

# SYLLABUS FOR UNDER GRADUATE PROGRAMME

Three Year (Six Semester) Course

Bachelor of Physical Education & Sports (B.P.Es.)

N.E.P.- 2020

W.e.f. session 2025-26

1. Dr Sandeep Gupta
2. Dr. Sudev Maan → Sma
3. Dr. Rita Bora
4. Dr. Ajay Malik
5. Dr. Mukul Pant  
(Present on online)
6. Dr. Parveen Ahmed





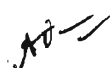


Maa Shakumbhari University, Saharanpur

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**SYLLABUS Designed By:-**

S.NO.	NAME	DESIGNATION	DEPARTMENT	UNIVERSITY/COLLEGE
1	Prof. Sandeep Gupta (Convenor)	Professor	Physical Education	J.V.JAIN COLLEGE, SRE
2	Dr. Sehdev Maan (Internal Member)	Professor	Physical Education	CCRD (PG) COLLEGE, MZN
3	Dr. Parveen Ahmed (Internal Member)	Professor	Physical Education	R.K.(PG) COLLEGE, SHAMLI
4	Dr. Rita Bora (Internal Member)	Asso. Professor	Physical Education	ML &JNK COLLEGE , SAHARANPUR
5	Prof. Ajay Malik (External Member)	Asso. Professor	Physical Education	G.K.V. HARIDWAR
6	Dr. Mukul Pant (External Member)	Asso. Professor	Physical Education	H.N.B. UNIVERSITY, GARHWAL

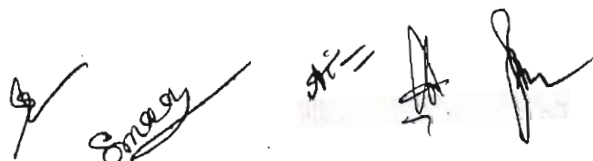
    

**Bachelor of Physical Education & Sports**  
**B.P.E.S. All Semester Syllabus**  
**B.P.E.S. (I<sup>st</sup> Semester)**

Part-A Theory Courses				
Course Code	Title of the Papers	Marks		Total marks
		Theory	External	
0158401	Hindi/ English (Optional)	40	20	60
0158402	Principles and History of Physical Education	40	20	60
0158403	Foundations of Physical Education	40	20	60
0158404	Olympic Study	40	20	60
	<b>TOTAL</b>	<b>160</b>	<b>80</b>	<b>240</b>
Part-B Practical Course				
Course Code	Activities	Marks		Total marks
		Practical	Internal	
0158480	Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc.	40	20	60
0158481	Athletics:- Running Events	40	20	60
0158482	Yoga (Asanas)	40	20	60
0158483	Swimming/ Gymnastics (Ground)/ Shooting (Anyone)	40	20	60
0158484	Drill & Marching	40	20	60
	<b>TOTAL</b>	<b>200</b>	<b>100</b>	<b>300</b>

## B.P.E.S.(2<sup>nd</sup> Semester)

Part-A Theory Courses				
Course Code	Title of the Papers	Marks Theory		Total Marks
		External	Internal	
0258401	Anatomy and Physiology	40	20	60
0254802	Yoga	40	20	60
0258403	Kinesiology	40	20	60
0258404	Sports Nutrition	40	20	60
	<b>TOTAL</b>	<b>160</b>	<b>80</b>	<b>240</b>
Part-B Practical Course				
Course Code	Activities	Marks [Practical]		Total Marks
		External	Internal	
0258480	<b>Games Specialization - (Any One)</b> Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc. (Different form 1 <sup>st</sup> Sem)	40	20	60
0258481	Athletics:- Running Events	40	20	60
0258482	Yoga (Kriyas, Bandhas & Pranayama)	40	20	60
0258483	Swimming/ Gymnastics (Ground)/ Shooting (Any one)	40	20	60
0258484	Lezim/ Lezim/ Hoop/ Umbrella	40	20	60
	<b>TOTAL</b>	<b>200</b>	<b>100</b>	<b>300</b>





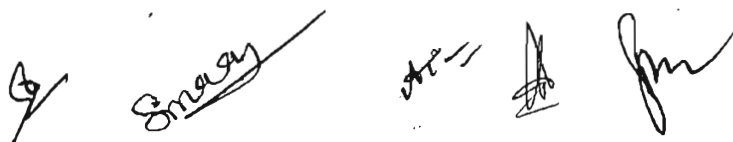
### B.P.E.S. (3<sup>rd</sup> Semester)

Part-A Theory Courses				
Course Code	Title of the Papers	Marks Theory		Total Marks
		External	Internal	
0358401	Health Education	40	20	60
0358402	Sports Psychology	40	20	60
0358403	Physiology of Exercise	40	20	60
0358404	Management in Physical Education	40	20	60
	<b>TOTAL</b>	<b>160</b>	<b>80</b>	<b>240</b>
Part-B Practical Course				
Course Code	Activities	Marks [Practical]		Total marks
		External	Internal	
0358480	Games Specialization- (Any One) Kabaddi/ Kho-Kho/ Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/ Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc	40	20	60
0358481	Officiating of Major Game (any One games)	40	20	60
0358482	Athletics:- Throwing Events. (any Two events)	40	20	60
0358483	Swimming/ Gymnastics (Any One Apparatus)/ Shooting (Any one)	40	20	60
Part- C Teaching Practices				
0358483	<b>Teaching Lesson</b>			
	A) General Lesson Plan (05lessons) B) Lessons in outdoor Sports & Game activities (05lessons)	40		60
	<b>TOTAL</b>	<b>200</b>		<b>300</b>



## B.P.E.S. (4<sup>th</sup> Semester)

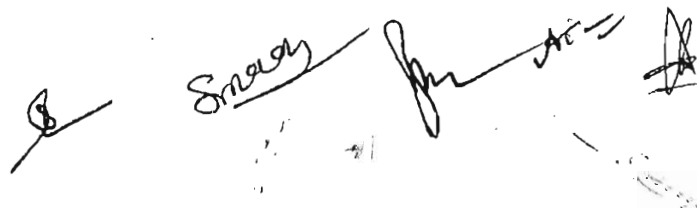
Part-A Theory Courses				
Course Code	Title of the Papers	Marks Theory		Total Marks
		External	Internal	
0458401	Fundamental of Computer and its use in Physical & Sports	40	20	60
0458402	Basic principles of Sports Training	40	20	60
0458403	Recreation	40	20	60
0458404	Adapted Physical Education	40	20	60
	<b>TOTAL</b>	<b>160</b>	<b>80</b>	<b>240</b>
Part-B Practical Course				
Course Code	Activities	Marks [Practical]		Total Marks
		External	Internal	
0458480	Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc	40	20	60
0458481	Athletics:- Officiating of Throwing events.(any two events)	40	20	60
0458482	Racket Sports: Badminton/ Table Tennis/Squash/LawnTennis.(Any one)	40	20	60
0458483	Swimming/ Gymnastics (One Apparatus)/ Shooting (Any one)	40	20	60
Part- C Teaching Practices				
0458484	<b>Teaching Lesson</b>			
	A) Lessons in Racket Sports (05lessons) B) Lessons in Throwing events (05lessons)	50	10	60
	<b>TOTAL</b>	<b>200</b>	<b>100</b>	<b>300</b>





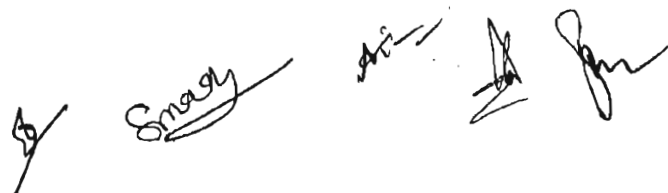
## B.P.E.S. (5<sup>th</sup> Semester)

