

**JAN NAYAK CHANDRA SHEKHAR UNIVERSITY**

**BALLIA (U.P.)**



**PROSPECTUS**  
**Bachelor of Physical Education**  
**(B.P.Ed. ) -Session 2018-20**  
**(Two Year Course)**



**DEPARTMENT OF**  
**PHYSICAL EDUCATION**

# **JAN NAYAK CHANDRA SHEKHAR UNIVERSITY**

## **BALLIA (U.P.)**

### **DEPARTMENT OF PHYSICAL EDUCATION**

#### **FACULTY OF EDUCATION**

#### **ORDINANCE OF B.P.ED. (TWO YEAR) COURSE**

#### **I. Minimum Eligibility Requirements:**

*As per NCTE Norms:*

a) A bachelor's degree in any discipline with 50% marks and having at least participation in the Inter- College / Inter-Zonal/ District/ School competition in Sports and games as recognized by the AIU/IOA/SGFI/Govt. of India.

***or***

b) Bachelor's degree in physical education with 45% marks.

***or***

c) Bachelor's degree in any discipline with 45% marks and studied physical education as compulsory/elective subject.

***or***

d) Bachelor's degree with 45% marks and having participated in National/ Inter University/State competition or secured 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> position in Inter College/Inter-Zonal/District/School competition in Sports and games as recognizes by the AIU/IOA/SGFI/Govt. of India.

***or***

e) Bachelor's degree with participation in International competitions or secured 1<sup>st</sup> 2<sup>nd</sup> or 3<sup>rd</sup> position in National/ Inter-University competition in sports and games as recognized by respective federations/AIU/IOA/SGFI/Govt. of India

***or***

f) Graduation with 45% marks and at least three years of teaching experience (for deputed in service candidates i.e. trained physical education teachers/coaches)

The relaxation in the percentage of mark in the qualifying examination and in the reservation of seats for SC/ST/OBC and other Categories Shall be as per the rules of the central Govt /State Government is applicable

**II Admission Procedure:- (A)** There shall be One Theory Paper comprising 100 multiplechoicequestions of 90 minutes (one and half hours) duration carrying 100 marks. Questions shall be based on General Studies, Aptitude Test, current Affairs and General Knowledge about sports. Physical Fitness Test (modified AAHPER fitness test) of 100 marks will be conducted by External Examiners appointed by Controller of Examinations at Department of Physical Education, **Jan Nayak**

**Chandra Shekhar University, Ballia** only. The final merit for admission will be declared only after compilation of theory and practical marks of entrance test.

Or any other selection Process as per the policy of the university/ state govt.NCTE Regulation.

**(B) Medical Examination:** - Qualified candidates will have to undergo medical examination in the University health centre. Those candidates who are pronounced medically fit by the Medical Board will be given admission.

III **Number of Seats:-** Decided by JNCU, Ballia and NCTE.

**Reservation:-**As per University Rule's/state govt.

**Note:-** \*If girl candidates not found eligible the seats will be filled from the category of the male Candidates of each category.

\*Only unmarried women, widows or divorcees without encumbrances, will be admitted to B.P.Ed. Course.

\*No Physically challenged candidate is eligible for the admission in B.P.Ed. Course.

IV. **Uniform:-** Decided by Jan Nayak Chandra Shekhar University, Ballia.

V. **Fee Structure and Examination:** The following will be the fee structure and rules of Examination for B.P.Ed. Course.

a) **Fees:-**As Per University Guideline's

a. **Medium:-** The medium of instruction and examination shall be in English and Hindi.

b. **Attendance:-** Each student shall have attendance as per University rules, in Theory and Practical activities separately. The attendance shall be recorded in terms of working days, lectures and practical classes separately.

c. In addition to the above rules the student must fulfill the following requirements to appear in the final examination.

- **Educational Tour** organized by the Department of Physical Education.

OR

- **Adventure Leadership Training Camp** organized by the Department of Physical Education

- The student will have to submit tour/camp report within 5 (Five) days after arrival from tour/camp compulsorily in the Department of Physical Education, **Jan Nayak Chandra Shekhar University, Ballia** failing which the result will not be declared.

d. **Examination:-**

(i) There shall be Semester examination at the end of each Semester and a candidate must pass separately in:

Part - A ..... **Theory**

Part - B ..... **Practical**

1. Compulsory Games
2. Teaching Ability
3. Game Specialization
4. Advance Coaching Lesson

- Part - C ..... 1. Internship  
 2. Educational Tour/ Leadership Camp
- Part - D ..... Lab Test Practical of Sports Sciences

Exam of specialization will be conducted as per the choice of the student opted out of ten games offered in B.P.Ed. Syllabus except indigenous activity in semester IV.

- (ii) The result of examination shall be given separately in mark sheet under four heads,

Part - A ..... **Theory**

Part - B ..... **Practical**

1. Compulsory Games
2. Teaching Ability
3. Game Specialization
4. Advance Coaching Lesson

- Part - C ..... 1. Internship  
 2. Educational Tour/ Leadership Camp
- Part - D ..... Lab Test Practical of Sports Sciences

Including marks of Educational Tour/Leadership Training Camp. Division of student will be given on the basis of aggregate marks obtained from all the parts including tour/camp marks. The degree will have the division of the student as well as the game specialization mentioned on it.

- (iii) For teaching ability and advance coaching ability the minimum percentage required is 40%, that shall consist of the sessionals as well final examination marks. Final teaching ability exam will be conducted by the external examiner in general and special category separately.
- (iv) The practical examination must be conducted by the internal examiners after completing the syllabus. The minimum aggregate marks required shall be 40%. The following games are included for the practical examination – Athletics(Track and Field) Badminton, Basketball, Cricket, Football, Kabaddi, Hockey, Volleyball,Tennis/Kho-Kho Gymnastics, Indigenous activities and Yogasana.
- (v) Game Specialization:- Every student has to opt one game out of the ten games given in the list The student is required to submit a project book and will have to appear in the skill proficiency exam of the game opted by the candidate.

- (vi) Lab Testing of Sports Sciences: The student has to opt for lab tests of any two sports sciences out of Kinesiology, Biomechanics, Psychology Analysis Exercise Physiology and Anthropometry etc.
  - (vii) Advance coaching lesson from specialization, as per choice of student in semester four will be evaluated external & internal both.
  - (viii) If a candidate fails in the theory (one or more) paper will have to appear in the supplementary exam, but if he fails in the practical, Sessional, teaching ability or game specialization then he will have to appear in the next main examination as an ex-student.
  - (ix) Each student has to complete minimum 20 lessons in different schools separately for general and special lesson that will be evaluated by internal examiners.
  - (x) The candidate who passes in all the examinations with minimum 40% of marks as aggregate will be declared pass. Such pass candidate will be awarded with the division according to the following criteria
    - First Division:** Candidate securing 60% of marks and above in aggregate secured in Part A, B, C and D examination.
    - Second Division:** Less than 60% but not less than 50% in the aggregate
    - Third Division:** Less than 50% but not less than 40% in aggregate.All the students who have not passed will be categorized as failed.
- e. **Paper Structure:-** The subject and scheme of examination shall be as following

## Semester I

### Part – A: Written Examination, (Conducted by University)

Paper No.	Subjects		Marks	
			Max.	Min.
1.1	Principles of Physical Education	Theory	100	40
1.2	Fundamentals of Anatomy	Theory	100	40
1.3	Recreation & Camping	Theory	100	40
1.4	Methods, Materials and Supervision of Physical Education	Theory	100	40

### Part – B 1: Practical Examination (Conducted by the Department)

<b>Each Activity:</b>	-Skill Testing	.....	10 Marks
	- Playing Ability	.....	10 " "
	- Officiating	.....	10 " "
	- Ground Marking	.....	10 " "
	- Record Book (Project)	.....	10 " "

**Total Marks : 50**

---

Athletics (Track Events)  
Badminton, Basketball,  
Football,  
Marks



50 X 4 games = **200** Max. Marks  
80 Min. Marks

**Total Marks : 200 Marks**

### Part – C 1: Educational Tour/Adventure Leadership Camp:

**Max. Marks: 50**  
Min. Marks: 20

**Total Marks for Semester- I = 400+250=650**

## Semester II

### Part – A: Written Examination, (Conducted by University)

Paper No.	Subjects		Marks	
			Max.	Min.
2.1	Kinesiology and Care of Athletic injuries	Theory	100	40
2.2	Organisation, Administration & Events Management : Practices & issues	Theory	100	40
2.3	History of Physical Education	Theory	100	40
2.4	Principles of Coaching and Officiating	Theory	100	40

### Part – B 1. Practical Examination (Conducted by the Department)

<b>Each Activity:</b>	-Skill Testing	.....	10 Marks
	- Playing Ability	.....	10 " "
	- Officiating	.....	10 " "
	- Ground Marking	.....	10 " "
	- Record Book (Project)	.....	10 " "

