catch, wrist catch, knee catch & waist catch
- Attacking & defensive techniques
- Ground Marking
- Rules and their interpretations and duties of officials

## Semester-I

### Yoga

**Subject-Code-BPE2159**

- Surya Namaskara,
- Pranayams
- Corrective Asanas
- Kriyas
- Asanas
  - Sitting
  - Standing
  - Laying Prone Position,
  - Laying Spine Position



## Semester-I

### Gymnastics

**Subject-Code-BPE2160**

#### Fundamental Skills

- Floor Exercises  
Forward Roll, Backward Roll, Cartwheel ,Head stand& Hand stand ,
- Vaulting Table  
Approach Run, Take off from the beat board, Split vault, Through Vault & Thief Vault
- Parallel Bar  
Mount from one bar, Straddle walking on parallel bars, .Single and double step walk,  
Perfect swing Shoulder stand
- Horizontal /Single Bar- :Grip, Swings, Fundamental Elements, Dismount
- Uneven Parallel Bar-:Grip, Swings, Fundamental Elements, Dismount
- Rules and their interpretations and duties of officials

## Semester-I

### Lezium/ Dumbbell/ Hoops/ Indian Clubs/ Wands/ Kite

**Subject-Code-BPE2161**

#### Fundamental Skills

- Free hand exercise- Sitting & standing
- Holding apparatus
- Attention with apparatus
- Stand – at – ease with apparatus
- Exercise with verbal command, drum, whistle and music – Two count, Four count, Eight count and Sixteen count.
- Standing Exercise
- Jumping Exercise

# **Theory Papers**

## **Semester-II**

### **Methods of Physical Education**

**Subject-Code-BPE2201**

#### **Unit-I**

##### **Chapter-I**

Meaning and definition of teaching methods, Need and importance of teaching methods in physical education, Factors influencing the methods of teaching, types of teaching methods

##### **Chapter-II**

Meaning, Need and Importance of Teaching Aids, Types of Teaching Aids (Audio, Visual, and Audio-visual), Criteria for selecting teaching aids

#### **Unit-II**

##### **Chapter-I**

Commands and class management, Types of commands, Class formation and its types, Class management- principles for good class management

##### **Chapter-II**

Preparation – Personal and technical preparation, Presentation techniques; orientation, Verbal explanation, demonstration & Explanation, Discussion, Supervision, Evaluation

#### **UNIT –III**

##### **Chapter-I**

Concept, aim and objectives of lesson plan, Types of lesson plans, various parts of lesson plan in physical education and sports (introductory, preparatory, main part and concluding part), Planning of coaching lesson

##### **Chapter-II**

Team Teaching – Meaning, Principles and advantages of team teaching, Micro Teaching – Meaning, Types and steps of micro teaching, Simulation Teaching - Meaning, Types and steps of simulation teaching.

#### **UNIT –IV**

##### **Chapter-I**

Intramural Competition and extramural Competition, Incentives and awards, methods of organizing and conducting tournaments

##### **Chapter-II**

Tournaments - Types of Tournament, Knock Out, League, Combination & Challenge Tournaments, Methods of drawing Fixtures.

#### **References:**

- Bhardwaj, A. (2003). *New media of educational planning*. New Delhi: Sarup & 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

### Sports Training

**Subject-Code-BPE2202**

#### Unit – I

##### **Chapter-I**

Meaning and Definition of Sports Training, Aim and Objective of Sports Training, Principles of Sports Training

##### **Chapter-II**

Warming up, Conditioning, and cooling down --- Meaning, benefits and significance, Fitness: Meaning and components of physical fitness, motor fitness and health related physical fitness

#### Unit – II

##### **Chapter-I**

Strength – Means and Methods of Strength Development, Speed – Means and Methods of Speed Development, Endurance - Means and Methods of Endurance Development

##### **Chapter-II**

Coordination – Means and Methods of coordination Development, Flexibility – Means and Methods of Flexibility Development

#### Unit – III

##### **Chapter-I**

Training Load- Definition and Types, Principles & components of training load, overload-causes, and symptoms & how to overcome

##### **Chapter-II**

Technical Training – Meaning and Methods of Technique Training, Tactical Training – Meaning and Methods of Tactical Training

#### Unit – IV

##### **Chapter-I**

Periodization – Meaning and types of Periodization, Aim and Content of Periods – Preparatory, Competition, Transitional etc.