Part-A Theory Courses				
Course Code	Title of the Papers	Marks Theory		Total Marks
		External	Internal	
0558401	Sports Sociology	40	20	60
0558402	Method of Physical Education	40	20	60
0558403	Remedial and Corrective Physical Education	40	20	60
0558404	Test and Measurement in Physical Education	40	20	60
	<b>TOTAL</b>	<b>160</b>		<b>240</b>
Part-B Practical Course				
Course Code	Activities	Marks [Practical]		Total Marks
		External	Internal	
0558480	Games Specialization- (Any One) Kabaddi/ Kho-Kho/Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc.	40	20	60
0558481	<b>Athletics:</b> Jumping events. (any two events)	40	20	60
0558482	<b>Yoga</b> Performance in Asanas, Kriyas, Bandhas & Pranayama	40	20	60
Part- C Teaching Practices				
0558483	Teaching Lesson Lessons in Yoga (5Lessons)	40	20	60
0558484	Class Room Teaching Lessons (5Lessons)	40	20	60
	<b>TOTAL</b>	<b>200</b>	<b>100</b>	<b>300</b>



## B.P.E.S. (6<sup>th</sup> Semester)

Part-A Theory Courses				
Course Code	Title of the Papers	Marks Theory		Total Marks
		External	Internal	
0658401	Professional Preparation in Physical Education & Sports	40	20	60
0658402	Educational Technology	40	20	60
0658403	Officiating and Coaching	40	20	60
0658404	Fitness & Wellness	40	20	60
	<b>TOTAL</b>	<b>160</b>	<b>80</b>	<b>240</b>
Part-B Practical Course				
Course Code	Activities	Marks [Practical]		Total Marks
		External	Internal	
0658480	Games Specialization- (Any One) Kabaddi/ Kho-Kho/ Badminton/ Table Tennis/ Tennis/ Squash/ Baseball/ Volleyball/ Basketball/ Cricket/ football/ Handball/ Hockey/ Netball/ Softball, etc	40	20	60
0658481	Swimming/ Gymnastics (Apparatus)/ Shooting (Anyone)	40	20	60
0658482	Athletics: Officiating Jumping events. (any two events)	40	20	60
Part- C Teaching Practices				
0658483	<b>Officiating Lessons</b> A) Game Specializations (05 Lessons each) B) Track and Field ( 05 Lessons each)	40		60
0658484	<b>PROJECT ORGANIZED</b> Athletic (any one events) / Games Specialization (anyone Game) Events	-----		60
	<b>TOTAL</b>	<b>160</b>	<b>140</b>	<b>300</b>





**B.P.E.S. Ist SEMESTER**  
**PAPER – I**  
**Hindi Language (Optional)**

हिंदी भाषा और साहित्य :

क आधुनिक भारतीय भाषाओं का उद्भव और विकास ;

ख हिंदी भाषा का परिचय एवं विकास ;

ग हिंदी साहित्य का इतिहास :आदिकाल, मध्यकाल, नवजात : सामान्य परिचय ;

घ हिंदी साहित्य का इतिहास :आधुनिक काल : सामान्य परिचय पाठ्य-विषय-

01- हिंदी ध्वनियों का स्वरूप - क- स्वन और व्यंजन ख- संज्ञा, नवनाम, क्रिया, विशेषण ग- वाक्य संरचना

02- हिंदी शब्द समूह -

03- हिंदी शब्द संरचना- पर्यायवाची, समानार्थक, विलोमार्थक, अनेकार्थक, अनेक शब्दों के स्थान पर एक शब्द समूहार्थक शब्दों के प्रयोग, निकटार्थी शब्दों के सूक्ष्म अर्थ-भेद, समानार्थक शब्दों के भेद।

04- लिख विधान और कानक प्रयोग- क- वर्तनी। ख- विनामादि चिह्नों के प्रयोग। ग- मुहावरे और लोकोक्तियों तथा उनके सघनात्मक प्रयोग।

05- निबन्ध सन्दर्भ- 01- राजभाषा हिंदी- भोविन्ददास- हिंदी साहित्य सम्मेलन, प्रयाग।

02- राष्ट्रभाषा आन्दोलन- गोपाल पन्थनाम- महानाष्ट्र समा।

03- आधुनिक हिंदी व्याकरण एवं रचना- वामदेव जयन्त प्रसाद, पटना

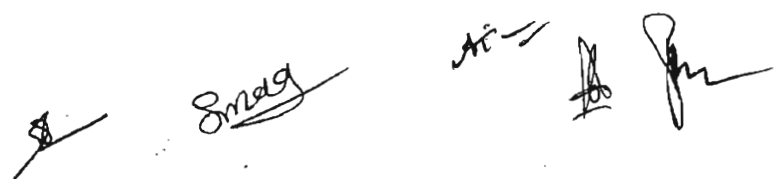
04- हिंदी शब्द मीमांसा- किशोरी प्रसाद बाजपेयी

04- हिंदी का सामान्य ज्ञान भाग-2, हरदेव बाहनी, लोकमान्य, इलाहाबाद

05- शुरु हिंदी- जगदीश प्रसाद कौशिक

06- अच्छी हिंदी- रामचन्द्र वर्मा

07- निबन्ध के रूप और तत्त्व- देवमित्र



**B.P.E.S. Ist SEMESTER**

**PAPER – I**

**English Language (Optional)**

**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) Paraphrase/Explanation of a Stanza (one out of two with internal choice)

**Section-B**

Grammar THE GRAMMAR RELATED TO THE TEXT TO TEST THE UNDERSTANDING OF THE LANGUAGE, SYNTAX, and TENSES ETC.

**Section-C**

Language-in-Use

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

**Reference:**

- (A) PROPOSED SYLLABUS FOR B.A. ENGLISH CCS University Meerut.  
(B) Texts Prescribed for Grammar Oxford Practice Grammar by John Eastwood.

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**B.P.E.S. 1st SEMESTER**  
**PAPER – II**  
**Principles and History of Physical Education**

**UNIT- I**

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

**UNIT- II**

**Physiological Principles**

- 2.1 Principles governing growth and development significance of age & sex.
- 2.2 Principles of use; disuse and overuse.
- 2.3 Human energies and how they are spent
- 2.4 Fatigue, stress and its effect on physical; mental health; relaxation; flexibility, rhythms and strength.

**UNIT- III**

**Psychological principles**

- 3.1 Personality, psycho-social needs for the normal development, success, recognition, security adventures experience.
- 3.2 Transfer of training, laws of learning, conditioned reflex, effect of emotions on health, competition; co-operation, age and sex characteristics.

**UNIT- IV**

**History of physical education:**

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

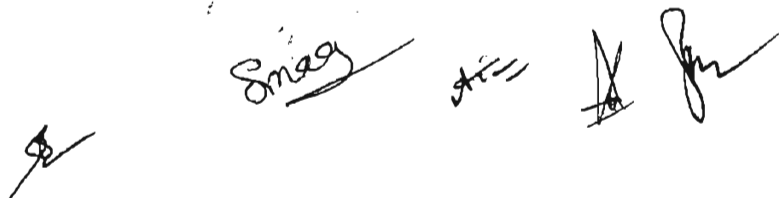
**Physical Education in modern India:**

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

**Reference:**

(Principles of Physical Education)

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)
7. History of physical education by Eraj. Ahmed Khan.
8. Brief History of physical education by emmel A. Rice.
9. Physical education in India. National Association of Physical education and recreation India.
10. History of physical education by F.E. Leonard and George B. Affleck.