**Total Marks : 50**

---

Athletics (Field Events),  
Hockey, Volleyball, Cricket, }

50 X 4 games = **200**Max. Marks

**80** Min. Marks

**Total Marks: 200**

### B 2. Teaching Ability (External & Internal)

A. General Lesson                      External 70 Marks, Internal 30 Marks

B. Skill Lesson                              External 70 Marks, Internal 30 Marks

**Total: 200 Marks**

**Total Marks for Semester- II = 400+400=800**  
Practical Exam by External examiner.

## Semester III

### Part – A: Written Examination, (Conducted by University)

Paper No.	Subjects		Marks	
			Max.	Min.
3.1	Perspectives of Sports Psychology	Theory	100	40
3.2	Essentials of Physiology and Exercise Physiology	Theory	100	40
3.3	Health Education : Concepts and Issues	Theory	100	40
3.4	Yoga Education : Practices and issues	Theory	100	40

### Part – B:1 Practical Examination (Conducted by the Department)

<b>Each Activity:</b>	-Skill Testing	.....	10 Marks
	- Playing Ability	.....	10 " "
	- Officiating	.....	10 " "
	- Ground Marking	.....	10 " "
	- Record Book (Project)	.....	10 " "

---

**Total Marks : 50**

---

Kabaddi, Yoga, Tennis, Gymnastics

50 x 4 games = **200**Max. Marks  
**80** Min. Marks  
**Total Marks: 200**

### Part – C 1: Internship (Internal Assessment)

**100**Max. Mark **40**Min. Marks

**Total Marks for Semester- III = 400+200+100 = 700**



## Semester IV

### Part – A: Written Examination, (Conducted by University)

Paper No.	Subjects	Marks		
		Max.	Min.	
4.1	Test Measurement & ICT Application	Theory	100	40
4.2	Principles, Sports Training & Gym. Management	Theory	100	40
4.3	Fundamentals of Sport Sociology	Theory	100	40
4.4	Sports Specialization	Theory	100	40

### Part – B:3 Game Specialization

- i) Skill Testing 50 marks
- ii) Officiating 25 marks
- iii) Project Book 25 marks

**Total Marks : 100 Mark**

### B- 4. Advance Coaching Lesson

Coaching Lesson (External & Internal Assessment)

**External – 75 Max., 35 Min.**

**Internal – 75 Max., 35 Min.**

(Coaching Practice Lessons)

**Total Marks: 150**

**Part – D : Sports, Sciences Lab Testing (External & Internal Assessment of Selected Two Disciplines)**  
(Anatomy, Kinesiology, Sports Psychology,  
(Exercise Physiology and Anthropometry etc.)

**70Max. Mark 28Min.**

**30 Max., 12 Min.**

**Total Marks = 100**

**Total Marks for Semester- IV = 400+100+150+100 = 750**

**Grand Total of Sem. I, II, III & IV = 650+800+700+750=2900 Marks**

Semester-IV practical exam External.

### **EPC/Practical Examination : Evaluation Pattern**

Semester	Marks	Nature of exam
I	250	Internal
II	400	External (By BOS)
III	300	Internal
IV	350	External (By BOS)

**Total : 1300**

### **External Evaluation : (Theory Paper)**

The format for the marking scheme for question papers in the theory courses (Maximum marks = 100) in external written examination shall be as follows:

Q.No.-1 short answers (about 200 words)

Ten questions of 4 marks each  $10 \times 4 = 40$  marks

Q.No.-2 to 9 (Unitwise - A, B, C, D)

Four questions with internal choices (500 words)  $4 \times 15 = 60$  marks.

Maximum marks = 100

Pass Marks = 40

**Total Sem-I, II, III, IV =  $400+400+400+400 = 1600$  marks**

# Department of Physical Education

## Syllabus

(Theory)

B.P.Ed. (Two Year Course)

Semester I

Paper 1

### PRINCIPLES OF PHYSICAL EDUCATION

#### A. Principles of Physical Education

##### Unit – I - Introduction:-

- 1) Meaning, Definition Scope and importance of Education
- 2) Aims and objectives of Physical Education
- 3) Importance of Education in ICT age.
- 4) Scope of Physical Education
- 5) Terminology used in physical Education ( Misconceptions)
- 6) Importance and Types of Principles of Physical Education
- 7) Relationship between Physical Education and general Education

##### Unit – II - Philosophical & Physiological Foundation of physical Education:-

- 1) Idealism
- 2) Pragmatism
- 3) Naturalism
- 4) Humanism
- 5) Relevance of School of Philosophy.
- 6) Definition of Physical fitness
- 7) General benefits of exercise
- 8) Basic principal of exercise and Physical fitness

##### Unit – III - Biological Aspect: -

- 1 Growth and Development-Meaning, Importance, and Stage of development Theories of child development.
- 2 Effect of Heredity and Environment on child development.
- 3 Difference between boys and girls during the period of adolescence.
- 4 Body Types by Dr. William Sheldon.
5. Different Ages- a) Chronological, b) Physiological, c) Anatomical, e) Mental

##### Unit –IV - Sociological Perspective:-

1. Meaning and Definition of sociology and Sports Sociology
2. Physical education and Sports as a need of the society
3. Physical Education and sports as a social Institution.
4. Game and Sports as Man's Cultural Heritage.
5. Sociological Analysis of Sports and Sports Sociology as an academic discipline.

**References:**

1. Bucher. Charles A, Foundation of Physical Education St. Louis: The C.V. Mosby Co., 1972.
2. Nixon, E.E. & Cozen, F.W. An Introduction to Physical Education, Philadelphia. W.B. Saunders Co. 1969.
3. Obertenffer; Delbert Physical Education. New York, Harper & Brothers Publisher, 1970.
4. Sharman, J.R. Introduction to Physical Education, New York, A.S. Barnes & Co. 1964.
5. William J.F. The Principles of Physical Education, Philadelphia, W.B. Saunders Co. 1964.
6. Mohan V.M. Principles of Physical Education (P.E., Series No., 1) (Hindi) Delhi, Metropolitan Book Dep.) 1969.
7. Chauhan, S.S.: Advanced Educational Psychology, New Delhi: Vikas Publishing House, 1994.
8. Panda, P.K.: Perspectives of educational psychology, Agra: Agrawal Publication, 2016.

**(Theory)**  
**B.P.Ed. (Two Year Course)**  
**Semester I**  
**Paper II FUNDAMENTALS OF ANATOMY**

**Unit – I**

- 1 Meaning, concept, and relevance of anatomy
- 2 Need and importance of anatomy in the field of Physical Education.
3. Personal Hygiene, Rules of wearing clothes.

**Unit – II**

- 1 Character of living bodies (animals).
2. Cell and its parts – cell division – cellular basis of life.

**Unit – III**

1. Tissues in the human Body and the general arrangement of the body.
2. Types of Tissues organs of the body.
3. Types of muscles in the body and their differences.

**Unit – IV**

1. The arrangement of the skeleton – Function - of the skeleton – Ribs and Vertebral column and the extremities /Sex differences in the skeleton – Arches of the feet.
2. General Classification of the joints of the body and examples for each type.
3. Special Senses: A brief account of the structure and functions of the Eye and Ear. Common defects of Vision, Ears, Defects of Ears

**Books Recommended:**

1. Gupta Manju and Gupta M.C. Body and Anatomical Science [Hindi] Delhi. Swaran Printing Press, 1980.
2. Sharma, R.D. Health and Physical Education [Hindi] Gupta Prakashan, 1979.
3. Singh, Sujana. Anatomy of Physiology and Health Education. Ropar Jeet Publications, 1979 [Hindi].
4. Pearce Evelyn, C. Anatomy and Physiology for Nurses [Hindi] London, Faber & Faber Ltd. 1962.
5. Karpovich. Peter V. Philosophy of Muscular Activity London. W.B. Saunders Co. 1059.
6. Sukhia, S.P. : Health Education, Agra : Agrawal Publication, 2015.

**(Theory)**  
**B.P.Ed. (Two Year Course)**  
**Semester- I**  
**Paper -III**

**Recreation and Camping : Concepts, Practices and Issues**

**Unit-I Introduction of Recreation**

1. Meaning, Definition, Objective, Scope, and Importance of Recreation.
2. Historical development of recreation- India.
3. General Principles of Recreation.

**Unit -II Organization and administration of Recreation –**

1. Agencies offering recreation, Home, Government, Voluntary, Private, Commercial, Rural, Urban and Industrial areas. Facilities Equipments.
2. Types of Recreation – Indoor, Outdoor, Arts, Crafts, Drama, Music, Hobbies, Aquatics, Dancing.
3. Evaluation of Recreation Programme. Formative and Summative evaluation, Comprehensive and Continuous, Evaluation.

**Unit III Play-**

1. Meaning, Definition, Importance,
2. Difference/Relationship between Play and Work, Play in NCF 2005.
3. Theories of Play
4. Role of Play in all round development in electronic age.

