

DEVI AHILYA VISHWAVIDYALAYA, INDORE  
SCHOOL OF PHYSICAL EDUCATION

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

# DEVI AHILYA VISHWAVIDYALAYA, INDORE

## Ordinance

1. **Degree Title** : Bachelor of Physical Education and Sports (B.P.E.S.)

2. **Name of the Faculty** : Faculty of Physical Education

3. **Duration** :

1 Year (Two Semesters)	Undergraduate Certificate in Physical Education and Sports
2 Years (Four Semesters)	Undergraduate Diploma in Physical Education and Sports
3 Years (Six Semesters)	Bachelor's Degree in Physical Education and Sports
4 Years (Eight Semesters)	Bachelor's Degree (Honors/Research) in Physical Education and Sports

4. **Eligibility:**

The candidate must have completed his/her Higher Secondary (10+2 scheme examination or Intermediate examination or the pre-university (10+2) or any other equivalent examination recognized by the M.P. Board of Secondary Education, Bhopal or any other Board recognized for this purpose by Devi Ahilya Vishwavidyalaya, Indore as equivalent. Reservation and age rules as per State Govt.

After completing the requirements of a three-year Bachelor's degree, candidate who meet a minimum CGPA of 7.5 shall be allowed to continue studies in fourth year of the undergraduate programme to pursue and complete the Bachelor's (Honors/Research) degree.

5. **Admission Procedure:** As decided by Devi Ahilya Vishwavidyalaya from time to time.

6. **Total Seats:** As per U.G.C./ other Statutory Councils from time to time.

7. **Fee Structure:** As decided by Devi Ahilya Vishwavidyalaya, from time to time.

8. **Examination, Curriculum and Related Regulation:**

As per ordinance 14 A of Devi Ahilya Vishwavidyalaya.

9. **Eligibility for the award of the degree:**

A candidate shall be eligible for the degree of Bachelor of Physical Education when he/she has completed the requirement of examination successfully as per ordinance No-14 A.

10. **Attendance:**

Attendance in theory and practical subjects shall be compulsory. A minimum of 75% attendance is required separately for each theory and practical's subjects.

11. **General Instruction:**

For matters not covered in this ordinance, general rules of Devi Ahilya Vishwavidyalaya, as applicable in semester examination shall apply in other matters. Executive council of Devi Ahilya Vishwavidyalaya shall be competent to take decision.

# SCHOOL OF PHYSICAL EDUCATION

## DEVI AHILYA VISHWAVIDYALAYA, INDORE

### BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S.)

#### General Rules and Scheme of Examination

1. The Examination for the degree of Bachelor of Physical Education and Sports will be of six semester (three years) duration:
  - (i) B.P.E.S. Semester I and Semester II
  - (ii) B.P.E.S. Semester III and Semester IV
  - (iii) B.P.E.S. Semester V and Semester VI
  - (iv) B.P.E.S. Semester VII and Semester VIII
2. A candidate, who –
  - (a) Completed his/her Higher Secondary (10 + 2scheme) examination or Intermediate examination or the pre-university (10+2) or any other equivalent examination recognized by the M.P. Board of Secondary Education, Bhopal or any other Board recognized for this purpose by Devi Ahilya Vishwavidyalaya, Indore as equivalent thereto or
  - (b) Admission subject to: being selected on the basis of admission tests prevailing in the year when admission is sought in the department.
  - (c) After obtaining Indian or foreign qualifications recognized as equivalent to those mentioned in 2 (a) above by the Devi Ahilya University and on the basis of admission tests, shall be admitted to Semester – I for the degree of Bachelor of Physical Education.
  - (d) After completing the requirements of a three-year Bachelor's degree, candidate who meet a minimum CGPA of 7.5 shall be allowed to continue studies in fourth year of the undergraduate programme to pursue and complete the Bachelor's (Honors/Research) degree.
3. The provisions of ordinance 14 A will be applicable for this course.

#### **Examination**

1. For UTD the examination will be conducted according to ordinance 14 A. and for affiliated colleges according to ordinance 5.
2. The medium of instruction shall be Hindi / English and a candidate can take examination either in Hindi or English.

**ACADEMIC PROGRAMME**  
(With No. of Lectures and Credits Per Week)

**B.P.E.S. Ist Semester**

Part –A (Theory Papers)		No. of Classes per week			No. of Credits	Type of Course
		Lectures	Tutorials	Practicals /Project Work		
T-101	Basic and Systemic Anatomy - I	03	-	-	03	Core Major
T-102	Foundation of Physical Education	03	-	-	03	Core Major
T-103	English - I	04	-	-	03	Generic Elective
Part – B (Practicals)						
P-101	Athletics - I	02	-	-	02	Core Minor
P-102	Gymnastics - I	02	-	-	02	Core Minor
P-103	Yoga	02	-	-	02	Core Minor
P-104	Conditioning & Match Practice	-	-	05	3.5	Skill / Ability Enhancement (SEC / AEC)
I-101	Intramural	-	-	01	0.5	
Part – C (Viva-voce)						
C-101	Comprehensive Viva-voce				01	

**Total Credits - 20**

**B.P.E.S. IInd Semester**

Part –A (Theory Papers)		No. of Classes per week			No. of Credits	Type of Course
		Lectures	Tutorials	Practicals/ Project Work		
T-201	Basic and Systemic Anatomy - II	03			03	Core Major
T-202	Methods in Physical Education	03			03	Core Major
T-203	English - II	04			03	Generic Elective
Part – B (Practicals)						
P-201	Athletics - II	02	-	-	02	Core Minor
P-202	Gymnastics - II	02	-	-	02	Core Minor
P-203	Teaching Practice	02	-	-	02	Core Minor
P-204	Conditioning & Match Practice	-	-	05	3.5	Skill / Ability Enhancement (SEC / AEC)
I-201	Intramural	-	-	01	0.5	
L-201	Leadership and Training Camp	-	-	02	01	
Part –C (Viva-voce)						
C-201	Comprehensive Viva -voce				01	