**B.P.E.S. 1st SEMESTER**  
**PAPER-III**  
**FOUNDATIONS OF PHYSICAL EDUCATION**

**UNIT – I**

- 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**

- **Biological Foundation:** Biological basis of and Biological weakness of human in relation to Physical Activities.
- 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. Somato Types

**UNIT-III**

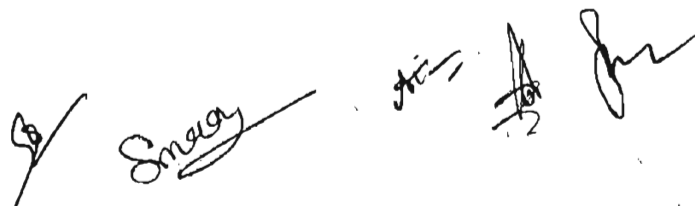
- **Philosophical Foundation:** Meaning of Philosophy
- Different Schools of Philosophy applied to Physical Education
- Psychological Foundation Concept of learning and motor learning
- Laws of learning, Learning curve Psychological factors influencing motor learning

**UNIT-IV**

- **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

**REFERENCES:**

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



**B.P.E.S. 1st SEMESTER**

**PAPER -IV**

**Olympics Study**

**UNIT-I**

**THE OLYMPIC MOVEMENT**

- 1.1 The ancient Olympic Games
- 1.2 The Olympic movement
- 1.3 Aims and symbols of the Olympic movement
- 1.4 The International Olympic Committee (IOC)

**UNIT-II**

**STRUCTURE OF THE OLYMPIC MOVEMENT**

- 2.1 The National Olympic Committee (NOC)
- 2.2 The International Sports Federations (IFs)
- 2.3 The National Sports Federations (NFs)
- 2.4 Volunteerism

**UNIT-III**

**THE OLYMPIC GAMES**

- 3.1 Organization
- 3.2 The international bid process for selecting sites for the games
- 3.3 Participation in Olympic Games
- 3.4 Women and sports

**UNIT-IV**

**IOC PROGRAMMES**

- 4.1 Olympic academy
- 4.2 Olympic solidarity
- 4.3 Olympic museum
- 4.4 Paralympics games
- 5.1 Sports for all
- 5.2 Culture, Olympism, Winning, Participation and Universality of the Games
- 5.3 Drug abuse and Doping
- 5.4 Arbitration and Dispute Resolution

**References:**


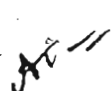

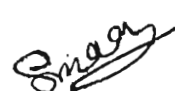

□ Carto, J.E.L. And Calif, S.D. [ed], Medicine &

Karger, 1984

Sport Science: Physical Structure of Olympic Athletes, London:

*[Handwritten signatures and initials]*

- Cliv, Gifford, Summer Olympic" 2004
- Daw, Anderson, The story of the Olympics, 2008.
- Maranirs David, Rome 1960: The Olympics that changed the world, 2008.
- Osborne, Manpoppe,AncientGreece andtheOlympic,2004.
- Oxlade, chris., Olympic, 1999.
- Perrottet, tony, The Naked Olympics: the true story of the Ancient Games, 2004.
- Singh, M.K., Indian Women and Sports, Rawat Publication, 1991.
- Toropove, Brandon., The OlympicforBeginners,2008.
- Wallechineley, Davi, The Complete Book of the Olympic, 1992.



## B.P.E.S. II SEMESTER

### PAPER -I

#### Anatomy & Physiology

##### Unit-I

1. Meaning of anatomy, cell, structure, properties of living matter
2. The role of anatomy in physical education & sports
3. Anatomy of bones cartilage's, Names and location and functions of bones
4. kinds of bones
5. joints and their types
6. Tissues, organs and system of body

##### Unit-II

1. Anatomy of muscular system, structure of muscles and their kinds.
2. Properties of muscles.
3. Muscle work and, fatigue, anatomy of respiratory organs, tissue and palmary respiration, anatomy of heart, function of heart, heart beat, stroke volume, cardiac output.

##### Unit-III

1. Anatomy of digestive organs (alimentary canal), structure and functions of excretory system,
2. Meaning of endocrine glands and structure of the following glands - pituitary glands, ingroid parathyroid and adrenal glands.

##### Unit-IV

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

#### Ref.:-

Introduction to anatomy & physiology - Dr.Shemsher Singh.

Lawrence, Thomas Gordan ; Your health and Safety, Har Schiver. Alices ; Powers, Courts, Braco & World, inc. Douglas F; and Vorhana Levis J. New York. 1969.

Bauer.WAV.(Editor). TODAYS' Health Guide, American Medical Association, Revised Edition 1968.

## B.P.E.S. II SEMESTER

### PAPER -II

#### Yoga

#### UNIT - I

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

#### UNIT-II

1. Yoga as a discipline of life mode of living, cuits of yoga (only central ideas)
2. Raj Yoga
3. Bhakti Yoga
4. Karm Yoga
5. Gyna Yoga
6. Hatha yoga philosophy.

#### UNIT-III

1. Astanga Yoga with special reference to –
2. Yamas
3. Niyams
4. Asanas
5. Pranayams
6. Types of Asanas and Pranayams.
7. Shat Karma-Personal hygiene of Yoga – Six purifactory methods of yoga-Neti, Dhauti, Vasti, Nauli, Gajkarni, Kunja.

#### UNIT-IV

1. Bandhas, Mudras and Chakras of Yoga
2. Recent advances in Yoga Education; Yoga as a Science
3. The therapeutic values of Yogic practices Corrective values of Yogic Practices

#### REFERENCES:

- |   |                       |
|---|-----------------------|
| □□Asanas & Pranayams                        | -Swami Kuvalayananda. |
| □□Yoga Personal Hygiene                     | -Shir Yogendra        |
| □□Yogic Exercises by the Fit and the Ailing | -S.Muzumdar           |
| □□Yogic Asanas for Health and Vigour        | -Dr.Role              |
| □□Hath Yoga : Goswami, S.S.                 |                       |
| □□Raj Yoga                                  | -Swami Vivekanand     |
| □□Bhakti Yoga                               | -Swami Vivekanand.    |

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## B.P.E.S. II SEMESTER

### PAPER – III

#### Kinesiology UNIT- I

##### Introduction to Kinesiology

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

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

Axes and planes, Center of Gravity, Line of Gravity

#### UNIT- II

##### Anatomical and Physiological fundamentals

Classification of joints and muscles, Terminology of fundamental movements, Types of

Muscle contractions, Angle of Pull

##### Kinesiology of Joints

Two joints muscles, Roles in which muscles may act.

#### UNIT- III

##### Upper Extremity

Major characteristics of joints, Location and action of major muscles acting at the following joints

a) Shoulder , b) Elbow, c) Wrist

##### Lower Extremity

1. Major characteristics of joints

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

a) Hip, b) Knee, c) Ankle and Foot

#### UNIT- IV

##### Application of Mechanical Concepts

###### Motion

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

###### Force

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

###### Equilibrium

- Major factors affecting equilibrium
- Role of equilibrium in sports

###### Lever

Definition Lever, Types of Lever and its Application of Human body

##### REFERENCES :

□□ Scoot M.G. Analysis of Human Motion, New York.