##### **Chapter-II**

Planning – Long term, Short term & Training session.

#### References:

- 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-II

### Kinesiology & Mechanical Principles

**Subject-Code-BPE2203**

#### Unit – I

##### **Chapter-I**

Meaning and Definition of Kinesiology, fundamental and applied Kinesiology, Aim and objectives of Kinesiology

##### **Chapter-II**

Need & importance of Kinesiology to Physical Education Teacher, Athletes and Sports Coaches

#### Unit – II

##### **Chapter-I**

Fundamental concepts of following terms – Axes and Planes, Centre of Gravity, Line of Gravity, weight & mass

##### **Chapter-II**

Joint, Joints of the body, Classification of Joints& their movements

#### Unit – III

##### **Chapter-I**

Meaning of Proximal and distal attachments (origin & insertion) and angle of pull, all or none law, reciprocal innervations

##### **Chapter-II**

Origin, insertion & Actions of the following muscles-pectrolis major, deltoid, biceps, triceps, lattismus dorsi, rectus abdominis, gastrocnemius, quadriceps & hamstring group of muscles

#### Unit – IV

##### **Chapter-I**

Mechanical principles of motor movements: - Need and importance, Levers and their application to human body

##### **Chapter-II**

Equilibrium and its role in games and sports, Force and its application in sports activities, Motion: - Laws of motion and its application in sports activities

#### References:

- 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

### Environmental Study

**Subject-Code-BPE2204**

#### Unit – I

##### **Chapter-I**

Definition, Scope, Need and Importance of environmental studies, Concept of environmental education

##### **Chapter-II**

Celebration of various days in relation with environment, plastic recycling, Role of school in environmental study

#### Unit –II

##### **Chapter-I**

Effects and control measures of Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution

##### **Chapter-II**

Management of environment and Govt. policies, Role of pollution control board

#### Unit –III

##### **Chapter-I**

Public awareness - Forest resources, Water resources, Mineral resources, Food resources

##### **Chapter-II**

Exploitation - Land use pattern, Environmental impact. Fertilizer, Pesticide Problems

#### Unit –IV

##### **Chapter-I**

Ecosystem - concept - structure and function, consumers and decomposers, Food chain

##### **Chapter-II**

Social issues, Energy, water conservation, Environmental Ethics, Global warming

#### **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.

# **Practicals**

## **Semester-II**

### **Computer Application**

**Subject-Code-BPE2251**

- Power Point presentation, Making of slides
- Internet: Network, World Wide Web (www). Browsing, search engines,
- Electronic mail, Information retrieval, Websites,
- Hyper text transfer protocol (http).
- Computer crime and Computer ethics.
- Useful Functions with reference to Physical Education.

## **Semester-II**

### **Athletics (Jumping events)**

**Subject-Code-BPE2252**

#### **Fundamental Skills**

- Long jump, triple jump, high jump & pole vault
- Basic skills & techniques
- Ground marking
- Rules and their interpretations and duties of officials

## **Semester-II**

### **Hockey**

**Subject-Code-BPE2253**

#### **Fundamental Skills**

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

## **Semester-II**

### **Cricket**

**Subject-Code-BPE2254**

#### **Fundamental Skills**

- Batting-Forward and backward defensive stroke, straight drive
- Bowling-Simple bowling techniques
- Fielding-Defensive and offensive fielding
- Catching-High catching and Slip catching
- Stopping and throwing techniques
- Wicket keeping techniques
- Ground Marking
- Rules and their interpretations and duties of officials.