**Total Credits – 21**

### **B.P.E.S. IIIrd Semester**

Part –A (Theory Papers)		No. of Classes per week			No. of Credits	Type of Course
		Lectures	Tutorials	Practicals /Project Work		
T-301	Physiology and Physiology of Exercise	03			03	Core Major
T-302	Educational Psychology	03			03	Core Major
T-303	Environmental Science	04			03	Generic Elective
Part – B (Practicals)						
P-301	Teaching Practice	02	-	-	02	Core Minor
P-302	Volleyball	02	-	-	02	Core Minor
P-303	Football / Cricket	02	-	-	02	Core Minor
P-304	Conditioning & Match Practice	-	-	05	3.5	Skill / Ability Enhancement (SEC / AEC)
I-301	Intramural	-	-	01	0.5	
Part – C (Viva-voce)						
C-301	Comprehensive Viva-voce				01	

**Total Credits - 20**

### **B.P.E.S. IVth Semester**

Part –A (Theory Papers)		No. of Classes per week			No. of Credits	Type of Course
		Lectures	Tutorials	Practicals /Project Work		
T-401	Kinesiology	03			03	Core Major
T-402	Basics of Sports Training	03			03	Core Major
T-403	Health Education	04			03	Generic Elective
Part – B (Practicals)						
P-401	Badminton/ Hockey	02	-	-	02	Core Minor
P-402	Aerobics	02	-	-	02	Core Minor
P-403	Martial Arts / Combative Sports	02	-	-	02	Core Minor
P-404	Conditioning & Match Practice	-	-	05	3.5	Skill / Ability Enhancement (SEC / AEC)
I-401	Intramural	-	-	01	0.5	
Part –C (Viva-voce)						
C-401	Comprehensive Viva-voce	-	-	-	01	

**Total Credits- 20**

### **B.P.E.S. Vth Semester**

<b>Part –A (Theory Papers)</b>		<b>No. of Classes per week</b>			<b>No. of Credits</b>	<b>Type of Course</b>
<b>Paper Code</b>	<b>Nomenclature</b>	<b>Lectures</b>	<b>Tutorials</b>	<b>Practicals /Project Work</b>		
T-501	Management of Physical Education	03			03	Core Major
T-502	Test and Measurement in Physical Education	03			03	Core Major
T-503	Sports Specialization	03			02	Discipline Specific Elective (DSE)
<b>Part – B (Practicals)</b>						
P-501	Table Tennis	02	-	-	02	Core Minor
P-502	Kabaddi / Basketball	02	-	-	02	Core Minor
P-503	Sports Specialization (Skill Proficiency)	02	-	-	01	Core Minor
P-504	Conditioning & Match Practice	-	-	05	3.5	Skill / Ability Enhancement (SEC / AEC)
I-505	Intramural	-	-	01	0.5	
FP-501	Field Project / Internship	-	-	03	03	Field Project / Internship / Community Engagement and Service
<b>Part –C (Viva-Voce)</b>						
C-501	Comprehensive Viva-voce				01	

**Total Credits - 21**

### **B.P.E.S. VIth Semester**

<b>Part –A (Theory Papers)</b>		<b>No. of Classes per week</b>			<b>No. of Credits</b>	<b>Type of Course</b>
<b>Paper Code</b>	<b>Nomenclature</b>	<b>Lectures</b>				
T-601	Correctives and Rehabilitation in Physical Education	03			03	Core Major
T-602	Basic Computer Applications	03			03	Core Major
T-603	Sports Specialization	03			02	Discipline Specific Elective (DSE)
<b>Part – B (Practicals)</b>						
P-601	Kho-Kho / Handball	02	-	-	02	Core Minor
P-602	Tennis / Weight Training	02	-	-	02	Core Minor
P-603	Sports Specialization (Coaching Lesson)	02	-	-	01	Core Minor
P-604	Conditioning & Match Practice	-	-	05	3.5	Skill / Ability Enhancement (SEC / AEC)
I-601	Intramural	-	-	01	0.5	
FP-601	Field Project / Internship	-	-	03	03	Field Project / Internship / Community Engagement and Service
<b>Part –C (Viva-voce)</b>						
C-601	Comprehensive Viva-voce				01	

**Total Credits - 21**

### **B.P.E.S. VIIth Semester**

<b>Part –A (Theory Papers)</b>		<b>No. of Classes per week</b>			<b>No. of Credits</b>	<b>Type of Course</b>
<b>Paper Code</b>	<b>Nomenclature</b>	<b>Lectures</b>	<b>Tutorials</b>	<b>Practicals /Project Work</b>		
T-701	Applied Statistics in Physical Education and Sports	03	01	-	04	Core Major
T-702	Physiology of Exercise	03	01	-	04	Core Major
T-703	Research Process in Physical Education and Sports Sciences	03	01	-	04	Core Minor
<b>Part – B (Practicals)</b>						
P-701	Conditioning & Match Practice	-	-	05	3.5	Skill / Ability Enhancement (SEC / AEC)
I-702	Intramural	-	-	01	0.5	
RP-701	Research Project	-	-	04	03	Research Project / Field Project / Internship
<b>Part –C (Viva-Voce)</b>						
C-701	Comprehensive Viva-voce				01	