□□ Wells, K.P. Kinesiology (Philadelphia : W.B. Saunders Co. 1966)

□□ Cooper, John M. and McSby Co., 1963)

□□ Broer, M.R. Efficiency of Human movement (Philadelphia : W.B. Saunders Co., 1966)



**B.P.E.S. II SEMESTER  
PAPER – IV  
Sports Nutrition  
UNIT- I**

**Unit-I**

1. Concept of Nutrition, Sport Nutrition and Health
2. Types and Sources of Nutrients
3. Main function of Macro and Micro nutrients in health and sports
4. Balanced diet

**Unit-II**

1. Energy for sports performance and the role of carbohydrate, protein, fat and their sources.
2. A factor affecting the energy needs in different categories of sports events.
3. Sports supplements and their effect on performance.
4. Nutritional requirements and allowances for sports person of different categories Competition nutrition and its management glycaemic index and sports nutrition

**Unit-III**

1. Management of Hypertension, Atherosclerosis and Dieters mellitus in sportsperson.
2. Management of the female sportsperson
  - Menarche and Menstruation
  - Amenorrhea
  - Anemia and Iron Supplementation
  - Bone Health and Calcium Supplementation
3. Eating Disorders

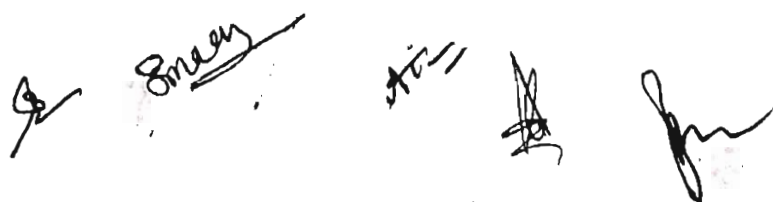
**Unit-IV**

**Weight Control**

1. Basic principles of weight control
2. Calorie concept of weight control
3. Fat reduction and role of fat loss supplements
4. Role of diet in weight control.

**Reference Books:**

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



**B.P.E.S. IIIrd SEMESTER**  
**PAPER – I**  
**Health Education**  
**Unit-I**

**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**

**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.

**Community Health:**

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

**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**

**Diseases**

- Disease: 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**

**Sex Education**

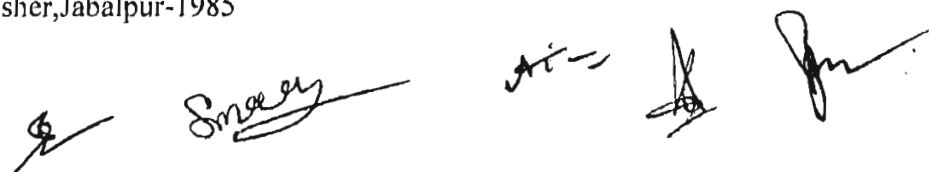
- Concept and meaning of sex education
- Need of sex education to the professional students.

**Family Planning**

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

**Reference Books:**

- Singh Ajmer and et al, "Essential of physical Education" (2007) 3rd edition, Kalyani
- Publisher B-1/292, Rajinder Nagar Ludhiana Punjab.
- Pandey, P.K. and Gongopadhyay, S.R. "Health Education for School Children", Friends
- Publication, 6, Mukerjee Tower, Dr. Mukerjee Nagar-Delhi.
- Park, J.E. and Park, K. "Text Book of Preventive and Social Medicine", (1985) Bnasidar
- 91 Bhanot, Publisher, Jabalpur-1985





## B.P.E.S. IIIrd SEMESTER

### PAPER – II

### Sports Psychology

#### Unit-I

##### Introduction:

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

#### UNIT – II

##### Growth and Development:

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

##### Individual Differences:

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

#### UNIT – III

##### Learning

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

#### UNIT – IV

##### Motivation and Emotion:

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

##### Emotion:

- Meaning and nature of Emotion
- Types of Emotion

##### 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:

Gates, A.I. *Educational Psychology* (Macmillan Co. N.Y. 1957) Lindgram, H.E. *Advanced Educational Psychology in the classroom*. Kuppanswami, B. *Advanced Educational Psychology* (Sterling Publishers Pri.Ltd., 1947) Oxendine, J.B. *Psychology and Motor Learning* (Englewood Cliffs : New Jersey, 1968); Dr. M.L. Kamlesh, "Psychology of Physical Education of Sports" metropolitan, New Delhi 1983; Jack H. Liwellyn, Judy A. Bluckeve, *Psychology of Coaching*.

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**B.P.E.S. IIIrd SEMESTER**  
**PAPER – III**  
**Physiology of Exercise**

**UNIT – I**

- 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:
- Neuromuscular junction
- Transmission of nerve impulse across it.
- Fuel for muscular activity
- Role of oxygen- physical training, oxygen debt, second wind, vital capacity.

**Energy**

- Meaning of energy
- Production and use of energy.
- Types of Energy
- Aerobic and anaerobic of muscular energy.

**UNIT – II**

**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.

**UNIT-III**

**Circulatory System:**

- Functioning of heart during exercise.
- Stroke volume
- Cardiac output
- Pulse rate
- Effect of training on functioning of heart.
- Blood-constituents, Role during exercise-Blood lactate CO<sub>2</sub> in blood, O<sub>2</sub> carriage in body
- Oxyhemoglobin,
- Blood pressure changes during exercise.

**UNIT – IV**

**Respiratory System:**

- General functioning of the system-Variations 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:**

- Physiology of Exercises– by Mac curdy and Mekenzh., Physiology of Exercise– by Karpovich.
- Sports physiology – by Fox, Exercise physiology – by Morehanse & Miller.
- Physiological Basis of Physical Education and Athletics by Mathews and Fox.

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**B.P.E.S. IIIrd SEMESTER**  
**PAPER – IV**  
**Management in Physical Education**

**Unit-I**

- Meaning and Definition of the Terms – Administration and Management.
- 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**

**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 out door 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**

**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**

**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:**

Joseph P.M. Organization of physical Education. The old students Association, IIPE, Candiwali, Bombay 1963. Voltmar, B.P. et. al. The Organization and Administration of Physical Education, Prentice Hall Inc. New Jersey, 1979. Bucher, C.H. Administration of Physical Education and Athletic programmes, The C.V. Mosby Company, London, 1983. Zigler, E.M. and Dewie, G.W. Management Competency Development in Sports and Physical Education, Lea and Febiger, Philadelphia, 1983. Maheshwari, B. Management by Objectives Table Mc. Graw Hill publishing company Ltd., New Delhi, 1982. Allen, L. A. Management and Organization Mc-Graw Hill Book Company Inc. London 1958. Newman, W.D. Administrative Action, Prentice Hall I. C., New Jersey 1963.

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**B.P.E.S. IVth SEMESTER**  
**PAPER – I**  
**Fundamental of Computer and Its Use in Physical Education**  
**UNIT-I**

**Introduction to Computers**

1. Brief history of development of computers
2. Generations of computers
3. Types of components of a computer system
4. Basic components of a computer system
5. Memory RAM – ROM, and other types of memory.
6. Operating system
7. Need of software, types of software Types of virus, virus detection and prevention
8. Binary number system

**UNIT-II**

**Introduction to Windows**

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

**UNIT-III**

**Introduction to Ms-office and word processor**

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

**UNIT-IV**

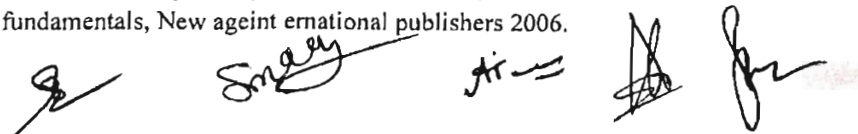
**Introduction to information and communication technology**

1. Concept, importance, meaning and nature of information and communication technology.
2. Need of information and communication technology in physical education
3. Scope of ICT in education and physical education Teaching learning process, publication, evaluation, research administration.
4. Paradigm shift in education due to ICT content with special reference to curriculum.
5. 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:**

- ITL Education solution ltd. Introduction to information technology research and development wing-2006. ; Simmonslan, computer dictionary BPB publications - 2005.
- Pradeep K. Sinha and Prit; Sinha foundations computing BFB publications - 2006.
- Douglas E.Comer, The internet Book, Purdue University, West Lafayette in 2005.
- V. Raj arman, fundamentals of computers, prent ice hall of India, NewDelhi-2000.
- B. Ram, Computer fundamentals, New ageint ernational publishers 2006.