## **Semester-II**

### **Tennis**

**Subject-Code-BPE2255**

#### **Fundamental Skills**

- Racket Grips
- Stance and Footwork
- Basic Ground strokes-Forehand drive, Backhand drive. Over-head Volley
- Basic service.
- Chop
- Tactics – Defensive, attacking
- Ground Marking
- Rules and their interpretations and duties of officials

## **Semester-II**

### **Ball Badminton**

**Subject-Code-BPE2256**

#### **Fundamental Skills**

- Racket Grips-
- Stance and Footwork.
- Basic Ground strokes-Forehand clear & back hand clear
- Chop
- Tactics – Defensive, attacking
- Ground Marking
- Rules and their interpretations and duties of officials

## Semester-II

### Taekwondo

**Subject-Code-BPE2257**

#### Fundamental Skills

- Player Stances – walking, extending walking, L stance, cat stance.
- Fundamental Skills – Sitting stance punch, single punch, double punch, triple punch.
- Punching Skill from sparring position – front-fist punch, rear fist punch, double punch, and four combination punch.
- Foot Techniques (Balgisul) – standing kick (soseochagi), Front kick (AP chagi), Arc kick (BandalChagi), Side kick, (YeopChagi), Turning kick (DollyoChagi), Back kick (Twit Chagi), Reverse turning kick (BandaeDollyoChagi), Jump kick (TwimyoChagi),
- Poomsae (Forms) – Jang, Yi Jang, Sam Jang, Sa Jang, O Jang, Yook Jang, Chil Jang, Pal Jang (Fundamental Movement – eye control, concentration of spirit, speed control, strength control, flexibility, balance, variety in techniques)
- Sparring (Kyorugi) – One Step Sparring (hand techniques, foot techniques, self defense Techniques, combination kicks), Free Sparring.
- Board Breaking (Kyokpa) – eye control, balance, power control, speed, point of attack.
- Rules and their interpretations and duties of officials.

## Semester-II

### Judo

**Subject-Code-BPE2258**

#### Fundamental Skills

- Rei (Salutation)-Ritsurei(Salutation in standing position), Zarai (Salutation in the sitting position)
- 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)-HizaGuruma (Knee wheel), SesaeTwurikomi-ashi (Drawing ankle throw), De ashihari (Advance foot sweep), O Goshi (Major loinm), SeoiNage (Shoulder throw).
- Katamawaze(Grappling techniques)-Kesagatame (Scaff hold), Kata gatame (Shoulder hold), Kami shihogatama (Locking of upper four quarters), Method of escaping from each hold.
- Rules and their interpretations and duties of officials.



## Semester-II

### General Lesson

#### **Subject-Code-BPE2259**

- General Lesson will include “Mass demonstration activity” like Lezium/ Dumbbell/ Hoops/ Indian Clubs/ Wands/ Kite etc
- Five teaching practice lessons will be conducted within premises on the students of B.P.Ed course.

## Semester-II

### Camping/ Educational Tour

#### **Subject-Code-BPE2260**

- Students must attend a Leadership training camp of at least 6 days duration. The students are required to submit tour/Camp report within ten days after arrival from the Camp in the Department of Physical Education.

# Theory Papers

## Semester-III

### Research & Statistics

**Subject-Code-BPE2301**

#### Unit-I

##### **Chapter-I**

Meaning and Definition of Research, Need and importance of Research in Physical Education and Sports, characteristics of Research,

##### **Chapter-II**

Types of research, Classification of Research (basic, applied and action)

#### Unit-II

##### **Chapter-I**

Statistics: Meaning, Definition, Need and importance of statistics in Physical Education and Sports, Types of statistics

##### **Chapter-II**

Data; Meaning, definition and its types (Qualitative & Quantitative), Frequency table; meaning, construction and uses

#### Unit-III

##### **Chapter-I**

Population & Sampling, Types of sampling techniques (Probability & Non probability) Normal curve; meaning and its properties

##### **Chapter-II**

Measures of Central Tendency: Mean, Median and Mode-Meaning, Definition and Calculation from Grouped and Ungrouped data

#### Unit-IV

##### **Chapter-I**

Measures of Variability: Standard deviation, Quartile deviation, Meaning, Definition and computing from grouped and ungroup data

##### **Chapter-II**

Percentiles and Correlations: Meaning, Definition and its calculations

#### References:

- Best, J.W. (1963). *Research in education*. U.S.A.: Prentice Hall.
- Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). *Research method in physical activity*. U.S.A: Champaign, IL: Human Kinetics Books.
- Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). *Introduction to research: A guide for the health science professional*. Landon: J.B. Lippincott 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.
- Verma, J. P. (2000). *A text book on sports statistics*. Gwalior: Venus Publications.