**Total Credits - 20**

### **B.P.E.S. VIIIth Semester**

<b>Part –A (Theory Papers)</b>		<b>No. of Classes per week</b>			<b>No. of Credits</b>	<b>Type of Course</b>
<b>Paper Code</b>	<b>Nomenclature</b>	<b>Lectures</b>	<b>Tutorials</b>	<b>Practicals /Project Work</b>		
T-801	Sports Biomechanics and Kinesiology	03	01	-	04	Core Major
T-802	Sports Psychology	03	01	-	04	Core Major
T-803	Sports Journalism and Mass Media	03	01	-	04	Core Minor
<b>Part – B (Practicals)</b>						
P-801	Conditioning & Match Practice	-	-	05	3.5	Skill / Ability Enhancement (SEC / AEC)
I-801	Intramural	-	-	01	0.5	
RP-801	Research Project	-	-	04	03	Research Project / Field Project / Internship
<b>Part –C (Viva-Voce)</b>						
C-801	Comprehensive Viva-voce				01	

**Total Credits - 20**

# SCHEME OF EXAMINATION

## (As per Ordinance 14-A)

### **B.P.E.S. SEMESTER – I**

<b>Part – A (Theory Papers)</b>		Maximum Marks	
		External	Internal
T-101	Basic and Systemic Anatomy - I	60	40
T-102	Foundation of Physical Education	60	40
T-103	English - I	60	40
<b>Part – B (Practicals)</b>			
P-101	Athletics - I	60	40
P-102	Gymnastics - I	60	40
P-103	Yoga	60	40
P-104	Conditioning & Match Practice Conditioning - 60 marks Match Practice - 40 marks	-	100
I-101	Intramural	-	100
<b>Part –C (Viva-voce)</b>			
C-101	Comprehensive Viva-voce	100	
	<b>TOTAL</b>	<b>460</b>	<b>440</b>

**Grand Total**

**900**

### **B.P.E.S. SEMESTER – II**

<b>Part – A (Theory Papers)</b>		Maximum Marks	
		External	Internal
T-201	Basic and Systemic Anatomy - II	60	40
T-202	Methods in Physical Education	60	40
T-203	English - II	60	40
<b>Part – B (Practicals)</b>			
P-201	Athletics - II	60	40
P-202	Gymnastics - II	60	40
P-203	Teaching Practice	60	40
P-204	Conditioning & Match Practice Conditioning - 60 marks Match Practice - 40 marks	-	100
I-201	Intramural	-	100
L-201	Leadership and Training Camp	-	100
<b>Part –C (Viva-voce)</b>			
C-201	Comprehensive Viva-voce	100	
	<b>TOTAL</b>	<b>460</b>	<b>540</b>

**Grand Total**

**1000**



**B.P.E.S. SEMESTER – III**

<b>Part – A (Theory Papers)</b>		<b>Maximum Marks</b>	
		<b>External</b>	<b>Internal</b>
T-301	Physiology and Physiology of Exercise	60	40
T-302	Educational Psychology	60	40
T-303	Environmental Science	60	40
<b>Part – B (Practicals)</b>			
P-301	Teaching Practice	60	40
P-302	Volleyball	60	40
P-303	Football / Cricket	60	40
P-304	Conditioning & Match Practice Conditioning - 60 marks Match Practice - 40 marks	-	100
I-301	Intramural	-	100
<b>Part –C (Viva-voce)</b>			
C-301	Comprehensive Viva-voce	100	
	<b>TOTAL</b>	<b>460</b>	<b>440</b>

**Grand Total****900****B.P.E.S. SEMESTER – IV**

<b>Part – A (Theory Papers)</b>		<b>Maximum Marks</b>	
		<b>External</b>	<b>Internal</b>
T-401	Kinesiology	60	40
T-402	Basics of Sports Training	60	40
T-403	Health Education	60	40
<b>Part – B (Practicals)</b>			
P-401	Badminton/ Hockey	60	40
P-402	Aerobics	60	40
P-403	Martial Arts / Combative Sports	60	40
P-404	Conditioning & Match Practice Conditioning - 60 marks Match Practice - 40 marks	-	100
I-401	Intramural	-	100
<b>Part –C (Viva-voce)</b>			
C-401	Comprehensive Viva-voce	100	
	<b>TOTAL</b>	<b>460</b>	<b>440</b>

**Grand Total****900**

### **B.P.E.S. SEMESTER – V**

<b>Part – A (Theory Papers)</b>		<b>Maximum Marks</b>	
		<b>External</b>	<b>Internal</b>
T-501	Management of Physical Education	60	40
T-502	Test and Measurement in Physical Education	60	40
T-503	Sports Specialization	60	40
<b>Part – B (Practicals &amp; Sports Specialization)</b>			
P-501	Table Tennis	60	40
P-502	Kabaddi / Basketball	60	40
P-503	Sports Specialization (Skill Proficiency)	60	40
P-504	Conditioning & Match Practice Conditioning - 60 marks Match Practice - 40 marks	-	100
I-505	Intramural	-	100
FP-501	Field Project / Internship	-	100
<b>Part –C (Viva-voce)</b>			
C-501	Comprehensive Viva-voce	100	
	<b>TOTAL</b>	<b>460</b>	<b>540</b>

**Grand Total**

**1000**

### **B.P.E.S. SEMESTER – VI**

<b>Part – A (Theory Papers)</b>		<b>Maximum Marks</b>	
		<b>External</b>	<b>Internal</b>
T-601	Correctives and Rehabilitation in Physical Education	60	40
T-602	Basic Computer Applications	60	40
T-603	Sports Specialization	60	40
<b>Part – B (Practicals &amp; Sports Specialization)</b>			
P-601	Kho-Kho / Handball	60	40
P-602	Tennis / Weight Training	60	40
P-603	Sports Specialization (Coaching Lesson)	60	40
P-604	Conditioning & Match Practice Conditioning - 60 marks Match Practice - 40 marks	-	100
I-601	Intramural	-	100
FP-601	Field Project / Internship	-	100
<b>Part –C (Viva-voce)</b>			
C-601	Comprehensive Viva-voce	100	
	<b>SUB TOTAL</b>	<b>460</b>	<b>540</b>