**B.P.E.S. IVth SEMESTER**  
**PAPER – II**  
**Basic Principles of Sports Training**  
**UNIT-I**

**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

- a. Basic Training
- b. Intermediate Training
- c. High performance training

**UNIT-II**

**Training Load:**

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

**Over Load**

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

**UNIT-III**

**Strength**

Concept and types of strength, Methods of strength training.

**Endurance**

Concept and types of endurance, Methods of endurance training

**Speed**

Concepts and classification of speed, Methods of developing speed abilities:

Reaction speed, Speed of movement, Acceleration speed, Sprinting speed, Speed endurance

**UNIT-IV**

**Technical Training**

Definition of Technique and skill, Importance of Technique

**Tactical Training**

Concept of Tactics and Strategy, Methods of Tactical Training.

**Planning**

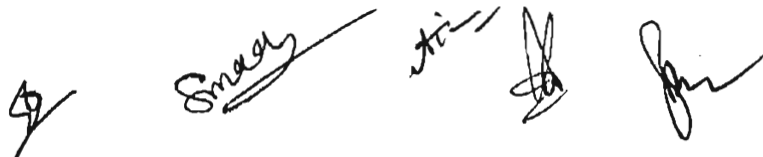
Concept of Training Plan, Types of Training plan.

**Periodization**

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

**REFERENCES:**

Dick W. Frank, Sports Training Principles 4<sup>th</sup> Ed.(London: A & C Black Ltd.), 2002. Harre, D. Principles of Sports Training (Berlin : Sport Veulag), 1982. Matveyev, L. P. Fundamentals of Sports Training (Moscow: Progress Publishers), 1977. Singh, Hardayal, Science of Sports Training (New Delhi : DVS Publications), 1991. Uppal, A. K. Principles of Sports Training (Delhi: Friends Publication), 2001. Tudor B. Bompa & Mihai C. Carera, Periodization Training for Sports, Human Kinetics, 2005 (IInd Edition) Yograj Thani, Sports Training, Sports publication 2003. K.Chandra Shekar, Sports training, Khel Sahitya Kendra, 2004.



**B.P.E.S. IVth SEMESTER**  
**PAPER – III**  
**Recreation**  
**UNIT- I**

**Introduction**

1. Meaning, Definitions and characteristics of recreation
2. Importance of Recreation.
3. Misconceptions about Recreation
4. Scope of Recreation

**UNIT- II**

**Influence of recreation in social institutions**

1. Family
2. Education institutions
3. Community/Cultural
4. Religious organization

**UNIT- III**

**Planning for recreation**

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

**UNIT- IV**

**Programmes in recreation**

1. Classification of Recreational Activities
2. Indoor and outdoor activities
3. water activities
4. Cultural activities
5. Literary activities
6. Nature and outing
7. Social events
8. Adventure activities

**Hobbies**

1. Introduction to hobbies and types of hobbies
2. Agencies providing Recreation.

**Camping and leadership**

1. Aim, objectives and importance of camping.
2. Organization and types of camp.
3. Selection and layout of camp site.
4. Camping leadership
5. Types and functions of recreation leaders, qualification, qualities and training.

**REFERENCES:**

- Bright Charles K. and Herold C. Meyer. Recreational test and readings, Eaglewoodcliff, New Jersey Prentice Hall, Inc. 1953.
- Nesswed, M.H. and New Meyer E.s. Leisure and Recreation, New York, Ronald Press.
- Vannier Maryhalen, Methods and Material in Recreation leadership Philadelphia, W.B. Saunders company, 1959
- Planning Facilities for Health Physical Education and recreation, Chicago, the Athletic institute, 1936.
- Recreation areas: Their Design and equipments, New York: Ronald Press 1958,
- Kran, R.G. Recreation and the schools : New York : Mac melon company.
- Shivers J.S., Principles and practices of recreational services, London : Mac Melon Company 1964.
- Kledienst V.K. & Weston A. The recreational sports programme prentice hall international Ic. London 1978.
- Butler George introduction to community recreation (Mc Gram Hill Book Company 1976)
- Dubey and Nayak Recreation Reston A publishers, Jalandhar. Marrow G S Therapeutic Recreation Reston Publishing company 1976.
- Kelly J R Leisure Prentice Hall Inc. Englewood Cliffs N.J. (1982).

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**B.P.E.S. IVth SEMESTER**  
**PAPER – IV**  
**Adapted Physical Education**  
**UNIT- I**



**Introduction to Adapted Physical Education**

1. Meaning and definitions
2. Aims, goals, & objectives
3. Need & importance of adapted physical education

**UNIT - II**

**Classification of Disability**

1. Physical disabilities, Causes, Functional Limitations, Characteristics,
2. Mental Retardation Causes Characteristics Functional Limitations
3. Visual Impairment Causes Characteristics Functional Limitations
4. Hearing Impairment Causes Characteristics Functional Limitations
5. Behavioral Disorders, Adjustment problems, Personality disorder
6. Modifications for teaching and programming in physical education and sports

**UNIT- III**

**Adapted physical education programme**

1. Guiding principles for adapted physical education programme (AAPHER Principles)
2. Physical Education program for disabled for
  - a. Elementary school
  - b. Middle school
  - c. High School
  - d. College & University level

**UNIT-IV**

**Co-curricular Activities for disabled**

1. Outdoor programme for the disabled
2. Adventure based outdoor programme
3. Rhythm and dance activities

**Rehabilitation**

1. Aims and objectives of rehabilitation council of India.
2. Meaning of functional and occupational rehabilitation

**Governmental Welfare Programme**

1. Provision of Special rights and privilege for disabled through legislations.
2. Social welfare programme for disabled
3. Mass public education /Awareness programme
4. Education approach
5. Service approach
6. Legislative approach

**REFERENCES:**

uxter, Byler, Howtting, Adapted Physical Education and Reactions,  
forbey-St. Louis Mirrauri. Arthur G. Miller and James, Teaching Physical Activities to Impaired Youth, John Wilage  
& Sons Inc. Canada.  
onal W. French, & Paul J., Special Physical Education,  
Charles E. Merriess Publishing Co. Edinburgh, Ohio. Arthur S. Daniles and Euily, Adapted Physical Education, Harp  
& R. W. Publisher- New York.  
noop Jain, Adapted physical Education, sport publications, Ashok Vihar, Delhi-52.



**B.P.E.S. Vth SEMESTER**  
**PAPER – I**  
**Sports Sociology**  
**UNIT-I**

**1. Concept of Sociology**

- 1.1 Meaning, nature and Scope of Sociology
- 1.2 Methods of Sociology and their relationship with other Social sciences.
- 1.3 Effect of various Social forces on personality Development.
- 1.4 Sport – medium of Socio-cultural change.

**UNIT-II**

**2. Introduction to Sports Sociology**

- 2.1 Meaning and Scope of Sports Sociology
- 2.2 Sports Sociology as a discipline
- 2.3 Sports as a Social occurrence
- 2.4 Effect of appearance, Sociability and specialization on Sport participation

**UNIT-III**

**3. Sports and Society**

- 3.1 Socialization through Games and Sports
- 3.2 Recreation and its Scope through Games and Sports.
- 3.3 Sport as an element of Society
- 3.4 Sport as an Element of Cultural Development
- 3.5 Sport as an art.