**Unit IV Introductions, Organization & administration of Camp**

1. Meaning, Definition, Objective, Scope, and Significance of Camping
2. Types of Camping
3. Selection and Lay- out of Camp sites.
4. Camp programme and activities.
5. Evaluation of Camp work.
6. Leadership – Meaning, Definition, Needs, Types and their qualification and qualities. Styles of Leadership.

**References:**

1. Butler George D. Introduction to community Recreation (5<sup>th</sup> Ed.) New York: M.C. Graw Hill Book Co. 1970.
2. Fitzgerald Gerald B. Leadership in Recreation, New York, A.S. Barnes and Co. 1941.
3. Meyar, Herold D. ;and Bright bill, Charles K. Community Recreation, Boston D.C. Health Co. 1948.
4. Slavson, S.R. Recreation and the total personality, New York Association Press, 1948.
5. Khan, Eraj Ahmad, History of Physical Education, Patna, Scientific Book Co. 1964.
6. Rajgopalan, K.A. Brief History of Physical Education in India. Delhi, Army Publishers Pvt. Ltd. 1962.
7. Kamlesh, M.L. & Sangral M.S. Principles and History of Physical Education (Hindi) Ludhiana, Prakash Brothers, 1976.
8. www.NCF 2005.com
8. Dr. Chandrahas Dubey & Mrs. Alka Nayak Recreation,
10. Prof. Ajmer Singh Physical Education and Olympic Movement- Kalyani Publishers New Delhi 2012
11. Atwal & Kansal History of Physical Education, Jalandhar.

**(Theory)**  
**B.P.Ed. (Two Year Course)**  
**Semester -I**  
**Paper IV**  
**METHODS MATERIALS AND SUPERVISION**  
**IN PHYSICAL EDUCATION**

**Unit-I Method and Materials**

1. Introduction: Meaning and importance of Method, Factors influencing method.
2. Presentation Techniques:
  1. Personal Preparation – Technical Preparation – Organising subject matter – Teaching aids class management.
  2. Steps in Presentation – Orientation-Explanation Demonstration – Exploration – Correction and Repetition.
  3. Various methods of Teaching of activities-command methods – Demonstration method-At will method – Set drill method – Part and whole method etc.
4. Commanding.

**Unit-II- Teaching Method, Lesson Plan-**

1. Selection and Teaching of activities:- Play way method, Brain Storming.  
Formal activities including indigenous exercises, Gymnastics, Rhythmic Activities, Major Games, Minor Games, Track and Field, Defensive Arts, Aquatic
2. Lesson Plans: - General and Specific. Steps of Lesson plan.
3. Incentives and Awards:

**Unit-III - Assessment**

1. Test and Measurements: Need and importance – Different types of tests in Physical Education – AAHPER youth fitness test, JCR test, Harvard step test, Cooper 12 min. run/walk test, Mc Cloy's general motor ability test.
2. Sports skill tests – Lockart and McPherson Badminton Test, Johnson Basketball Ability Test, McDonald Soccer Test, Brady Volleyball Test, Dribble and Goal Shooting test in Hockey.
3. Classification of Pupils: Need and importance-Methods of classification.
4. Essay of type test, objective test, formative and summative test.

**Unit-IV- Supervision : Meaning, Concept and relevance.**

1. Introduction:
  - 1.1. Meaning and need for supervision – Guiding Principles of supervision.
  - 1.2. Essential features of supervision. Participant and Non Participant supervision planned & supervision.
2. Qualities of supervisor: Qualification – His relation-ship with the Administrator and the Physical Education Teacher. His position in Indian society.
3. Duties of Supervisor: Administrative duties – Duties Pertaining to facilities. Introduction and Professional growth.
4. Techniques of Supervision in brief visitation. Individual and group conferences. Bulletins and Demonstration.
5. Competitions and Tournaments, Tournaments and Leagues. Group Competition – Intramurals – Extramural – Sports Meet – Swimming Meet – Gymnastic Competitions – Play Days.

### **References:**

1. Knap, C. & Hagma. E.P. Teaching Methods for Physical Education, New York: Mc. Graw Hill Book Co. Inc 1958.
2. Kozman H.C. Cassidy R. & Jackson C. & Methods in Physical Education London: W.B. Saunders Co. 1960.
3. Bossing, N.L. Progressive, Methods & Teaching Secondary Schools.
4. Tirunarayanan, C. & Hariharan, S. Methods in Physical Education Karaikudi: South India Press, 1969.
5. Pandey, L.K. Methods in Physical Education (Hindi) Delhi Metropolitan Book Depo.
6. Singh, Sujan, Organization of Physical Education Ropar Jeet Publication, 1973.
7. Pandey, L.K. Methods in Physical Education (Hindi) Delhi, Metropolitan Book Depo, 1977.
8. Sharma, V.M. & Tiwari, R.H.: Teaching Methods in Physical Education (Hindi) Amaravati, Shakti Publication. 1979.
9. Wiles, Kimbals (1955): Supervision for better School Prentice-Hall Englewood Cliffs : NJ.



**(Theory)**  
**B.P.Ed. (Two Year Course)**  
**Semester II**  
**Paper I**  
**KINESIOLOGY AND CARE OF ATHLETIC INJURIES**

**Unit-I**

**KINESIOLOGY**

1. Definition, Need and importance of Kinesiology in Physical Education and Sports.
2. Fundamental Concepts: Definition and brief explanation of the following terms and their application to the human body. Axes and Planes, Center of Gravity, Line of Gravity, Basic Starting Position, Direction of pull and Angle of pull.

**Unit-II**

1. Different types of body movements. Construction and Types of Joints in the body and their actions. Balanced Diet. Main constituents of Food.
2. Types of muscles contraction, group action of the muscles and Origin, insertion and action of the muscles with special reference to the following muscles:  
Pectoralis Major, Pectoralis Minor, Serratus Anterior, Rectus Abdomens, Trapezius, Latissimus Dorsi, Deltoid, Teres Major, Biceps, Triceps, Rectus Femoris, Vastus Medialis, Vastus Lateralis, Vastus Intermedius, Sartorius, Biceps Femoris, Semimembranosus, Semitendinosus, Gastrocnemius.
3. Body Levers – Lever action – 1st class lever, 2nd class lever, 3rd class lever – Effect of angle of pull - Effect of angle of resistance.
4. Posture, Fatigue and rest.

**Unit-III**

**CARE OF ATHLETIC INJURIES**

1. Introduction: Need  
for the subject in Physical and Medical examination of all Athletes – Diet – physiological rest – Graduated Muscular exercise.
2. Role of the Trainer in Injury Prevention. General accidents and their first aid.
3. Common types of Athletic Injuries (Pathology, Diagnosis and Treatment) & regional injuries and their first aid treatment.
4. Sprains strains-contusion-Laceration and Abrasion. Symptoms and Treatment.
5. Fractures and Dislocation : Symptoms of fracture and treatment.
6. Internal Injuries. Symptoms and Treatment.
7. Regional Injuries and their first aid Treatment.
  1. Ankle
  2. Knee
  3. Elbow
  4. Shoulder
  5. Wrist
  6. Finger

**Unit-IV**

1. Exercise programme for the development of the various parts of the body with special reference to the following:
  - 1.1 Muscles of the Chest
  - 1.2 Muscle of the Abdomen
  - 1.3 Muscles of the Back

- 1.4 Muscles of the Neck
- 1.5 Muscles of the upper Arm
- 1.6 Muscles of the Fore arm
- 1.7 Muscles of the Thigh
- 1.8 Muscles of the Calf
- 1.9 Role of Guidance and counselling in various exercise programmes.
- 2. Physiotherapy
  - 2.1 Guiding Principles of Physiotherapy. Precaution and awareness.
  - 2.2 Modalities and their application and effects.
  - 2.3 Hydrotherapy
  - 2.4 Cold compression.
  - 2.5 Hot water bottle hot water bag.
  - 2.6 Immersion in hot water
  - 2.7 Contrast bath (Hot and cold)
  - 2.8 Whirl pool bath
  - 2.9. Electro Therapy
  - 2.10 Infrared
  - 2.11 Diathermy
  - 2.12 Ultra Sonic
  - 2.13 Massage: History – Physiological effects – Principles – Manipulation – application.
  - 2.14 Role of Physiotherapy in physical education.

**References:**

1. Rash, Philip J. and Burke – R.K. Kinesiology and Applied Anatomy. Philadelphia Len & Febiger 1967.
2. Wells, Katharine F. Kinesiology. Philadelphia, W.B. Sannders Co. 1667.
3. Copper, Jhon M. & Glasson, R.W. Kinesiology St. Louis C.V. Mosby Co. 1963.
4. Anderson, T.M. Kenetics and Analysing Body Movements.
5. Tucker, W.E. & castle Molley, Sportman and their injuries Pelham Books Ltd. 1978.
6. Colson, John H.C. Armorer, William, J. Sports Injuries and their treatment, London, Stainley Paul, 1975.
7. Warner, Kuprian, Physical therapy for Sports, Philadelphia W.B. Saunders Co. 1982.
8. Joseph, R.B. Manipulation, Traction and Massage New York, William and Wilkins, 1971.
9. Bedi, Yashpal, Social and Preventive Medicine, New Delhi : Atmaram and Sons, 1985.
10. Gosh, B.N. Hygiene and Public Health, Calcutta : Scientific publishing Co.,1989.