**Grand Total**

**1000**

**B.P.E.S. SEMESTER – VII**

<b>Part – A (Theory Papers)</b>		<b>Maximum Marks</b>	
		<b>External</b>	<b>Internal</b>
T-701	Applied Statistics in Physical Education and Sports	60	40
T-702	Physiology of Exercise	60	40
T-703	Research Process in Physical Education and Sports Sciences	60	40
<b>Part – B (Practicals &amp; Research Project)</b>			
P-701	Conditioning & Match Practice Conditioning - 60 marks Match Practice - 40 marks	-	100
I-702	Intramural	-	100
RP-701	Research Project	-	100
<b>Part –C (Viva-voce)</b>			
C-701	Comprehensive Viva-voce	100	-
	<b>SUB TOTAL</b>	<b>280</b>	<b>420</b>

**Grand Total****700****B.P.E.S. SEMESTER – VIII**

<b>Part – A (Theory Papers)</b>		<b>Maximum Marks</b>	
		<b>External</b>	<b>Internal</b>
T-801	Sports Biomechanics and Kinesiology	60	40
T-802	Sports Psychology	60	40
T-803	Sports Journalism and Mass Media	60	40
<b>Part – B (Practicals &amp; Research Project)</b>			
P-801	Conditioning & Match Practice Conditioning - 60 marks Match Practice - 40 marks	-	100
I-801	Intramural	-	100
RP-801	Research Project	60	40
<b>Part –C (Viva-voce)</b>			
C-801	Comprehensive Viva-voce	100	-
	<b>SUB TOTAL</b>	<b>340</b>	<b>360</b>

**Grand Total****700**

<b>Semesters</b>	<b>Maximum Marks</b>
Semester – I	900
Semester – II	1000
Semester – III	900
Semester – IV	900
Semester – V	1000
Semester – VI	1000
Semester – VII	700
Semester – VIII	700
<b>GRAND TOTAL</b>	<b>7100</b>

# **BPES SEMESTER - I**

## **BASIC AND SYSTEMIC ANATOMY- I**

### **Unit - I Introduction**

- (i) Meaning and Concept of Anatomy
  - a. Definition of Anatomy
  - b. Types of Anatomy
- (ii) Need and Importance of anatomy for the students of Physical Education.
- (iii) Minute structure and functions of cells.
  - a. Structure of cell
  - b. Properties of cell
  - c. Constituents of cell and their functions
- (iv) Minute structure and functions of tissues
  - a. definition of tissue
  - b. Classification of tissues
  - c. Structure and functions of various types of tissues

### **Unit - II Skeletal System**

- (i) **Brief introduction about the skeletal system**
  - a. composition of bone
  - b. Microscopic structure of bone
  - c. Classification of bones
  - d. Functions of bones
  - e. General features of major bones of human body
  - f. Brief introduction about skull bone
- (ii) **Joints**
  - a. Definition of joints
  - b. Classification of Joints
  - c. Anatomical structure of synovial joints
  - d. Characteristics of synovial joints
  - e. Terminology of movements around a joint

### **Unit - III Muscles**

- a. Structural classification of muscles
- b. Functional classification of muscles
- c. Microscopic structure of muscles (skeletal, cardiac and smooth)
- d. Functions of muscles (skeletal, cardiac and smooth)
- e. Properties of skeletal muscles (elasticity, contractibility, stretchibility, irritability and muscle tone)
- f. Location (origin and insertion) and action of important muscles of human body (shoulder girdle, shoulder joint, elbow joint, hip joint, knee joint, ankle joint)

### **Unit - IV Cardio – vascular system**

- a. Introduction about heart and cardiovascular system
- b. Structure of heart
- c. Structure of artery, veins and capillaries
- d. Blood flow through the heart
- e. Types of blood circulation
- f. Pumping action of heart and its regulation
- g. Introduction about mechanism of the contraction of heart
- h. Introduction about regulation of heart beat

## **Unit - V   Respiratory system**

- a. Introduction about respiratory system
- b. Organs of respiratory system
- c. Structure of organs
- d. Types of respiration
- e. Muscles of respiration
- f. Mechanism of respiration

### **Books Recommended :**

- a. MC Clerg, Anderon T., Human Kinetics and Analyzing Body Movements, London : William Hein Mann Medical Book Ltd.
- b. Davis, D.V. Gray's Anatomy : London : Longmans Green and Co. Ltd.
- c. Pcatce, Evelyn B., Anatomy and Physiology for Nurse : London faber and faber Ltd.
- d. Pearce, J.W. Anatomy for students and teachers of Physical Education, London : Edward Arnold and Co.
- e. Anderson, T. Mc. Clerg. Human Kinetics and Analyzing Body Movements, London : Wiliam Heinman Medical Books Led. 1961.

# **BPES SEMESTER – I**

## **FOUNDATION OF PHYSICAL EDUCATION**

### **Unit – I**

- a. Meaning and Definition of Physical Education.
- b. Aims and objective of Physical Education.
- c. Scope of Physical Education.
- d. Need and Importance of Physical Education
- e. Physical Education as an Art as Science

### **Unit – II**

#### **a.Olympic Games**

- Start of Olympics, Objectives Of Olympics
- Olympic Motto And Olympics Flag
- Olympics Charter
- Opening And Closing Ceremonies
- Olympics Commission And Their Functions

#### **b. Indian Olympic Association.**

### **Unit – III**

- a. Meaning of Camp
- b. Aims and Objective of the Camps
- c. Uses of Camping /outdoor education.
- d. Types of Camp and Agencies promoting Camping.
- e. Organization of Camps and factors effecting its organization.