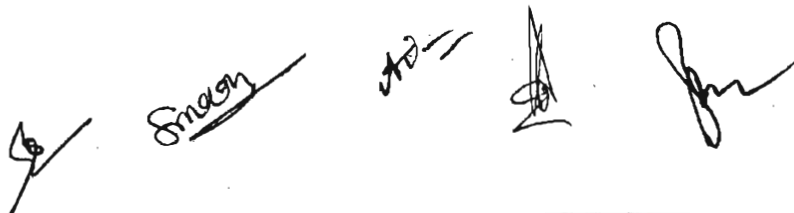
**UNIT-IV**

**4. Social factors concerning Sports in Society**

- 4.1 Social stratification in Sports
- 4.2 Demonstration in Sports
- 4.3 Sport and Women
- 4.4 Sport and children
- 4.5 Sport and older adults

**REFERENCES:**

- Sharma, S.R., Sociological foundation in physical education and sports, friends publication, New Delhi.
- Yobu, A, Sociology of Sports, Friends publication, New Delhi.
- Singh, Kawaljeet, Sociology of sports, Friends publication, New Delhi.
- Sing, Bhupinder, Sports Sociology An Indian perspective, Friends publication, New Delhi.



**B.P.E.S. Vth SEMESTER**  
**PAPER – II**  
**Method of Physical Education**

**UNIT- I**

**Physical Educational Method**

1.1 Definitions – Scope and Importance of Method in Physical Education:

1.2 Teaching Techniques in Physical Education

1.2.1 Lecturer Method

1.2.2 Command Method

1.2.3 Demonstration Method

1.2.4 Limitation Method

1.2.5 Project Method

1.2.6 Discussion Method

1.2.7 Group Directed Practice Method

**Teaching Procedure in Physical Education:**

1.3.1 Whole Method

1.3.2 Whole part whole Method

1.3.3 Part whole Method

1.3.4 Stage whole Method

**UNIT-II**

**Classification**

2.1 Classification of Pupils for Routine Physical Education Activities and Competitions

2.2 Various Method of classification

2.3 Advantage and disadvantage of classification.

**UNIT-III**

**Lesson Planning**

a) i) Types of Lessons: Knowledge Lesson, Drill Lesson, skill Lesson, Review Lesson, Appreciation Lesson.

ii) Planning and observation of Class- Room Teaching Lesson.

iii) Planning and observation of Field Activity Teaching Lesson.

b) Teaching aids-Importance, Types and uses, Audio-Visuals, Charts, Models, Films, Black Board, etc.

**UNIT-IV**

**Tournaments and Competitions**

4.1 Group Competitions and their Importance, Methods of Organizing Competitions Types of Tournaments, Methods of conducting Tournaments

4.2 Methods of conducting intra- Mural and Extra mural Completions, Games of law Organization, Organization of excursions.

4.3. 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 Ad Measurements and Requirements.



**B.P.E.S. Vth SEMESTER**  
**PAPER – III**  
**Remedial and Corrective Physical Education**

**UNIT- I**

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**

**Postural Deformities**

- A Study of Physical Defects in Posture and the Corrections to be arrived at – Kyphosis, Lordosis, Scoliosis, Flat foot, Bowed legs, Knocked knees
- Corrective exercise
- Assessment of Posture-Posture Test.  
 Therapeutic exercise and their classification.

**UNIT-III**

**Sports Injuries:**

Introduction to Sports Injuries, Role of Trained personnel in the Management of the Sports Injuries, Prevention Injuries: a) Factors causing Sports Injuries, b) Factors Sports Injuries, c) Complications of in Complete Treatment.

**UNIT-IV**

**Common Sport Injuries and their immediate treatment**

(1) Sprain (2) Strain (3) Contusion and hematoma, (4) Dislocation, (5) Fracture

**Rehabilitation:**

1) Definition objectives and Scope, 2) Effects and uses of the therapeutic modalities in 2.a) Cold therapy, 2.b) Hot most, 2.c) Infra Red, 2.d) Contrast bath, 2.e) Wax bath therapy

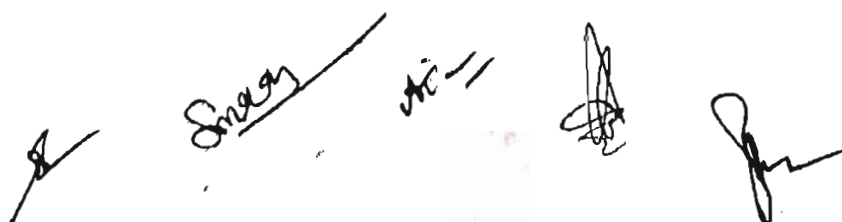
**Massage**

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.

(1) Stroking Manipulation, (2) Pressure Manipulation, (3) Percussion Manipulation.

**Reference:-**

1. Corrective physical education by rathbone (J.I.H.B. Saunders and Co.)
2. Manual of message and movement by Prof. E.M. Naro (Faber & Faber)
3. Therapeutic exercises for body alignment and function by William Mac limond, Catherine Worthing hw (W.B. Saunders & Co.)
4. Message and Medical Gymnastics by M.V. Lace (J & A Church hill Ltd.)
5. Preventive and Corrective Physical Education by Stafford and Kelly (Ronald Press Co. New York)
6. Tests and Measurements by Mc Coly and Young.



**B.P.E.S. Vth SEMESTER**  
**PAPER – IV**  
**Test and Measurement in Physical Education**  
**UNIT-I**

**History and Need**

- 1.1 History of Measurement in Physical Education.
- 1.2 Meaning of Test and Measurement
- 1.3 Need for Test and Measurement in Phy-Education.
- 1.4 The use of Test and Measurement in Phy-Education.

**UNIT-II**

**Criteria for selecting Tests**

- 2.1 Validity
- 2.2 Reliability
- 2.3 Objectivity
- 2.4 Norms
- 2.5 Standard norms
- 2.6 Accuracy and interpretability

**UNIT-III**

**Physical Fitness Test**

**Strength Test**

- 3.1.1 Freshman's battery on basic fitness Test
- 3.1.2 Physical fitness index
- 3.1.3 Sargent Test

**Motor Fitness Tests**

- 3.2.1 J.C.R. Test
- 3.2.2 National Physical efficiency Test

**Cardiovascular Test**

- 3.3.1 Harvard's Step Test
- 3.3.2 Foster Test
- 3.3.3 Copper's Twelve minuter Run and walk Test

**UNIT-IV**

**Sport skills Test**

- 4.1.1 Application of skill Test.
- 4.1.2 Fundamental of Measuring techniques in Sports.
- 4.1.3 Standard activity Tests Miler Volley ball Test,
- 4.1.4 Johnson Baskaball ability Test. Goal shooting Test in hockey.

**REFERENCES:**

- Clarks H: Application of measurement of health physical education, prentice Hall. inc. 1967.
- Larson L. A. & Yucom R. D. Measurement and Evaluation in Physical Health and Recreation Education St. Luis C.V.Mosby Co.
- Mathew, Donald: Measurement in Physical Education London, W. B. Saunders & Co.
- Neilson, N.P. : Anelementary Course in Statistics Test and Measurement in Physical, California National Test, Polo Also.
- Harbens Singh: Teaching Hockey Through Testing, Kamal, Laxmi Sports Industries.
- Wilks, S.S. Elementary Statistical Analysis, Calcutta, Oxford and T. B. H. Pub.