**(Theory)**  
**B.P.Ed. (Two Year Course)**  
**Semester II**  
**Paper II**  
**ORGANIZATION, ADMINISTRATION & EVENTS MANAGEMENT :**  
**PRACTICES AND ISSUES**

**Organization**

**Unit-I**

1. Introduction: Relationship of Physical Education to General Education.
  1. Meaning of Organization and Administration Difference between Administration and Management.
  2. Importance of Organization. Organizational Structure.
  3. Guiding Principles of Organization. Organizational theories.
2. Scheme of Health and Physical Education: Schools, Colleges Universities, District, State.
3. Human relation theory, scientific management by Taylor.

**Unit-II**

1. Facilities and Standards in Physical Education.
2. Playgrounds – Outdoor and Indoor – Standards for Educational Institution Problem of lack of Play Space for Schools in crowded cities and their solution – public playgrounds.
3. Gymnasium pool – Standard for Educational Institution – Construction and care.
4. Swimming pool – Standard for Educational Institution – Types of a Pool (Fill and Draw type-Perennial type-perpetual circulation type) construction of Pool care and maintenance including pool regulations.

**Unit-III**

1. Staff and Leadership – Need for trained leader – Qualifications of Physical Education Teacher– Teaching Load and Teacher-Pupil ratio-Relationship of Physical Education Teacher with the Headmaster, Supervisor, Class-room teachers students, Parents and the community-student leadership.
2. Preparation of Time-Table – Fitting Physical Education into school Time-Table Before School after school activities Types of Physical Education periods – Daily periodical and annual schedules. Difficulties in preparing time table need and importance of time table.

**Unit-IV**

1. Finance and Budget: Source of income – Approved items of expenditure. Rules for the utilization of Games Fund or Physical Education Fund – Preparation and administration of a budget – Accounting.
2. Office Management: Maintaining various types of records and registers and reports, checkups and their follow-ups.
3. Promotion of Physical Education: Public Relations – Conference, Clubs and Institutes – Physical Education Associations.

### **References:**

1. Knap, C. & Hagma. E.P. Teaching Methods for Physical Education, New York: Mc. Graw Hill Book Co. Inc 1958.
2. Kozman H.C. Cassidy R. & Jackson C. & Methods in Physical Education London: W.B. Saunders Co. 1960.
3. Bossing, N.L. Progressive, Methods & Teaching Secondary Schools.
4. Tirunarayanan, C. & Hariharan, S. Methods in Physical Education Karaikudi: South India Press, 1969.
5. Voltmer, Edward F. and Esslinger, Arther A. The organization and Administration of Physical Education: New York: Prentice Hall Inc. 1979.
6. Thomas J.P. Organization & Administration of Physical Education Madras, Gyanodayal Press, 1967.
7. Singh, Sujan, Organization of Physical Education Ropar Jeet Publication, 1973.
8. Pandy, L.K. Methods in Physical Education (Hindi) Delhe, Metropolitan Book Depo, 1977.

**(Theory)**  
**B.P.Ed. (Two Year Course)**  
**Semester II**  
**Paper III**  
***HISTORY OF PHYSICAL EDUCATION***

**Unit – 1 History of Physical Education**

1. Ancient Greece- Sparta, Athens. Introduction and difference.
2. Contribution of European Physical Educators - Guts Muths, John Spiess, Frank Nachteggall, P.H.Ling,
3. Turnverein Movement.
4. Ancient India – Aryans, Epic age, Philosophic age, Buddhist age, Mohammedan period.
5. Development of Modern Physical Education in Pre and Post Independence Period of India.
6. Teacher Training Institutes in Physical Education in India.
7. Contributions of Y.M.C.A.
8. Physical education in India, Programme of Physical education in School.

**Unit – 2 History and Introduction**

1. Sports Authority of India. (SAI)
2. National Institute of Sports. (NIS)
3. Lakshmi Bai National Institute of Physical Education.
4. Indian Olympic Association. (IOA)
5. National School Game Federation of India.
6. Association of Indian Universities (AIU).
7. All India Council of Sports.
8. NCC, NSS, NYK and Youth Hostel.

**Unit – 3 Olympic Games –**

1. History of Ancient Olympic game.
2. History of Modern Olympic game - Olympic charter, Olympic Motto, Flag, Mascot and Opening and Closing ceremony.
3. Difference between Old and New Olympic.

**Unit – 4 Awards –**

1. Arjun, Dronacharya, Dyahanchand, Rajiv Gandhi Khel Ratna Puraskar.
2. Physical education in NCF 2005 and NCFTE 2009
3. Role of Awards in Promotion of Culture of Physical Education.

**References:**

1. Butler George D. Introduction to community Recreation (5<sup>th</sup> Ed.) New York: M.C. Graw Hill Book Co. 1970.
2. Fitzgerald Gerald B. Leadership in Recreation, New York, A.S. Barnes and Co. 1941.
3. Meyer, Herold D. ; and Bright bill, Charles K. Community Recreation, Boston D.C. Health Co. 1948.
4. Slavson, S.R. Recreation and the total personality, New York Association Press, 1948.
5. Khan, Eraj Ahmad, History of Physical Education, Patna, Scientific Book Co. 1964.
6. Rajgopalan, K.A. Brief History of Physical Education in India. Delhi, Army Publishers Pvt. Ltd. 1962.
7. Kamlesh, M.L. & Sangral M.S. Principles and History of Physical Education (Hindi) Ludhiana, Prakash Brothers, 1976.
8. Dr. Chandras Dubey & Mrs. Alka Nayak Recreation,
9. Prof. Ajmer Singh Physical Education and Olympic Movement- Kalyani Publishers New Delhi 2012
10. Atwal & Kansal History of Physical Education, Jalandhar.

**(Theory)**  
**B.P.Ed. (Two Year Course)**  
**Semester II**  
**Paper IV**

**PRINCIPLES OF COACHING & OFFICIATING**

**Unit -I**

1. Coaching concept and Importance.
2. Philosophy of Coaching.
3. Personal qualities and qualification of a Coach.
4. Sports Training – Aims, Principles and characteristics.
5. Training load – Components, Principles of load, Over load (causes and symptoms).
6. Teaching, Training and Coaching

**Unit -II**

2. Scientific principles of coaching:
  - 2.1 Motion – Types of motion and Displacement, Speed, Velocity, Acceleration, Distance and Newton's Law of motions.
  - 2.2 Force – Friction, Centripetal and Centrifugal force, Principles of force.
  - 2.3 Equilibrium and its types
  - 2.4 Lever and its types
3. Coaching components for Physical Education
  - 3.1 Speed and its types, characteristics of speed.
  - 3.2 Strength and its types, Principles of Strength training.
  - 3.3 Endurance and its types, Factors determining endurance.
  - 3.4 Flexibility and its types, Characteristics of flexibility.
  - 3.5 Coordinative ability and its types, importance of co-ordinative abilities.

**Unit -III**

**Officiating**

4. Theory and Practice of officiating and coaching of the following games and sports: Football – Hockey – Volleyball – Basketball – Cricket – Kabaddi – Track and Field Events, Tennis, Gymnastic and Badminton (Shuttle). Each game or sports to be dealt under the following heads
  - 4.1 History and development of the Game and Sports
  - 4.2 Ground dimensions and marking
  - 4.3 Standard equipment

**Unit -IV**

5. Rules & Regulations of Sports
  - 5.1 Rules and interpretation of rules
  - 5.2 Duties of Officials – and mechanics of officiating – Position, signals etc.
  - 5.3 Competition – Types of Competition, Competitions according to different weight category and direct preparation to competition.

**References:**

1. The Art of Officiating Sports – John W. Bunn. Englewood cliffs N.J. Prentice Hall 1968.
2. Scientific Principles of coaching – John W. Bunn. Englewood cliffs N. J. Prentice Hall 1972.
3. Singer, Robert N. coaching. Athletic & Psychology New York, M.C. Graw Hill 1972.
4. Lawther, J.D. Psychology of coaching, New York. Pre. Hall 1965.
5. Dyson, Geoffrey H. The Mechanics of Athletics, London, University of London Press Ltd. 1963. University of London Press Ltd. 1963.

**(Theory)**  
**B.P.Ed. (Two Year Course)**  
**Semester III**  
**Paper I**  
**Perspectives of Sports Psychology**

**Unit-I**

1. Introduction:

1. Meaning, Definitions and Scope of Psychology.
2. Branches of Psychology, relationship between psychology and other subjects.
3. Psychology is a art or science, positive and Normative Science.
4. Importance of Psychology in Physical Education, sports psychology : concept, nature and importance.