### **Unit – IV**

- a. Definition of physical fitness.
- b. Component of Physical fitness.
- c. Benefit of Physical fitness.
- d. Effect of Exercises on muscular ,circulatory ,digestive ,Respiratory system.
- e. Warming up and cooling down and their Importance.
- f. Biological Basis of life and biological weakness.
- g. Chronological ,Anatomical ,Physiological and Mental ages of individual –Their implications in developing and implementing programme of physical Education.

### **Unit – V**

- a. Games and sports as mans cultural heritage.
- b. Sports and socialization.
- c. Physical Education and sports as a need of the society.
- d. Physical Education in ancient india.Vedic ,Epic and Buddhists.

- e. Physical Education in the city states of greece.
- f. Survey of modern physical education in india ,pre and post independence period.
- g. Sports training institutions in India.
- h. Sports Authority of India.
- i. Youth Welfare Programmes

NCC,NSS,NSC, SCOUTS AND GUIDES

References:

- 1) Bucher, Charles,A. Foundation of physical Education St. Louis: The C.V.Mosby Co. 1986 dollar 9.50.
- 2) Nixon Engene D. and Couson W. An introduction to physical Education , Philadelphia,London: W.B.Saunders Co. 1969,
- 3) Oderteuter ,Delbert : Physical Education , New York ,Harper and Brothers publishers 1970.
- 4) Sharma ,Jakson ,R. Introduction to physical education , New York: A.S Barnes and Co. 1964.
- 5) WillaimsJesesFeiring : The Principle of Education , Philadelphia : W.B.Saunders Co.

# **BPES SEMESTER – I**

## **ENGLISH- I**

### **Unit - I**

- a Tenses : Present, Past and Future Tenses.
- b Vocabulary : Synonyms, Antonyms, One word, Substitution, Punctuation.
- c Preposition.
- d Co-ordinate Conjunction and Subordinate Conjunction
- e Gender & their uses.

### **Unit - II**

- a Article : A, An, and The
- b Syntax & their uses & applications.
- c Active & Passive Voice
- d Idioms & Proverbs : Meaning and uses.

### **Unit - III**

- a Sentences Structure – Simple and Complex Sentences.
- b Transformation (with and without changing the sense)
- c Interrogative Sentences
- d Imperative Sentences
- e Exculcatory Sentences

### **Unit - IV** Paragraph and Essay Writing

- a Writing paragraphs and essays on topics concerning sports and general awareness.

### **Unit - V** Comprehension

- a Precise writing
- b Answering questions after reading passages.
- c Comments on reading material.

### **References:**

1. 'High School English Grammar and Composition by P.C. Wren and M.Martin, Published by S.Chand and Com. Ltd. Ram Nagar, New Delhi 110055.
2. An intensive Course in English – Remedial work book C.d. Sidhu. Published by P. Adarkar, Orient Longman Ltd. Kamani Marg, Ballard Estate Bombay 400048.
3. Living English Literature Practice Book for Foreign students W. Standard Alton, Orient Longman Ltd. 1/24, Asaf Ali Road, New Delhi 110002.



# **BPES SEMESTER – I**

## **GAMES (PRACTAL)**

### **ATHLETICS, GYMNASTICS AND YOGA**

Common syllabus all games

Unit- I. History of game, Federations and Competitions.

Unit- II. Rules and their interpretation.

Unit- III. Fundamental and Advance skills.

Unit- IV. Equipments and their specification and maintenance.

Unit- V. Layout and maintenance of playfields

# **BPES SEMESTER – I**

## **INTRAMURAL**

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# **BPES SEMESTER – II**

## **BASIC AND SYSTEMIC ANATOMY- II**

### **Unit I : Digestive System**

**(i) Introduction about digestive system**

- Organs of digestive system
- Structure of various parts of digestive system
- Brief introduction about the accessory organs of digestive system (liver, pancreas, gall bladder)

**(ii) Secretion and function of the digestive juices**

- The name of digestive juices
- Their site of secretion, nature and function

**(iii) Function of Liver**

- Functions of liver as an accessory organ of digestion
- Brief knowledge of general function of liver

### **Unit II : Nervous System**

**(i) Introduction about the nervous system**

- Introduction about the nervous system
- Classification and organs of nervous system
- Introduction about various parts of brain
- Structure of various parts of brain
- Structure of spinal cord

**(ii) Functions of the important parts of the nervous system**

- Functions of cerebrum  
(Basal ganglia, Thalamus & Hypothalamus)
- Functions of cerebellum
- Functions of mid brain
- Functions of pons
- Functions of medulla oblongata
- Functions of spinal cord
- 

### **Unit III : Urino – Genital and Excretory System**

**(i) Brief account of urino-genital system**

- Introduction about urinal system
- Structure of kidney
- Structure of ureter, bladder, urethra
- Introduction about genital system

**(ii) Introduction about excretory system**

- Brief concept of excretion of water from the body through skin (sweating), lungs, kidney and urinal track
- Structure of kidney and urinal track
- Formation of urine in kidney  
(Simple filtration, selective reabsorbs ion and secretion)

#### **Unit IV : Endocrine System**

- Introduction about endocrine system
- Name of endocrine glands and their sites
- Structure of glands (Pituitary, Thyroid, Pancrease and Adrenal)
- Secretion of glands (Pituitary, Thyroid, Pancrease and Adrenal)
- Role of their secretion in growth, development and body functions
- Basic knowledge of transmission of hereditary characteristics

#### **Unit V : Sensory System**

- Structure of organs of vision
- Functions of various parts of eye
- Structure of organs of hearing
- Functions of various parts of ear
- Brief introduction of sense of touch (skin), smell and taste

#### **Books Recommended:**

1. MC Clerg, Anderon T., Human Kinetics and Analyyzing Body Movements, London: William Hein Mann Medical Book Ltd.
2. Davis, D.V. Gray's Anatomy: London: Longmans Green and Co. Ltd.
3. Pcarce, Evelyn B., Anatomy and Physiology for Nurse: London faber and faber Ltd.
4. Pearce, J.W. Anatomy for students and teachers of Physical Education, London: Edward Arnold and Co.
5. Anderson, T. Mc. Clerg. Human Kinetics and Analyzing Body Movements, London: William Heinman Medical Books Led. 1961.