**Semester-III**  
**Measurement & Evaluation**

**Subject-Code-BPE2302**

**Unit- I**

**Chapter-I**

Meaning and definition of Test, Types and classification of Tests, Basic functions of test

**Chapter-II**

Meaning and definition of Measurement & Evaluation, Need & Importance of Measurement & Evaluation in Physical Education, Principles of Evaluation

**Unit- II**

**Chapter-I**

Criteria of Test Selection-Scientific Authenticity, Administrative Feasibility & Educational application, Administration of test, Advance preparation, Duties during testing, Duties after testing

**Chapter-II**

Measurement of nutritional status (Pelidisi formula), Measurement of percentage of body fat through skin fold calliper, Measurement of Body Mass Index (BMI)

**Unit- III**

**Chapter-I**

AAHPER youth physical fitness test, Barrow motor ability test, Copper's 12 Minute Run Walk Test

**Chapter-II**

Harward step test, Modified Canadian test, JCR test

**Unit- IV**

**Chapter-I**

Lockhart and McPherson badminton test, Johnson basketball test, Dyer tennis test

**Chapter-II**

McDonald soccer test, Harbansh Singh Hockey test, Braddy volleyball 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.
- 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-III

### Officiating & Coaching

**Subject-Code-BPE2303**

#### Unit-I

##### **Chapter-I**

Concept of Teaching and coaching, importance and principles of coaching, Difference between teaching and coaching

##### **Chapter-II**

Coach- Qualification, qualities and characteristics. Duties of coach in general, pre, during, and post game

#### Unit-II

##### **Chapter-I**

Meaning and definition of Officiating, Principles of officiating, Reasons for poor officiating and their remedies,

##### **Chapter-II**

Qualification, qualities and characteristics of Officials, Duties of officials in; - athletics, badminton, basketball, cricket, football, handball, hockey, kabaddi, kho-kho and volleyball,

#### Unit-III

##### **Chapter-I**

Marking of Ground/play field of following games - Football, Cricket, Hockey, Track & Field

##### **Chapter-II**

Marking of Courts of following games; - Badminton, Basketball, Volleyball, Kabaddi, Kho-kho & Handball

#### Unit-IV

##### **Chapter-I**

Rules and their interpretations of following games;- Athletics, Cricket, Football, Handball and Hockey

##### **Chapter-II**

Rules and their interpretations of following games;- Badminton, Basketball, Volleyball, Kabaddi and Kho-Kho

#### 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 Hall.  
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**  
**Physiology of Exercise**

**Subject-Code-BPE2304**

**Unit-I**

**Chapter-I**

Exercise Physiology: - Meaning, need and importance in Physical Education & Sports

**Chapter-II**

Physiological concept of physical fitness, warming up, conditioning and fatigue

**Unit-II**

**Chapter-I**

Second wind, oxygen debt, cardiac output, stroke volume, Ischemia & Hypoxia

**Chapter-II**

Effect of exercise and training on cardiovascular system, Effect of exercise and training on respiratory system, Effect of exercise and training on muscular system

**Unit-III**

**Chapter-I**

Neuromuscular junction, Snaps, All or Non Law, Motor unit, Action potential

**Chapter-II**

Bioenergetic –Introduction to various energy systems for muscular activity.

**Unit-IV**

**Chapter-I**

Ergogenic Aid: - meaning and its classification-Nutritional, Physiological, Mechanical, Pharmacological

**Chapter-II**

Doping: - Meaning, concept, prevention and World Anti Doping Agency, Prohibited doping substances. Drug Abuse, Taking illegal drugs, Illegal taking of legal drugs

**References:**

- Karpovich, P. V. (n.d.). *Philosophy of muscular activity*. London: W.B. Saunders Co.  
Lamb, G. S. (1982). *Essentials of exercise physiology*. Delhi: Surjeet Publication.  
Morehouse, L. E. & Miller, J. (1967). *Physiology of exercise*. St. Louis: The C.V. Mosby Co.  
Pearce, E. C. (1962). *Anatomy and physiology for nurses*. London: Faber & Faber Ltd.