**Unit-II**

2. Growth and Development:

1. Meaning of growth and development. Difference between Growth and Development.
2. Development by exercise and learning
3. Individual differences : Concept and relevance in physical education.

**Unit-III**

3. Learning:

1. Meaning and nature of learning, conditions of Learning (Robert, M. Gagne)
2. Factors affecting learning-Learning, Learner and Learning process.
3. Laws of learning : Primary and Secondary Laws.
4. Theories of learning (Imitation, Conditioned, Response, Trial and error, Insight)
5. Transfer of learning : Meaning, concept, Types and Theories.

**Unit-IV**

1. Personality: Meaning and types of personality
2. Motivation: Meaning and types of motivation
3. Role of Motivation in sports
4. Intelligence and classification of individual according to I.Q. EQ and SQ.
5. Instincts and emotions and their role in sports
6. New Trends : E-Learning, M-Learning, Digital Memory, Nomophobia.

**References:**

1. Bucher. Charles A, Foundation of Physical Education St. Louis: The C.V. Mosby Co., 1072.
2. Nixon, E.E. & Cozen, F.W. An Introduction to Physical Education, Philadelphia. W.B. Saunders Co. 1969.
3. Obertentfer; Delbert Physical Education. New York, Harper & Brothers Publisher, 1970.
4. Sharman, J.R. Introduction to Physical Education, New York, A.S. Barnes & Co. 1964.
11. William J.F. The Principles of Physical Education, Philadelphia, W.B. Saunders Co. 1964.
12. Mohan V.M. Principles of Physical Education (P.E., Series No., 1) (Hindi) Delhi, Metropolitan Book Dep.) 1969.
13. Chauhan, S.S. : Advanced educational Psychology, New Delhi : Vikas Publishing House, 1994.
14. Panda, P.K. : Perspectives of Educational Psychology, Agra : Agrawal Publication, 2016.
15. Kamalesh, M.L. : Psychology of Physical education and Sports, New Delhi : Metropolitan Book Company Pvt. Ltd., 1983.

**(Theory)**  
**B.P.Ed. (Two Year Course)**  
**Semester III**  
**Paper II**

**Essentials of Physiology and Exercise Physiology**

**Unit-I**

1. Meaning and concept of physiology nature of Physiology and exercise Physiology.
2. Need and importance of Physiology in the field of Physical Education.
3. Definition of Exercise Physiology and its importance in the field of Physical Education and Sports.
4. Relevance of Physiology and exercises Physiology in Digital age.

**Unit-II**

1. Blood and circulatory system: Constituents of blood and their function – functions of blood–Blood groups and blood transfusion clotting of blood-structure of the heartproperties of the heart muscle, circulation of blood – cardiac cycle-blood-pressure-Pulse Blood vessels – Lymph and Lymphatic circulation.
2. The Respiratory system:
4. The Respiratory passage – the lungs and their structure ad exchange of gases in the lungs – mechanism of respiration.
5. The Digestive system: A brief study of the structure ad functions of the Tongue, Teeth, Salivary glands, stomach Small and Large Intestines, Pancreas and the Liver.
6. The Excretory system: Brief account of the structure and functions of the kidneys and the skin.

**Unit-III**

1. The Ductless glands: A Brief account of the functions only of pituitary, Thyroid, Parathyroid. Adrenal and the sex glands.
2. Nervous systems: The Neurone – Function of the cerebrum and cerebral localisation – Function of the cerebellum, Modula and spinal cord – Reflex Are-Autonomic Nervous system add Central nervous system..
3. Structure, Composition, Properties and functions of skeletal muscles.
4. Muscular contraction – sliding filament theory. Various changes during muscular contraction.

**Unit-IV**

1. Nerve control of muscular activity:
  1. Neuromuscular junction
  2. Transmission of nerve impulse across it.
2. Effect of exercise and training on cardio-respiratory system.
3. Physiological concept of physical fitness, warming up, conditioning and fatigue.
4. Basic concept of balanced diet – Diet before, during and after competition.
5. Effect on body for want of Balanced Diet.

**Books Recommended:**

1. Gupta Manju and Gupta M.C. Body and Anatomical Science [Hindi] Delhi. Swaran Printing Press, 1980.
2. Sharma, R.D. Health and Physical Education [Hindi] Gupta Prakashan, 1979.
3. Singh, Sujan. Anatomy of Physiology and Health Education. Ropar. Jeet Publications, 1979 [Hindi].
4. Pearce Evelyn, C. Anatomy and Physiology for Nurses [Hindi] London, Faber & Faber Ltd. 1962.
5. Karpovich. Peter V. Philosophy of Muscular Activity London. W.B. Saunders Co. 1059.
6. More house, L.E. & Miller, J. Physiology of Exercise St. Louis The C.V. Mosby Co. 1967.
7. Lamb, G.S. Essentials of Exercise Physiology. Delhi, Surjeet Publication, 1982.



**(Theory)**  
**B.P.Ed. (Two Year Course)**  
**Semester III**  
**Paper III**

**Health Education : Concepts and Issues**

**Unit-I**

1. Meaning and definitions of Health, Factors that influence Health. Scope and importance of Health education.
2. Heredity and Environment in health perspectives.
3. Immunity.
4. Personal Hygiene-desirable hygienic habits for each system of the body. Rules of wearing clothes.

**Unit-II**

1. Causes of diseases, Infections-spread of infections. Public Health measures to combat infection-general methods of sanitation) drinking water supply, disposal of garbage, sewage, night soil and dead bodies).
2. Common Communicable diseases like Malaria and Filaria, Typhoid, Cholera, and Dysentery, Small Pox, Whooping Cough, Diphtheria, Tetanus, Hydrophobia,
3. Tuberculosis and Leprosy with special emphasis on their preventive methods:

**Unit-III**

1. Public Health Administration.
2. School Health Program and school health problems. Healthy School environment.
3. School Health Organization – Instruction – Service Supervision, Community Health Agencies.
4. Role of Physical education teacher in Healthy education programme.

**Unit-IV**

1. Balance diet, classification of food and role of various nutrients.
2. National Health Programme – National Malaria eradication programme, T.B. Control programme. Falaria Control programme.
3. International Health Agency – W.H.O., UNICEF.
4. Posture, Fatisue and Rest, Health related awareness programme in School/College.

**References:**

1. Anderson, C.I. and Chewell, Willian H. School health practice, St. Louis : The C.V. Mosby company, 1986.
2. Bedi, Yashpal, Social and Preventive Medicine, New Delhi : Atmaram and Sons, 1985.
3. Gosh, B.N. Hygiene and Public Health, Calcutta : Scientific publishing Co.,1989.
4. Hanion, John I. Principles of Public Health Administration Saint Louis : The C.V. Mosby Company, 1969.
5. Katz, Altred H. and Felton, jean Spences, health and the Community, London : Collation Memillan Lirated, 1965.
6. Park, J.E. and Park, k. Preventive and Social Medicine Jabalpur : M/s. Banarsidas Bharat Publishers, 1988.
7. Sukhia, S.P. : Health Education, Agra : Agrawal Publication : 2015.

**(Theory)**  
**B.P.Ed. (Two Year Course)**  
**Semester III**  
**Paper IV**  
**Yoga Education : Practices and Issues**

**Unit-I**

1. Yoga and its definitions.
2. Historical background and its development
3. Scope and importance of Yoga, Advantages of Yoga.
4. Types of Yoga, Yoga training.
5. Yoga and Patanjali : Ashtang Yoga.

**Unit-II**

1. Meaning of Yogic Therapy and Types of Yogic Therapy
2. Curing different diseases through Yogic Therapy
3. Meaning, Scope, Types and Methods of Meditation
4. Meaning and importance of Yogasana : Kinds of Yogasana.

**Unit-III**

1. Present status of Yoga in the Country - In Schools, Colleges and Universities
2. Present Yogic Facilities in India. Compulsory Yoga training programme.
3. Bandha: Uddiyan
4. Mudra: Viparutakarani,
5. Kriya: kapalabhati
6. Role of Yoga education in digital era.

**Unit-IV**

1. Pranayam and asana with their advantages and effect on human body
2. Tsath Karma Ashanas:
  - (a) Meditative: Sukhasan, Swastikasan, Padmasan, Vajrasan and Siddhasan.
  - (b) Cultural: Bhujangasan, Ardha-Shalabhasana, Dhanurasana, Naukasana, Padhasthasana, Halasan, Matsyasan, Vakrasan, Chakrasan, Lateral bend Tadasan, Utkatasana, Vrikshasan, Parvatasan, Shavasan.
3. Pranayam: Anuloma - Viloma and Ujjai (both without Kumbhak)
4. Yoga and Lifestyle Disorders : Hypertension, Diabetes, Obesity, Dyslipidemia.