# **BPES SEMESTER – II**

## **METHODS IN PHYSICAL EDUCATION**

### **Unit I**

#### **(A) Meaning**

Meaning of the term "teaching method" its scope and importance  
The factors to be considered in determining the method of teaching.

#### **(B) Types of method**

Part-whole method, whole part method, command method, discussion method, project method, demonstration method.

#### **(C) Principles of teaching**

### **Unit II**

#### **Presentation Techniques**

- (a) Personal preparation.
- (b) Technical preparation.
- (c) Steps of presentation.
- (d) Command and their techniques.
- (e) Situation which require different words of command.
- (f) Types of class management.

#### **Lesson planning**

##### **Types of lessons and their values**

- (a) Objectives of different lesson plans and part of the lesson introductory and development.
- (b) Skill practice/group work.
- (c) Class activity/recreation part (reassembly revision and dismissal).

### **Unit III**

#### **Organization and conduct of competitions**

- (a) Tracks and field
- (b) Gymnastics.
- (c) Weight lifting, body building and best physique contest.
- (d) Wrestling and combatives.
- (e) Swimming, diving -aquatics.
- (f) Games and sports tournaments.

#### **Tournaments - organization, meaning and their types**

- (a) Knock -out types of elimination double elimination tournaments..
- (b) League-(single-double )or round robin type.
- (c) Combination type of tournament.
- (d) Challenge of perennial type (ladder-pyramid type).
- (e) Miscellaneous type of small area games.

## **Unit IV**

### **Audio-visual aids and teaching gadgets**

- (a) Values and uses of audio visual aids.
- (b) Criteria for selecting the aids.
- (c) Steps to be followed in using teaching aids.

Publicity - meaning and method of preparation:

- (a) Demonstration.
- (b) Play days.
- (c) Exhibitions.
- (d) Sports for all days.

## **Unit V**

### **Marking of track and play fields:**

- (a) Track and field - track 400 m standard and 200m.
- (b) Play field - football, volleyball, basketball, hockey, badminton, kabaddi, kho- kho, softball as per international regulation.

### **Improvisation - ways and means of improvisation:**

- (a) Area
- (b) Apparatus
- (c) Equipment
- (d) Leadership
- (3) Evolution
  - (a) Need
  - (b) Importance
  - (c) Basic methods of evaluation:
    - Observation
    - Interview
    - Tests and measurements
    - Corporative evaluation by pupil and teacher

## **References:**

- Tirunaryanan, c. and hariharan, s. methods in physical education, karai kudi south india press, 1962.
- Kozman, b. cassidy, rosalind and jakson, c.d., methods in physical education, london: w.b. saunders company, 1960.
- Knapp, clyde and hagman, e.p. teaching methods for physical education, new york: mc graw hill book co., 1948.

# **BPES SEMESTER – II**

## **ENGLISH - II**

### **Unit - I** Correspondence and report writing :

- a. Personal Letters
- b. Business Letters
- c. Application
- d. Circular Letter
- e. Invitations refusal and acceptance, formal, informal and vote of thanks, welcome speech

### **Unit - II**

- a. Reports writing (on functions and sports events).
- b. Drafting notice and minutes of meeting.

### **Unit - III** Linguistic Contents :

- a. Direct and indirect speech.
- b. Verbal structure, approritive structures.
- c. Optative sentences.
- d. Sentences structure – Simple, compound and complex sentences.

### **Unit – IV**

- a. Expansion of ideas (about 200 words).
- b. Adjectives, adverbs & their uses
- c. Modals
- d. Punctuation
- e. Participles
- f. Determinants

### **Unit – V**

- a. Paragraph and Essay writing -  
Writing paragraphs and essays on topics concerning sports and general awareness.
- b. Comprehension -
  1. Precise Writing
  2. Answering questions after leading passages.
  3. Comments on reading material.

### **References:**

1. 'High School English Grammar and Composition by P.C. Wren and M.Martin, Published by S.Chand and Com. Ltd. Ram Nagar, New Delhi 110055.
2. An intensive Course in English – Aremedial work book C.d. Sidhu. Published by Prya Adarkar, Orient Longman Ltd. Kamani Marg, Ballard Estate Bombay 400048.
3. Living English Literature Practice Book for Foreign students W. Standard Alton, Orient Longman Ltd. 1/24, Asaf Ali Road, New Delhi 110002.

# **BPES SEMESTER – II**

## **GAMES (PRACTAL)**

### **ATHLETICS AND GYMNASTICS**

Common syllabus all games

Unit- I. History of game, Federations and Competitions.

Unit- II. Rules and their interpretation.

Unit- III. Fundamental and Advance skills.

Unit- IV. Equipments and their specification and maintenance.

Unit- V. Layout and maintenance of playfields



## **BPES SEMESTER – II**

### **GAMES (PRACTAL)**

### **TEACHING PRACTICE**

The students need to be develop proficiency in taking practical lesson on general exercises. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level. Each student teacher is expected to take at least five general lessons during the course of the second and third semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these general lessons, all the parts of the lesson covered progressively.