## Semester-III

### Athletic Care, Physiotherapy & Rehabilitation

**Subject-Code-BPE2305**

#### Unit – I

##### **Chapter-I**

Definition of physiotherapy, need & Importance of physiotherapy, guiding principles of physiotherapy

##### **Chapter-II**

Sports Injuries: - Need and Importance of the study of sports injuries in the field of Physical Education, Prevention of injuries in sports

#### Unit – II

##### **Chapter-I**

Common sports injuries (sprain, strain, contusion, abrasions, laceration, fractures and their causes, prevention and treatment (P.R.I.C.E)

##### **Chapter-II**

Therapeutic Exercises: - importance, Classification- Active Movement (free, assisted & resisted) Passive Movement (relaxed & forced)

#### Unit – III

##### **Chapter-I**

Introduction to Cryo therapy, Thermo therapy, Contrast Bath, Whirlpool Bath, Steam Bath & Sauna Bath

##### **Chapter-II**

Therapeutic modalities- Introduction to Electrotherapy, infrared rays, Ultraviolet rays short wave diathermy & ultrasonic rays

#### Unit – IV

##### **Chapter-I**

Massage: - Definition, meaning & Principles of massage, effects of massage, Massage manipulations

##### **Chapter-II**

Rehabilitation: - meaning and importance, Athletes Care and Rehabilitation

#### 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* 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*.  
H. M. Borrow & R. McGee, (Eds.), *A Practical approach to measurement in Physical Education*. Philadelphia: Lea & Febiger.

# **Practicals**

## **Semester-III**

### **Test & Measurement**

**Subject-Code-BPE2351**

#### **It shall include the procedure of marking play ground**

- Straight Line
- Parallel line
- Arch
- Making Right Angle
- Courts
- Grounds
- Sectors of through
- Track

## **Semester-III**

### **Measurement & Evaluations**

**Subject-Code-BPE2352**

#### **Taking measurements-**

- Time, Distance & Weight,
- Blood pressure, Pulse rate, Respiratory rate,
- Percentage of body fat,
- Nutritional status
- B.M.I.
- Leg power
- Cardio vascular fitness (Hardward step test)
- Anthropometrics measurements of body parts

## **Semester-III**

### **Track and fields (Throwing Events)**

**Subject-Code-BPE2353**

#### **Fundamental Skills**

- Discus Throw, Javelin, Hammer throw, shot-put
- Basic Skills and techniques of the Throwing events
- Ground Marking / Sector Marking
- Rules and their interpretations and duties of officials

### **Semester-III**

#### **Hand Ball**

**Subject-Code-BPE2354**

##### **Fundamental Skills**

- Catching, Throwing, Ball Control,
- Goal Throws-Jump Shot, Centre Shot Dive Shot, Reverse Shot,
- Dribbling-High and Low,
- Attack and defence
- Goal keeping
- Ground Marking
- Rules and their interpretations and duties of officials.

### **Semester-III**

#### **Basketball**

**Subject-Code-BPE2355**

##### **Fundamental Skills**

- Player stance and ball handling
- Passing-Two Hand chest pass, Two hand Bounce Pass, Over Head pass
- Receiving-Two Hand receiving, Receiving in stationary position,
- Dribbling-, High dribble, Low dribble
- Shooting-Layup shot, one hand set shot, One hand jump shot
- Pivoting.
- Ground Marking
- Rules and their interpretations and duties of the officials.

### **Semester-III**

#### **Skill Lesson**

**Subject-Code-BPE2356**

- Skill Lesson will include Skills of all the Sports/Games included in B.P.Ed. Syllabus.
- Five teaching practice lessons will be conducted out of which 5 lessons will be conducted internally and 5 lessons externally in a practicing school as Internship.



# **Theory Papers**

## **Semester-IV**

### **Health Education**

**Subject-Code-BPE2401**

#### **Unit-I**

##### **Chapter-I**

Health: - Meaning, definition & Importance Health education: - Meaning, definition, aim, objectives, scope, principles and importance.