**Reference:**

1. Yoga se Arogya. Indian Yoga Society, Sagar.
2. Goswami, S.S. Hathayoga, Fowler, London.
3. The National Fitness Corps Syllabus for Schools, Ministry of Education, Govt. of India, 1965.
4. Indira Devi, "Yoga for you." Gibbs, Smith publishers, salt lake city, 2002
5. Braj Bilari Nigam, "Yoga Power" The kpath of personal achievement" Domen and publishers New Delhi 2001.
6. Jack Peter, "Yoga Master the Yogic Powers." Abhshek publications, Chandigarh. 2004

7. T.V.V. Desikachar, "The Heart of Yoga" Huner traditions international, Rochester. 1995 Janice Jeruslim, A guide to yoga"
8. Janice Jerusalem, A guide to yoga" Parragon Bath BAIHE 2004
9. B.K.S. Yengar, "Light and Yoga Deepika".George Allen and Unwin Ltd, London 1981
10. M.L. Gharote, Ganguly,"Teaching Methods for Yogic practices.", Kaixydamoe, Lonawala 1988.
11. K. Chandra Shekar, "Yoga for Health" Khel Sahitya Kendra, Delhi-2003
12. F. Year Brown. "How to use Yoga Sports Publication, Delhi 2000.
13. Axigoi Screen Cyclopedic of Yoga" Sanu publishing House. Delhi 1992
14. M. Rajjan SM"Yoga Strengthening of Relaxation for Sports man" Allied Publishers, New Delhi 1985
15. Ganesh Shankar, "Holistic Approach of Yoga"Aditya Publishers, New Delhi 1998.
16. Alice Chistian Sen, "Yoga for sports" contemporary Books. USA 2000.
17. Swami, Ramdev : Yog Sadhana and Chikitsa Rahasaya, Haridwar : Divya Prakash, 2005.
18. Rama, Swami : A practical guide to Holistic Health, Pennsylvania : Himalyan Institute Press, 2005.

**(Theory)**  
**B.P.Ed. (Two Year Course)**  
**Semester IV**  
**Paper I**  
**Paper – I**  
**Test, Measurements and ICT Application**

**Unit – I**

**Introduction:**

- 1) Meaning of tests, measurements and evaluation, need and importance of tests and measurements and evaluation in physical education.
- 2) Meaning of statistics, need and importance of statistics.
- 3) Meaning of data, kinds of data. Data, information and knowledge.
- 4) Frequency tables – Meaning construction and uses, population and sample, sampling techniques – Importance and principles. Level of measurement : Nominal, ordinal, internal and ratio.

**Unit - II**

**Fundamentals of Statistics:**

- 1) Measures of Central Tendency – Meaning Uses and calculation From Frequency Tables. Mean, Median, Mode.
- 2) Measures of Variability – Meaning, Uses and Calculation. Mean Deviation and S.D.
- 3) Graphical Representation of Data - Meaning, Uses and Techniques.
- 4) Percentiles - Meaning, Uses and Calculation.
- 5) Correlation - Meaning, Uses and Calculation. Rank correlation Co-efficient.

**Unit – III**

**Test Evaluation and Construction:**

- 1) Knowledge test, Importance and Types.
- 2) Items To Be Included in Objective and Subjective Knowledge Tests.
- 3) Criteria of Tests Selection. Test reliability and validity.
- 4) Administration of Testing Programme.

**Unit – IV**

**Measurement of selective motor fitness, motor ability and organic function and health Status:**

- 1) 1) AAHPER youth fitness test.  
2) Canadian fitness test.
- 2) 1) Mecloy's general motor ability test.  
2) Methany Johnson test.  
3) Harward step test and its modification.
3. Social efficiently – Meaning and administration and interpretation of behavior rating scales.
4. Sports skill tests – Lockart and Mophorson Badminton Test.
  1. Johnson Basketball Ability Test.
  2. McDonald Soccer Test.

3. Brady Volleyball Test.
4. Dribble and Goal shooting test in Hockey.
5. Fitness Test–Roger's PFI, Indian Motor Fitness Tests, JCR Test and Kraus Weber muscular test, Tuttle pulse ration test and Carson test.

### ***ICT Application***

***Unit:*** Computer Literacy for Measurement and Evaluation

1. Statistics versus Computer
2. Computer Literacy
3. Computer Terms
4. Basic Components of Computer, Computer Hardware Basics, & Computer Software Basics
5. Factions of Computers
6. Types of Computers
7. Starting & Running Computer
8. Importance of Computers in M& E, 104
9. Selecting a Personal Computer for Purchase
10. Computer Assisted Training (CAT) web based instruction (WBI)
11. Computer Literacy Vs. ICT Literacy.
12. Role of ICT in measurement and evaluation.

**(Theory)**  
**B.P.Ed. (Two Year Course)**  
**Semester IV**  
**Paper II**  
**Principles, Sports Training & Gym Management**

***UNIT – I***

1. Sports Training:
  1. Definition of terms-conditioning, training and coaching.
  2. Aim, Tasks and Characteristics of sports Training.
  3. Principles of sports Training.
  4. Training means and its types, movement structure.

***UNIT – II***

2. Training Load:
  1. Important Features of Training Load – Intensity, Density, Duration and Frequency, load structure.
  2. Principles of Training Load, judgement of load.
  3. Adoption Process and condition of adoption.
  4. Overload – Causes and Symptoms – Tackling of overload.

***UNIT – III***

3. Training for Motor Components:
  1. Strength: Forms of strength, characteristics of strength, Principles of strength training, strength training for children and women, Factors determining Strength.
  2. Endurance: Forms of endurance, characteristics of endurance, training means and methods and factors determining Endurance.
  3. Speed: Forms of Speed, characteristics of Speed, training means and methods and factors determining Speed.

***Unit -IV***

1. Flexibility: Forms of Flexibility, characteristics of Flexibility, methods of development of flexibility and factors determining flexibility.
2. Coordinative Abilities: Characteristics of coordinative Abilities, importance of Coordinative Abilities, classification of Coordinative Abilities, training means and methods.
3. Talent identification : concept and development.  
Role of ICT. in Scientific sports training.

***Reference:***

1. Harre, Dietrich, Principles of Sports Training (Berlin: Springer, 1982).
2. Dick W. Frank. sports Training Principles (London: Lepus Books, 1980).
3. Jensen, R. Clayne, and Fisher A.G. Scientific Basis of Athletic conditioning (Philadelphia: Lea and Febiger 1979), 2<sup>nd</sup> Edn.
4. Matveyev, L.P. Fundamental of sports Training (Moscow: Progress Publishers, 1981).
5. Cratty, J. Bryant Perceptual and Motor Development in Infants and Children (N.J.: Englewood Cliffs, Prentice Hall, Inc. 1979).
6. Singh, H. Sports Training, General Theory and methods (Patials: NSNIS, 1984).
7. Uppal, A.K., Sports Training (New Delhi: Friends Publication, 1999).

**(Theory)**  
**B.P.Ed. (Two Year Course)**  
**Semester IV**  
**Paper-III**  
**Fundamentals of Sports Sociology**

**UNIT – I**

1. Concept, nature and scope of sociology.
2. Definitions, Nature, Scope of Sport, Sociology.
3. Sociological analysis of Sports.
4. Sports Sociology as an academic discipline.
5. Relationship of Sociology with the Sport and physical education.

**UNIT – II**

**Sports And Social System**

1. Study of sport group. Group Interaction, competition and co-operation.
2. Sports and social control group (family, marriage, Community, Crowd and public).
3. Impotence of sports in Morden society. Role and Relevance of ICT in e-age.
4. Socialization through games and Sports.

**Relation between Sports And Social Science Institutions (Family, School And Educational System)**

**UNIT – III**

**Sports and Culture**

1. Sports as a Social institution. Relationship between sport and educational system.
2. Sports as an element of culture and a cultural product.
3. Relationship between sports and culture (Religion and art).
4. Sports and Economy.
5. Sports and Media

**UNIT –I V**

**Social Factor Can Concerning Sports In Society**

1. Social stratification in sports.
2. Discrimination and democratization in sports.
3. Social change, its relevance in Sports.
4. Professionalization and children in sports.

**Reference Book:**

1. Loy. John W. Keryon etc. "Sports culture and Society" C. Philadelphia : Lea and Febiger, 1981.
2. Loy John, W. McPherson etc. "Sports and Society System" (Landon Anderson Wesley Publisher company Inc. 1987.
3. Edward Larry "Sociology of Sports" (Illinois: the Dorsey Press. 1973).

**(Theory)**  
**B.P.Ed. (Two Year Course)**  
**Semester IV**  
**Paper –IV**  
**Sports Specialization**

**UNIT – I**

1. History: Historical development of the game/sport at national and international levels.
2. Organisation:
3. National Bodies controlling sports and their affiliated units.
4. International Bodies controlling sports and their affiliated units.
5. Major national and International Competitions.

**UNIT – II**

Officiating and Lay out of play field:

1. Rules and their interpretations.
2. Mechanics of officiating.
3. Lay out and marking of play areas.

**UNIT – III**

1. Techniques/skills
2. Classification of techniques/skills
3. Technical/skill training
  - i) Preparatory Exercises
  - ii) Basic Exercises
  - iii) Supplementary Exercises
4. Recreational and lead-up activities
5. Tactics and Strategy
6. Selection of players/team
7. Different tactical concepts applicable to the game/sport
8. Tactical training.