**B.P.E.S. VIth SEMESTER**  
**PAPER – I**  
**Professional Preparation in Physical Education & Sports**

**UNIT-I**

- 1.1 Meaning, Nature and Criteria of Profession.
- 1.2 Physical Education as a Profession.
- 1.3 Aims and Objectives of General Education contribution of Professional preparation to the purpose of Education.
- 1.4 Forces and Factors affecting the policies and Programmes of Professional preparation Educational, Social, Political, Economical, Religions etc.
- 1.5 Accreditation and Certification.

**UNIT-II**

- 2.1 Qualifications for Teaching courses of Professional preparation in Physical Education.
- 2.2 Specific qualifications for Physical Educators.
- 2.3 Teaching evaluation
- 2.4 Duties and services of Physical Education Teachers.
  - 2.4.1 Experience through movement Education including games, Sports and other activities.
  - 2.4.2 Professional preparation Programmes regarding Health, safety, Recreation, Camping and Outdoor Education.
  - 2.4.3 Coaching (d) Conducting Research.
  - 2.4.4 Administrative functions (f) Measurement and Evaluation.
  - 2.4.5 Community Responsibilities
  - 2.4.6 Professional Leadership

**UNIT-III**

**Role of Central and State Government in Professional Preparation.**

- 3.2 Role of Non-official agencies in improving Professional preparations.
- 3.3 Historical perspective of Teachers Training in Physical Education in India.

**UNIT-IV**

- 4.1 Allied subjects their Meaning, Concept and scope of Sports Psychology, Sports Sociology, Sports Philosophy, Sports, Mechanics, Kinesiology, Physiology Sports Medicine, Health Education.
- 4.2 Sports and other Field
  - 4.2.1 Sports and politics
  - 4.2.2 Sports and Culture
  - 4.2.3 Sports and Economics (Commerce)

**REFERENCES:**

- Bucher, Wuest: Foundation of physical education and sport.
- Seidel Reseck: Physical education: An overview (2nd Edn)
- Richard S. Revenes: Foundation of physical education.

*for Smaggy*



**B.P.E.S. VIth SEMESTER  
PAPER – II  
Educational Technology  
UNIT-1**

**Introduction to Educational Technology**

- 1.1 Definition
- 1.2 Educative process
- 1.3 The Teacher of Yesterday & Today.
- 1.4 An outline of Teaching method used then and now

**UNIT-II**

**Teaching Aids**

- 2.1 Importance of Teaching Aids.
- 2.2 Criteria for selecting Teaching Aids
- 2.3 Difference between Teaching method and Teaching Aid Broad
- 2.4 classifications to Teaching Aids
- 2.5 Audio Aids visual Aids Audio Visual Aids
- 2.6 Effectiveness of Edger Dale's cone classification.

**UNIT-III**

**Advantage and Suggestions for Effective use of Selected Teaching Aids.**

- 3.1 Verbal, Chock Board, Charts, Models, Slide Projector, Over Head Projector  
Motion Picture, Self Experiment and Projects

**UNIT-IV**

**New Teaching Techniques and INNOVATIONS-II**

- 4.1 Micro Teaching, Concept and features of Micro Teaching.
- 4.2 Micro Teaching verses traditional Teaching. Steps in Micro Teaching
- 4.3 Micro Teaching skills
- 4.4 Limitation of Micro Teaching

**Simulation Teaching**

- 5.1 Meaning of Simulation
- 5.2 Types of activities in simulation
- 5.3 Steps in simulation
- 5.4 Advantages of simulation
- 5.5 Limitations of simulation

**REFERENCES :**

- K Smapath, A Pannirselvan and S. Santhanam,  
Introduction to Educational Technology (New Delhi: Sterling Publishers Pvt. Ltd. ) 1981.
- Bhatia and Bhatia. The Principles and Methods of Teaching (New Delhi: Doaba House) 1959
- Walia J. S. Principles and Methods of Education (Paul Publishers Jullandhar), 1999
- Kochar, S. K. Methods and Techniques of Teaching (New Delhi: Jallandhar, Sterling Publishers Pvt. Ltd.), 1982.
- Lozman Cassidy and K Jackson, Methods in Physical Education (W. B. Saunders Company, Philadelphia and London), 1952.
- Singh, Ajmer and other Modern Text Book of Physical Education. Health and sports B. A. Part-I (Kalyani Publishers, Ludhiana), 2000
- Amita Bhardwaj, New Media of Educational Planning Sarup of Sons, New Delhi, 2003.



**B.P.E.S. VIth SEMESTER  
PAPER – III  
Officiating and Coaching**

**UNIT-I**

- 1.1 Teaching and Training, Principles of Coaching.
- 1.2 Personality of Coach, Methods of Personal Skills.
- 2.1. Principles of conditioning, methodical principles of weight Training isometric Training. circuit Training.
- 2.2 Cross country, Fartlek, pressure Training and Sprint Training.

**UNIT-II**

- 3.1 Basic Principles and planning of Training schedule maintenance fitness.
- 3.2 Selection of players, measures for maintaining and stimulating the interest of students in games and Sports.

**UNIT-III**

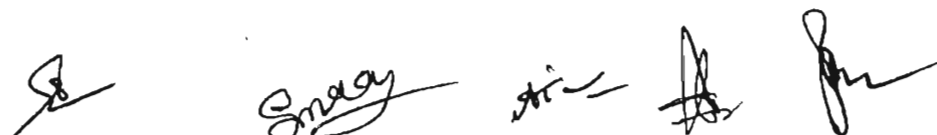
- 4.1 Analysis of individual and team performance.
- 4.2 Sports hygiene, safety measures in Sports.

**UNIT-IV**

- 5.1 Official his duties and qualities, factors influencing officiating.
- 5.2 Record sheets, facilities, techniques, strategies and rules and their interpretations of the following athletics, football, hockey, volleyball, basketball, cricket, kabaddi, Kho-Kho, gymnastics, and wrestling also for girls- Netball, Throw ball, Badminton, Table Tennis etc.

**REFERENCES:**

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



**B.P.E.S. VIII SEMESTER  
PAPER - IV  
FITNESS & WELLNESS  
UNIT - I**

**INTRODUCTION**

- 1.1 Concept and Meaning of fitness and wellness
- 1.2 Components of fitness and their description
- 1.3 Components of wellness and their description
- 1.4 Significance of fitness and wellness in present scenario.
- 1.5 Fitness and wellness for life

**UNIT - II**

**FITNESS PROFILE, DEVELOPMENT AND MAINTAINENCE OF FOLLOWING**

- 2.1 Physical (cardio respiratory, strength, speed agility, flexibility, power, muscular endurance)  
health related (cardio-respiratory, flexibility, body composition, muscular strength and endurance)  
motor skill related (speed, power, agility, coordination, endurance, balance)
- 2.2 Principals of Physical fitness
- 2.3 Benefits of fitness Programme
- 2.4 Obesity (causes and prevention)
- 2.5 Weight management (role of diet & exercise in maintenance of ideal weight)

**UNIT - III**

**WELLNESS**

- 3.1 Identifying dimensions of wellness, achieving and maintenance of wellness
- 3.2 Adopting healthy & positive life style
- 3.3 Identifying stressors and managing stress
- 3.4 Staying safe & preventing injuries
- 3.5 Knowledge of nutrition & its implication on healthy life style
- 3.6 Factors leading to eating disorder
- 3.7 adoptions of spirituality principal & their remedial measures
- 3.8 Yogic Practice for achieving health and fitness
- 3.9 Relationship of wellness towards positive lifestyle
- 3.10 Benefits of wellness

**UNIT - IV**

**BEHAVIOR MODIFICATION**

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

**REFERENCES**

**Fitness**

- Anderson, B., Stretch Yourself for Health & Fitness, Delhi : UBSPD, 2002.
- Austin and Noble, Swimming For Fitness, Madras: All India Pub., 1997.
- Beatt, Anita, Food For Fitness, London : A & C Black, 1999.
- Callio Flood, D.K., Practical Math For Health Fitness, New Delhi, 1996.
- Cox, Carlin, C.B & Induey, R., Concepts of Physical Fitness, W.C Brown, 1994.
- DiFiore, Judy, Complete Guide to Postnatal Fitness, London : A & C Black, 1998.
- The, K. C., Sport Medicine Exercise and Fitness, Singapore: P.G Medical Book, 1994.