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## **BPES SEMESTER – II**

### **LEADERSHIP AND TRAINING CAMP**

For the students of this department a camp is organized every year. It is known as Leadership and Training Camp. Its main purpose is to train leaders in camping. At present there is a great need for large scale training of personnel for camp organization and leadership. It is hoped that a camp would give the campers fresh experience and that it would provide them with a comprehensive view of the educational aspects of camping.

# **BPES SEMESTER – III**

## **PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE**

### **Unit I Introduction**

- (a) Meaning and concept of physiology.
- (b) Need and importance of physiology for the students of physical education.
- (c) Meaning and concept of exercise physiology.
- (d) Need and importance of exercise physiology in physical education and sports.

### **Unit II Cardio Pulmonary System**

- 1. The Cardio- vascular system and Blood.
  - (a) Cardiac – cycle.
    - Definition of cardiac cycle
    - Concept of cardiac cycle with the help of diagram.
  - (b) Blood pressure, its maintenance and regulation
    - Definition of blood pressure.
    - Types of blood pressure.
    - Measurement of blood pressure.
    - Regulation of blood pressure.
  - (c) The cardiac output and its regulation
    - Concept of cardiac output.
- 2. The respiratory System
  - 1. Mechanism of Respiration.
  - 2. Pulmonary ventilation and its regulation.
  - 3. Second – wind, Oxygen debt.

### **Unit III Digestive, nervous and sensory system**

- (a) Digestive System
  - 1. Absorption of Food
  - 2. General metabolism, metabolism of carbohydrates fats and proteins.
  - 3. Temperature – Regulation
- (b) Nervous System
  - 1. Functions of the important parts of the nervous system, cerebrum, medulla oblongata, thalamus, cerebellum and spinal cord.
  - 2. Functions of autonomic nervous system.
- (c) Sensory System
  - 1. General sensations (cutaneous and kinesthetic)
  - 2. Brief knowledge about various forms of senses with special reference to vision and hearing.

### **Unit IV Excretory, Endocrine and Reproductive Systems**

- (a) The excretory System -  
Excretion of water from the body through skin (sweating), lungs, kidney and GI Tract.
- (b) The Endocrine System -
  - 1. Secretion of endocrine glands (Pituitary, Thyroid, Adrenal and Pancreas)
  - 2. Role of their secretion in growth. Development and body functions.
- (c) Reproductive System -
  - 1. Physiology of human reproduction.
  - 2. Basic knowledge of transmission of hereditary characteristics.

## **Unit V    Physiology of Exercise**

1. Effect of exercise on respiratory, circulatory and muscular system.
2. Changes during muscular contraction.
3. Nerve control of muscular activity.
4. Warming-up, conditioning and training.
5. Stitch and cramps.

### **References:**

1. Anthony, C. Parher and Kolthoff N. Jane, Text Book of Anatomy and Physiology, St. Louis : The C.V.: Mosby Company.
2. Chatterjee, C.C. Human Physiology, Calcutta, Medical Allied Agency.
3. Clarke, David, H. Exercise Physiology, New Jersey : Prentice Hall Inc., Englewood Cliffs.
4. Translated by Myshne, David, A. Text Book for Nurses Training Schools, Moscow, NIR Publishers.
5. Pearce, Evelyn, C. Anatomy and Physiology for Nurses. Calcutta, Oxford University Press.

# **BPES SEMESTER – III**

## **EDUCATIONAL PSYCHOLOGY**

### **Unit I :**

- Meaning and Nature of Psychology
- Sources of psychology
- Definition of Psychology
- Psychology is a Sciences
- Branches of Psychology
- Importance of Psychology in Education with special reference to Physical Education.

### **Unit II:**

- Growth and Development
- Meaning of growth and Maturation
- Development by maturation
- Development by exercise and learning
- Behavioral development with special reference to perceptual ,Language intellectual social, emotional and physical
- Individual differences: meaning of the terms individual differences.
- Heredity and environment as cause of individual differences
- Interaction of heredity and environment.

### **Unit III :**

- Learning Meaning and nature of learning
- Principles of learning
- Types of learning
- Theories of learning (Trial and error ,conditioned reflex ,insight theory, learning by imitation ).
- Meaning of transfer of training. Conditions of transfer of training. learning curve.
- How to overcome plateau

### **Unit IV:**

- **Motivation**  
Meaning of motivation. concept of need, drive, motive, incentive and achievement  
Types of Motivation  
Role of motivation on teaching physical activities
- **Emotion**  
Meaning and nature of emotion.  
Types of emotion.  
Emotional experiences (anxiety and fear ) and their effect on learning of physical activities.

### **Unit V;**

- **Personality**  
Meaning and nature of personality.  
Physiological and social factors in personality.

Development of personality

- **Memory**

Definition of memory, Types of Memory.

Mechanism of the process of remembering ,memory training.

Meaning of forgetting ,Reasons of forgetting, curves of forgetting,

Importance of memory in learning physical activities.

- **Practical**

Practical will be conducted to acquaint with practical aspects of the subject.

There will be practical internal examination for 10 marks .The marks of this examination will be added to the theory sectionals.

**References :**

- Boaz, G.D General psychology , Madras: Boaz institute of Psychological Service,1957
- Skinner, C. E. Educational Psychology ,New Delhi : Prentice Hall of India Pvt. Ltd.
- Lindren, H. E. Educational Psychology in classroom ,New York :John Wiley & Sons Inc. 1963.
- Kamlesh ,M.L. Psychology of Physical Education and Sports , New Delhi Metropolitan Bros.
- Snun, Richar M. Psychology in Sports ,Surjeet Publication ,1982
- Silva ,J.M. and Weinberg R.S Psychology of foundations of Sports , Illinois , Human Kinetics Publishers Inc.