##### **Chapter-II**

Hygiene: - Meaning & definition, Personal and Environmental hygiene, Role of health education in schools.

#### **Unit-II**

##### **Chapter-I**

Posture- Meaning, types, importance of good posture, causes of bad posture, Prevention and remedial measures

##### **Chapter-II**

Postural deformities- kyphosis, lordosis, scoliosis, knock-knee, bow-leg flat foot and their corrections

#### **Unit-III**

##### **Chapter-I**

Communicable diseases, meaning, definition& causes, their remedial measures

##### **Chapter-II**

Malaria, typhoid, hepatitis (A, B,C) T.B, viral fever (dengue, chickengunia) causes, prevention and treatment

#### **Unit-IV**

##### **Chapter-I**

Pollution- (Air, water and noise) meaning, causes and remedial measures, First Aid:- Meaning, definition, Principles. First aid in drowning, snake bite, burns, electric shock.

##### **Chapter-II**

Nutrition-Meaning and functions, Balanced diet-meaning, Energy fuel, Carbohydrate, fats, proteins, vitamins, minerals and water, Daily energy requirements & Malnutrition

#### **References:**

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.

**Semester-IV**  
**Sports Psychology**

**Subject-Code-BPE2402**

**Unit-I**

**Chapter-I**

Meaning and definition of Psychology, Methods of psychology- Introspection, Experimental, observation, survey, Psychoanalysis and Interview

**Chapter-II**

Sports psychology-meaning and definition, Development of sports psychology, Need and importance of Sports psychology

**Unit-II**

**Chapter-I**

Learning: Definitions, Meaning & its Types, Factors affecting learning, Laws of Learning, Theories of learning

**Chapter-II**

Learning curve: meaning and definition, Types of learning curve, Concept of learning plateau & how to overcome it, Transfer of Training- meaning, definition & its Types

**Unit-III**

**Chapter-I**

Meaning and definition of Motivation, Types of motivation (Internal & External), Techniques of motivation in physical education and sports

**Chapter-II**

Meaning and Definition of personality, Characteristics and Dimension of personality, Factors affecting personality

**Unit-IV**

**Chapter-I**

Meaning and definition of Individual differences, Causes of individual differences, individual differences & Sports performance

**Chapter-II**

Psychological Factors affecting sports performance-viz., stress, anxiety and aggression.

**References:**

1. Kamlesh, M.L. (2006). Educational Sport Psychology. New Delhi: Friend's publication
2. Cox Richard. (1998) Sports Psychology (W.C.B.)
3. Gill, Diance L. Psychological Dynamics of Sports (Illinois: Human Kinetics Publishers, 1986)
4. Silva, J.M. and Weinberg. (1984). Psychological Foundation of Sports. IL: Kinetics Publishers,
5. Suinn, Richard M. (1982) Psychology in Sports: Methods and Applications. New Delhi: Sujeet Publication.
6. Martens, Rainer. (1987). Coaches Guide to Sports Psychology. IL: Human Kinetics;
7. Roberts Glyn C. and et al. (1986). Learning Experiences in Sports Psychology. IL: Human Kinetics.

## Semester-IV

### Sports Management

**Subject-Code-BPE2403**

#### Unit-I

##### **Chapter-I**

Meaning and definition of management and sports management, function of sports management

##### **Chapter-II**

Meaning and definition of leadership, types of leadership (Autocratic, Laissez-faire, Democratic), Qualities of administrative leader

#### Unit-II

##### **Chapter-I**

Office Management: Meaning, definition & functions of office management – Maintenance of Records and Registers.