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## Practical Courses

B..P.E.S. (SEMESTER-1<sup>ST</sup> AND 2<sup>ND</sup>)

### GAMES SPECIALIZATION WITH (OFFICIATING). (ANY TWO GAMES)

#### Kabaddi: Fundamental Skills

- o Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing.
- o Skills of Holding the Raider-Variations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques.
- o Additional skills in raiding-Bringing the anti into particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defense.
- o Ground Marking, Rules and Officiating

#### Kho Kho:

- o General skills of the game-Running, chasing, Dodging, Faking etc.
- o 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.
- o Skills in Running-Zigzag 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.
- o Ground Marking
- o Rules and their interpretations and duties of officials.

#### Badminton: Fundamental Skills

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

#### Table Tennis: Fundamental Skills

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



- o Rules and their interpretations and duties of officials.

### **Squash Fundamental Skills**

- o Service-Underhand and Overhand
- o Service Reception
- o Shot-Down the line, Cross Court
- o Drop
- o Half Volley
- o Tactics-Defensive, attacking in game
- o Rules and their interpretations and duties of officials.

### **Tennis: Fundamental Skills.**

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

### **Base Ball Fundamental Skills**

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

### **Netball: Fundamental Skills**

- o Catching: one handed, two handed, with feet grounded, in flight.
- o Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).
- o Footwork: landing on one foot; landing on two feet; pivot; running pass.
- o Shooting: one hand; two hands; forward step shot; backward step shot.
- o Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.
- o Defending: marking the player; marking the ball; blocking; inside the circle; outside the

circle (that is, defending the circle edge against the pass in).

- o Intercepting: pass; shot.

- o The toss-up.

- o Role of individual players

- o Rules and their interpretations and duties of officials.

### **Cricket: Fundamental Skills**

- o Batting-Forward and backward defensive stroke

- o Bowling-Simple bowling techniques

- o Fielding-Defensive and offensive fielding

- o Catching-High catching and Slip catching

- o Stopping and throwing techniques

- o Wicket keeping techniques

### **Football: Fundamental Skills**

- o Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick

- o Trapping-trapping rolling the ball, trapping bouncing ball with sole

- o Dribbling-With instep, inside and outer instep of the foot.

- o Heading-From standing, running and jumping.

- o Throw in

- o Feinting-With the lower limb and upper part of the body.

- o Tackling-Simple tackling, Slide tackling.

- o Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting.

### **Hockey: Fundamental Skills**

- o Player stance & Grip

- o Rolling the ball

- o Dribbling

- o Push

- o Stopping

- o Hit

- o Flick

- o Scoop

- o Passing-Forward pass, square pass, triangular pass, diagonal pass, return pass,

- o Reverse hit

- o Dodging

- o Goalkeeping-Hand defence, foot defence

- o Positional play in attack and defense.

- o Rules and their interpretations and duties of officials.

- o Rules and their interpretations and duties of officials.

- o Ground Marking.

### **Softball Fundamental Skills**

- o Catching: one handed, two handed, with feet grounded, in flight.

- o Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).

- o Footwork: landing on one foot; landing on two feet; pivot; running pass.

- o Shooting: one hand; two hands; forward step shot; backward step shot.

- o Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.

- o Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).

- o Intercepting: pass; shot.

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- o The toss-up.
- o Role of individual players
- o Rules and their interpretations and duties of officials.

#### **Volleyball: Fundamental Skills**

- o Player's Stance- Receiving the ball and passing to the teammates,
- o The Volley (Over head pass),
- o The Dig (Underhand pass).
- o Service- Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service.
- o Rules and their interpretations and duties of officials.

#### **Hand Ball:**

- o 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, Defense.
- o Rules and their interpretations and duties of officials.

#### **Basketball: Fundamental Skills**

- o Player stance and ball handling
- o Passing- Two Hand chest pass, Two hand Bounce Pass, One Hand Baseball pass, Side Arm Pass, Over Head pass, Hook Pass.
- o Receiving- Two Hand receiving, One hand receiving, Receiving in stationary position, Receiving while jumping, Receiving while running.
- o Dribbling- How to start dribble, How to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling dribble.
- o Shooting- Layup shot and its variations, one hand set shot, One hand jump shot, Hook shot, Free throw.
- o Rebounding- Defensive rebound, Offensive rebound, Knockout, Rebound Organization.
- o Individual Defensive- Guarding the man with the ball and without the ball.
- o Pivoting.
- o Rules and their interpretations and duties of the officials.

#### **Track and Field: Track and Field (OFFICIATING) (ANY TWO EVENTS)**

##### **Running Event**

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

##### **Yoga:**

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

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## GYMNASTICS/SWIMMING/SHOOTING(ANYONE)

### Gymnastics: Floor Exercise

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

### Swimming: Fundamental Skills

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

### Shooting Fundamental Skills

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

### Light Apparatus:

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

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## B..P.E.S.(SEMESTER-3<sup>RD</sup> AND 4<sup>TH</sup>)

### TEAM GAMES AND GAMES OF SPECIALIZATION

Same 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 semester-I & II

### TEACHING PRACTICES:

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

### RACKET SPORTS: (ANY ONE)

**Badminton:** Fundamental Skills

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

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- o Drop
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- o Basic service.
- o Basic Volley.
- o Over-head Volley.
- o Chop
- o Tactics-Defensive, attacking game
- o Rules and their interpretations and duties of officials.

### TEACHING PRACTICES:

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

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## B..P.E.S.(SEMESTER-5<sup>TH</sup>AND6<sup>TH</sup>) TEAM GAMES AND GAMES OF SPECIALIZATION

Same as semester – III & IV

### ATHLETICS:- JUMPINGEVENTS.(ANYTWOEVENTS)WITH OFFICIATING

- o Approach Run,
- o Take off
- o Clearanceoverthebar.
- o Landing

### SWIMMING/GYMNASTICS(APPARATUS)/SHOOTING(ANYONE)

Sameassemester –III&IV

### TEACHINGPRACTICES:

- a. TeachingLesson LessonsinYoga(5Lessons) (4 Internal,1external)
- b. ClassRoomTeachingLessons (5Lessons).(4 Internal,1external)

### OFFICIATINGLESSONPLAN:

- a. Gameofspecialization(05lessons inoutdoor)( 4Internal,1external)
- b. LessonsinTrack andField(5Lessons each) . (4Internal,1external)

### PROJECTORGANIZED

(MAXIMUM4STUDENTINONEATHLETICEVENT(SEMESTERItoV)ORANYONEGAME SEMESTER I to V)

- A) Athletic (anyoneevents)
- B) GamesSpecialization(anyone Game)

### OFFICIATINGLESSONOFTRACK&FIELD&GAMES SPECIALIZATION

- 05 Lesson each(4Internal,1external)

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