**UNIT – IV**

**Training & Planning**

1. Systematisation of training process for a beginner, intermediate and high performances Sportspersons.
2. Training methods and means for the development of motor abilities (strength, speed, Endurance and flexibility).
3. Load dynamics (Principles of Training load, distribution of training load).
4. Basic Concept of preparation of training schedules.

**Planning:**

5. Short term and long term training plans.
6. Periodisation (Prep., Camp & Transition).
7. Preparation of training schedule.
8. Evaluation:

**Tests and Measurements:**

- 1) General Fitness Tests.
- 2) Specific Fitness Tests.
- 3) Performance and objective Skill Tests of concerning games.



**Semester I**  
**Athletics (Men and Women)**  
**Theory (Track Event)**

1. A brief historical survey of athletics and also an elementary knowledge of international and national developments, important competitions, achievements table of India, Asia and World leading nations and outstanding personalities specially of India.
2. Rules of athletics.
3. Conditioning and warming up exercises.
4. Hygiene of athletics.
5. Equipments and Surfaces
6. Test.

**Practical Activities**

**1. Track Events**

1. Sprints: 100 M. 200 M. 400 M.
  2. Methods of starts.
  3. Standing and Crouch.
  4. Starting strides
  5. Full speed strides and body position
  6. Coasting and curve running (200 M. and 400 M.) and finish
- B. Medium & distance running (800 M. to 10,000 M.)**
1. Standing starts
  2. First 50 M. run
  3. Strides and body position in running
  4. Pace judgment
  5. Passing an opponent and finish
- C. Road running/cross country running/ Marathon**
1. Dress and Personal equipment.
  2. Start
  3. Strides and body posit on and finish
- D. Hurdles races (100 M., 110 M. and 400 M.)**
1. Start
  2. Strides to the first hurdle
  3. Strides between hurdles and finish)
  4. Hurdle clearance
- E. Relay races**
1. Visual and non-visual methods
  2. Methods of holding the baton
  3. Passing the baton
  4. Arrangement of runners
  5. Responsibilities of receiver and passer

# **Semester I**

## **Badminton (Men and Women)**

### **Theory**

1. A brief historical survey of Badminton and also an elementary knowledge of international and national development competitions, achievement. table of India. Asia and world, leading nations and outstanding personalities, specially of India.
2. Rules of Badminton
3. Warming up exercise and conditioning.
4. Hygiene of Badminton
5. Equipments and Surfaces
6. Test

### **Practice**

- 1) Fundamental skills
  - a) Grip
  - b) Foot work
    - i) On ground stance
    - ii) The pivot
    - iii) Forehand return
    - iv) Back court return
  - c) Service
    - i) Short service
    - ii) Long service
  - d) Strokes
    - i) Forehand stroke
    - ii) Backhand stroke
    - iii) Overhead stroke
    - iv) Net stroke
  - e) Smash
    - i) Forehand
    - ii) Backhand
  - f) The drop
  - g) Regular game practice : game practice will be a part of daily lesson.
  - h) Evaluation Test
    - i) Performance Test
    - ii) Oral & written Test
    - iii) Professional aptitude
    - iv) Assignment

### **Reference Book :**

1. Seth. R.K. "Badminton", Patiala : The National institute of Sports 1971.
2. Pelton, Barry C, "Badminton", Englewood Cliffs, N.J. Prentice Hall Inc.,1971.
3. Mills. Roger and Butler. Eric. "Modern Badminton" London : Stanley Paul & Co. Ltd., 1969.

## **Semester I**

### **Football**

### **Theory**

1. A brief historical survey of football and also an elementary knowledge of international and national developments, important competitions, achievements tables of India. Asia and World. leading nations and outstanding personalities specially of India.
2. Rules of football game.
3. Conditioning and warming up exercises.
4. Hygiene of football and etiquette.
5. Test.

### **Practice**

- 1) Basic skills and their drills.
  - a) Kicking the ball.
    - i) Inside of the foot kick
    - ii) Low drive
    - iii) Volley
    - iv) Half volley
  - b) Trapping the ball
    - i) Under the sole of the foot.
    - ii) Inside of the foot.
    - iii) Instep of the foot.
    - iv) Outside of the foot.
    - v) With thighs.
    - vi) With forehead
  - c) Heading the ball
    - i) Deflection side way
    - ii) Foreword
    - iii) Backward
  - d) Dribbling & tackling
    - i) Running and controlling the ball.
    - ii) Block tackle
    - iii) Slide tackle
  - e) Goal keeping
    - i) Handling of high and low ball
    - ii) Servicing of the ball
    - iii) Clearance of the ball
  - f) Evaluation plan
    - i) Performance test
    - ii) Oral and written test
    - iii) Professional aptitude

### **Reference books :**

1. Scientific Soccer by Roger Macdonald & Eric Batty.
2. Soccer Techniques & Tactics by jimmy Greaves.
3. The A to Z of Soccer by Michael Parkinson & Willis Hall.
4. Soccer (How to play) by David Baeuzzi.
5. All about foot-ball by Joseph Edmundson.

## **Semester I**

### **Basket Ball**

### **Theory**

1. A brief historical survey of basketball and also an elementary knowledge of international and National developments, important competitions, achievements tables of India, Asia and world leading Nationals and outstanding personalities, specially of India.
2. Rules of basketball game.
3. Conditioning and warming up exercises.
4. Hygiene of basketball.
5. Equipments and Surfaces
6. Test.

### **Practice**

1. Ball handling.
2. Catching the ball.
3. Pass and their drills.
  - (a) Chest pass
  - (b) Side pass (variations)
  - (c) Overhead pass (variations)
  - (d) Bounce Pass (variations)
  - (e) Underhand pass (variations)
  - (f) Basketball pass (variation)
  - (g) Back pass (variations)
4. Passes on the move and drills.
5. Dribbling.
  - (a) Bouncing on the spot
  - (b) High-Low (variations)
  - (c) Zigzag dribbling
6. Shooting.
  - (a) Set shot variations
  - (b) Free throw-variations
  - (c) Lay up shot-variations
  - (d) Tip in shot
7. Foot work in movement
  - (a) Stances
  - (b) Change of direction
  - (c) Change of pace
  - (d) Sliding
  - (e) Drills
8. Pivoting
  - (a) Stationary
  - (b) Reverse
  - (c) Front
9. Individual defence
  - (a) Stance
  - (b) Foot work
  - (c) Position of hands

10. Rebounding variations,
  - (a) Offensive and defensive rebounding
11. Team defense (variation)
  - (a) Man to man
  - (b) Zone defence
  - (c) Combination of defence
12. Team offenses
  - (a) Fast break
  - (b) Simple offensive play
13. Regular game practice: Game practice will be part of daily lesson.

**Reference Books:**

1. Srivatsan, S., "Basketball", Patiala: N.I.S. Publication, 1971.
2. Meissner, and Meyer, "Basketball for Girls, New York The Ronald Press Company.
3. Abraham, C.C., "Basketball for Men & Women", Calcutta Y.M.C.A. Publishing House, 1956.

**Semester II**  
**Athletics (Men and Women)**  
**Theory (Field Events)**

**Jumps**

- A.** High jump Western and Straddle role,
  - 1. Approach run
  - 2. Take off
  - 3. Cross bar clearance
  - 4. Landing
- B.** Long Jump (Shill Hang and Hitch-Rick styles)
  - 1. Approach run
  - 2. Take off.
  - 3. Flight and landing.
- C.** Triple jump
  - 1. Approach run.
  - 2. Take off.
  - 3. Landing of all the three Phase-Hop, step and jump.
- D.** Pole vault
  - 1. Hand hold
  - 2. Pole carry
  - 3. Pole Planting
  - 4. Swing up
  - 5. Pull up
  - 6. Body turn
  - 7. Cross bar clearance
  - 8. Landing

**Throws**

- A.** Shot-hold and Put
  - 1. Hand hold
  - 2. Placement of shot
  - 3. Initial stance
  - 4. Glide
  - 5. Delivery stance
  - 6. Delivery action and body position
  - 7. Reverse and body position
- B.** Throwing the discuss
  - 1. Hand hold.
  - 2. Stance.
  - 3. Preliminary swings.
  - 4. Turn.
  - 5. Delivery stance.
  - 6. Delivery action.

7. Reverse
- C. Throwing the javelin
  1. Grip
  2. Carrying the Javelin
  3. Getting ready to throw
  4. Delivery stance
  5. Delivery action
  6. Reverse

**Reference books:**

1. Bosen, Ken O., "Track & Field Fundamental Techniques", Patiala :N.I.S. Publication.
2. Paish, W.I.F. "Introduction to Athletics" London Feber and feber Ltd. 1974.
3. Dyson, Geoffrey HG, and Edmundson, Joseph, "Athletics for schools": University of London Press Ltd. 1969.