##### **Chapter-II**

Meaning and definition of public relation, need & importance of public relation in physical education, Principles of public relation

#### Unit-III

##### **Chapter-I**

Sports equipments- Types of Sports Equipments, Purchase of Sports Equipments- Procedure, Principles of Purchase of Sports Equipments, Care and Maintenance

##### **Chapter-II**

Time Table: Meaning, & importance and Factor affecting time table, Facilities: Meaning care & Maintenance, Types of Facilities- Indoor and Outdoor

#### Unit-IV

##### **Chapter-I**

Meaning and definition of Supervision, principles of supervision, Techniques of supervision, methods of promoting physical education-Demonstration, play days & exhibition

##### **Chapter-II**

Meaning and definition of financial management and budget, criteria of good budget, steps of making good budget, principals of budgeting

### References:

1. Charles A. Bucher, Management of Physical Education and Athletic Programmes, Louis C.B. Mosby. Co. 1987.
2. Charles E. Forsy, Administration of High School Athletic, Sixth Edition, Prentice Hall, Inc. Englewood, New Jersey, 1979
3. Chakraborty, Sports Management, New Delhi, Sports Publication, 1999.
4. D. S. Dheer and Radhika Kamal, Organisation and Administration of Physical Education. N. Delhi Friends Publication, 1991.
5. Kazmar, H.C. and Cassidy, Methods in Physical Education, W. B. Saunder Co., Philadelphia London, 1958.
6. M.L. Kamlesh and M.S. Sangral, Methods in Physical Education, Prakash Brothers, 516, BookMarket Ludhiana (1985).
7. Rachhpal Singh Brar et.al., Fundamentals of Physical Education. Kalyani Publishers, Ludhiana, 2012

## Semester-IV

### Sports Specialization

**Subject-Code-BPE2404**

#### Unit-I

History and development of the Game / Sports, Ground preparation, dimensions and marking, standard equipment

Development of Motor fitness components related to specific Sports/ Game.

#### Unit-II

Techniques- Defensive techniques & Offensive techniques related to specific Sports/ Game & their Muscular & Mechanical analysis.

Patterns of play- Defensive & Offensive related to specific Sports/ Game

#### Unit-III

Tactics - Team tactics, Individual tactics (Defensive & Offensive), Scouting- Theoretical/ Objective, analysis of match.

#### Unit-IV

Preparing of coaching schedule, long term plan, Short term plan (15 days. 3 month & 6 month)

#### 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 Hall

Dyson, G. H. (1963). *The mechanics of athletics*. London: University of London Press Ltd.

Singer, R. N. (1972). *Coaching, athletic & psychology*. New York: M.C. Graw Hill

# **Practicals**

## **Semester-IV**

### **Track & Field**

**Subject-Code-BPE2451**

#### **Fundamental Skills**

##### **Running Event**

- Starting techniques:- Standing start, Crouch start and its variations, Proper use of blocks, Finishing Techniques:- Run, Through, Forward lunging, Shoulder Shrug,
- Hurdles:- Fundamental Skills- Clearance and Landing Techniques
- Relay:- Various patterns of Baton Exchange, Understanding of Relay Zones
- Ground marking
- Rules and their interpretations and duties of officials

##### **Jumping Event**

- Long jump, triple jump, high jump & pole vault
- Basic skills & technics
- Ground Marking
- Rules and their interpretations and duties of officials

##### **Throwing Event**

- Discus Throw, Javelin, Hammer throw, shot-put
- Basic Skills and techniques of the Throwing events
- Ground Marking / Sector Marking
- Rules and their interpretations and duties of officials

## **Semester-IV**

### **Proficiency in game of Specialization**

**Subject-Code-BPE2452**

#### **Fundamental Skills**

- All the skills along with the tactics of the selected game of specialisation given in the syllabus from I<sup>st</sup> semester to III<sup>rd</sup> semester will be included in the course.

## **Semester-IV**

### **Theory Lesson**

**Subject-Code-BPE2453**

- Theory Lesson will include all the subject matter given in U.P. Board, C.B.S.C. & I.C.S.C. Syllabus.
- Five teaching practice lessons will be conducted internally.

## Semester-IV

### Coaching Lesson

**Subject-Code-BPE2454**

#### Athletics

- Coaching Lesson in Athletics will include all the events taught from I<sup>st</sup> semester to III<sup>rd</sup> semester.
- Five coaching Lesson will be conducted out of which One Lesson will be in the Final examination.

## Semester-IV

### Coaching Lesson

**Subject-Code-BPE2455**

#### Specialization

- Coaching Lesson in Game of Specialisation will include all the Skills, Tactics taught in that particular game.
- Five coaching Lesson will be conducted out of which One Lesson will be in the Final examination