## **Semester II**

### **Volleyball**

#### **Theory**

1. A brief historical survey of volleyball and also an elementary knowledge of international and national developments, important competition, achievements tables of India. Asia and World, leading nations and outstanding personalities, specially of India.
2. Rules of Volleyball.
3. Conditioning and warming up exercises.
4. Hygiene of Volleyball.
5. Equipments and Surfaces
6. Test.

#### **Practices**

- 1) Pass
  - a) Different stances and related movement.
  - b) Upper hand pass
    - i) Forward pass
    - ii) Turn & pass
    - iii) Jump pass
    - iv) Back pass
  - c) Underhand pass
    - i) Two-hand pass
    - ii) One-hand pass
  - d) Pass with dive
    - i) Underhand forwarded pass with dive.
  - e) Pass with roll
    - i) Upper hand forward pass with back roll
    - ii) Underhand pass with side roll (one hand pass)
- 2) Service
  - a) Underhand service
  - b) Side arm service
  - c) Upper hand service
    - i) Tennis service
    - ii) Round arm service
  - d) Jump service
  - e) Floating Service
- 3) Setting up
  - a) Zone No. 4 (forward)
  - b) Zone No. 2 (backward)
  - c) Jump and Setting



- 4) Attack
  - a) Straight smash Two feet take off
  - b) Inward and Outward attack
  - c) Back court attack
- 5) Block
  - a) Single block
  - b) Group block
- 6) Regular game Practice: game practice will be a part of daily lesson.
  - a) Systems of offensive play
  - b) Systems of defensive play

**Reference books**

1. Sotir, Nicllac. "Winning Volleyball". London : Stanely paul & Co. Ltd. 1973
2. Dhanraj, Hubert, V. "Volleyball for men & Women" New Delhi : Y.M.C.A. Publishing house.

## Semester II

### Cricket

#### Theory

1. A Brief historical survey of cricket and also an elementary knowledge of international and national developments, important competitions, achievements tables of India. Asia and World, leading nations and outstanding personalities, specially of India.
2. Rules of Cricket.
3. Warming up exercises and conditioning.
4. Hygiene in cricket.
5. Equipments and Surfaces
6. Test.

#### Practice

1. Batting
  - (a) Grip and stance.
  - (b) Strokes.
    - Strokes in front of wicket
      1. Straight drive.
      2. Forward defensive stroke.
      3. Backward defensive stroke.
      4. Off drive.
      5. On drive.
      6. Forward cut.
      7. Square cut.
    2. Stroke behind the wicket.
      1. Late cut.
      2. Hook.
      3. Leg glance.
3. Bowling
  - (a) Breaks
    1. Of break.
    2. Leg break.
    3. Googly.
  - (b) Swinger.
    1. In swinger or swerve from the.
    2. Out swinger or swerve from the lag.
    3. Short Ball.
    4. Length Ball.
4. Fielding and catching.
5. Lead up exercises and drill.
6. Regular game practice : game practice will be a part of daily lesson.

#### Reference books :

1. Hibra, E.B. "Cricket", Patiala; N.I.S. Publishing House.

## Semester II

### Hockey

#### Theory

1. A brief historical survey of hockey and an elementary knowledge of International and National developments, important competitions, achievements tables of India. Asia and World. Leading Nations and outstanding personalities specially of India.
2. Rules of hickey game.
3. Warming up exercises and conditioning.
4. Hygiene of hockey.
5. Equipments and Surfaces
6. Test.

#### Practice

- A. Basic skills and their drills
  1. Grip of stick
  2. Dribbling
  3. Stopping the ball
  4. Stroke
  5. Hit & Variations
  6. Push & Variations
  7. Scoop
  8. Reverse stroke
  9. Flick
  10. Jab
  11. Tackling
  12. Dodging right and left
- B. Use of skills in game situations, lead up practices
- C. Positional play
- D. Strategy-attack and defence
- E. Regular game practice: Game practice will be a Par of daily lesson.

## **Semester III**

### **Kabaddi**

#### **Theory**

1. A brief historical survey of Kabaddi and an elementary knowledge of national developments, important competitions, achievements tables leading states and outstanding personalities.
2. Rules of Kabaddi game.
3. Conditioning and Warming up.
4. Hygiene of Kabaddi.
5. Equipments and Surfaces
6. Test.

#### **Practice**

1. Marking of Kabaddi ground.
2. Offensive Skills.
  - (a) The chant.
  - (b) Skills performed by the legs
    1. Toe touch
    2. Side kick
    3. Front kick
    4. Curve kick
    5. Cross kick
    6. Roll kick
    7. Mule kick or back kick
    8. Fly kick
3. Defensive skills
  1. Ankle catch
  2. Double ankle catch
  3. Knee catch
  4. Double knee catch
  5. Double thigh catch
  6. Trunk
  7. Wrist catch
  8. Crocodile catch
  9. Wrist catch with reverse grip
  10. Shoulder catch
  11. Washer man hold
4. Lead up games.
5. Regular game practice: Game practice will be a part of lesson.
6. Positional and system of play.
7. Altaelley and Defension strategy.

#### **Reference Book :**

1. Rao, C.V. "Kabaddi", Patiala : N.I.S. Publication.

## **Semester III Gymnastics**

### **Theory**

1. A brief historical survey of gymnastics and also an elementary knowledge of International and national development, important competition, achievements tables of India, Asia and World, leading nations and outstanding personalities, specially of India.
2. Rules of gymnastics
3. Warming up exercises and conditioning.
4. Hygiene of gymnastics.
5. Equipments and Surfaces
6. Test.

### **Practice**

1. Developmental exercise.
2. Exercises on wall bars.
3. Heaving beam.
4. Rope climbing.
5. Exercise with medicine ball.
6. Pyramids.
7. Stunts.
8. Floor exercises.
9. Parallel bar.
10. Roman rings.
11. Vaulting horse.
12. Pommel led horse.
- 13.** Horizontal bar.

### **Reference Books :**

1. Fogel, Sam. "Gymnastics Hand book", New York, Parker Publishing Company, Inc. 1971.
2. Carlo, Tom D.C. "Hand book of Progressive Gymnastics" Englewood Cliffs N.J. Prentice Hall, Inc. 1963.

## **Semester III**

### **TENNIS/Kho-Kho**

#### **Theory**

1. Brief historical Survey of Tennis and also elementary knowledge of Developmental competitions, achievement Tables of India, Asia and world, leading Nations and outstanding Personality specially of India.
2. Rules of Tennis.
3. Warming up Exercise and conditioning.
4. Test.
5. Equipments and Surfaces

#### **Practice**

1. Fundamental skills :
  - (a) Basic strokes :
    - i) Grip–Ready position, foot work, Back swing, point of impact, follow through.
    - ii) Back hand – as above.
    - iii) Service - grip, stance, Back swing, point, of impact, and follow through.
    - iv) Volleys – grip, Ready position.
    - v) Lobs – offensive, defensive.
    - vi) Smash.
    - vii) Drop shots.
  - (b) Variations in
    - i) Grand strokes.
    - ii) Service.
    - iii) Vallugs.
    - iv) Labs.
2. Tactics :
  - (a) Offensive strokes.
  - (b) Defensive strokes.
  - (c) Across-offensive and Defensive tactics.
  - (d) Doubles-offensive and Defensive tactics.
3. Regular game practice: game practice will be a part of Daily lesson.

#### **Reference Books :**

1. Brown, Jim Tennis stoker strategy and programs. New J. Prentice Hall, The Englewood cliffs 1980.
2. Trengove, Alan the art of Tennis London: Hadder and strengoea Ltd., Warwick Lane 1964.
3. Howtan Mary, How to play winning Tennis, New York Ecothirtyfy one west 39<sup>th</sup> Street, 1979.

## **Semester III**

### **YOGASANA and INDIGENOUS ACTIVITIES**

1. Padmasana
2. Vajrasana
3. Savasana
4. Bhujangasana
5. Dhanurasana
6. Matsyasana
7. Shalabhasana
8. Halasana
9. Paschimotanasana
10. Yoga mudra
11. Vakrasana
12. Ardhmatsyendrasana
13. Sarvangasana
14. Shirshasana
15. Mayurasana
16. Vrikashasana
17. Tadasana
18. Makarasana
19. Suryanamaskar

### **INDIGENOUS ACTIVITIES**

1. Brief history of indigenous activities.
2. Demonstration of basic skills.
3. To familiarize with rules of the activity & arena.
4. To familiarize with basic teaching pattern.
5. To familiarize with methods of construction layout and marking on arena as required.
6. Conditioning and warming up.
7. Introduction of different indigenous activities
  - i) Lazium
  - ii) Lathis
  - iii) Hoops
  - iv) Malkham
  - v) Drum
  - vi) Indian clubs
  - vii) Dumbbells
  - viii) Formations:
    - a) Pyramids
    - b) Bhartiyaam
    - c) Aerobics.