# **BPES SEMESTER – III**

## **ENVIRONMENTAL SCIENCE**

### **UNIT – I**

Introduction, concept & dynamics of environment.  
Role, necessity and scope of environmental science.  
Biosphere- Its segments and relationship.  
Atmosphere: Definition, characteristics & important features.  
Major layers of atmosphere (brief idea)  
Emission of temperature in atmosphere & its effects.  
Physical and chemical properties of atmosphere.

### **UNIT – II**

Hydrosphere : Introduction and brief idea of major types (fresh and marine)  
Hydrological cycle.  
Physical and chemical properties of water.  
Biological properties of water.

### **UNIT – III**

Lithosphere : Introduction and basic idea of earth's structure.  
Soil component ; mineral matter, organic matter, soil air, soil water, soil organisms.  
Physical and chemical properties of soil.  
Types of soil based on particle size.  
Fertility of soil, improvement of soil fertility by natural and artificial methods, use of biofertilizers.  
Soil erosion ; introduction, causes & process of soil erosion, control measures of soil erosion.

### **UNIT – IV**

Environmental degradation – meaning, definition, process, causes and types – natural and man induced (brief idea)  
Accelerated rate of extreme events by anthropogenic activities.  
Exploitation of natural resources.

### **UNIT – V**

Consequences of environmental degradation with reference to ;  
Population explosion.  
Industrialization and Urbanization.  
Agriculture Development.  
Green House effect meaning, major sources of green house gases and causes.  
Climate change, Global warming and its effects.



## **BPES SEMESTER – III**

### **GAMES (PRACTAL)**

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# **BPES SEMESTER – III**

## **GAMES (PRACTAL)**

### **VOLLEYBALL AND FOOTBALL / CRICKET**

Common syllabus all games

Unit- I. History of game, Federations and Competitions.

Unit- II. Rules and their interpretation.

Unit- III. Fundamental and Advance skills.

Unit- IV. Equipments and their specification and maintenance.

Unit- V. Layout and maintenance of playfields

## **BPES SEMESTER – III**

### **INTRAMURAL**

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# **B PES SEMESTER – IV**

## **KINESIOLOGY**

### **Unit I: Introduction**

- (A) Definition, Brief history and important contributions of Aristotle, Leonardo da Vinci, Alfonso Borelli, Weger Brothers, Benjamin Duchene.
- (B) Aims and objective of Kinesiology.
- (C) Role of Kinesiology in Physical Education and Physical Medicine.
- (D) Fundamental concepts:  
Definition and brief explanation of the following terms and their application to the human body.  
Axes and Planes, Centre of Gravity, Line of Gravity Base, Starting Positions.

### **Unit II: Anatomical Concepts**

- (A) Review of classification of joints and muscles, Terminology of fundamental movements.
- (A) Types of Muscle-Contraction (Isometric and Isotonic – concentric, Eccentric), All or None Law, Reciprocal innervations and inhibition group action of muscles and Muscular Co-ordination.
- (B) Major characteristics location and action of major joints of shoulder, hip, knee, elbow, forearm and wrist joints. Location and actions of major muscles at these joints.

### **Unit III: Mechanical Concepts**

- (A) Concept of mechanical basic of Kinesiology and its application it physical education and Sports.
- (B) Definition and brief explanation of following basic terms :  
Mass, weight, force, motion, equilibrium, friction, speed, velocity, and momentum.

### **Unit IV:**

- (A) **Kinesiological fundamental of Mechanisms**
- (1) Simple Mechanics found in the Muscular skeletal system (Leverage and its application to human body)
- (2) Laws of motion and their application to sports activities.
- (3) Forces :
  - a. Moving one's own body.
  - b. Giving impetus to external objectives,
  - c. Receiving impetus.
- (4) Equilibrium: Role of equilibrium in sports and games.

### **Unit V: Application**

- (A) Application of basic mechanical principles to walking, running and jumping.
- (B) Motor skills of daily living.
- (C) Application of mechanics prevention of injury.

**Reference:**

- Brower, Marion, R. Efficiency of Human Movement. Philadelphia : W. B. Saunders Co. 1966-Dollar.
- Cooper, John, M. and R.B. Glassgow . Kinesiology . St Louis : C.V. Mosby Company , 1963.
- Scott M. Gladys. Analysis of Human Motion, New York .
- Wells, Katherine P. Kinesiology , Philadelphia. W.B. Saunders Co., 1966.
- James, G. Hay, J. Gavin Reid. The Anatomical and mechanical Bases of Human Motion. Prentice Hall Inc. New Jersey.
- Rasch Philip J. and P.K. Burke. Kinesiology and Applied Anatomy. Philadelphia. : LEA and Febiger, 1967.
- Duan, John W. Scientific Principles of Coaching . Englewood cliffs, N.J. Prentice Hall Inc. 1966.
- Duvall Elien Neal. Kinesiology . Englewood Cliffs , N.J. Prentice Hall Inc. 1956.

# **BPES SEMESTER – IV**

## **BASICS OF SPORTS TRAINING**

### **Unit - I Sports Training**

- a. Definition of terms - Conditioning, Teaching, Coaching and Sports Training.
- b. Importance of sports training
- c. Aim, Tasks and Characteristics of Sports Training.
- d. Principles of Sports Training.

### **Unit - II Biomotor abilities and training means -**

- a. Concept of biomotor abilities & definition of important motor abilities – cardio – respiratory endurance, muscular endurance, strength, speed, power, agility, flexibility, co-ordination, balance.
- b. Training means and methods for developing various fitness components.

### **Unit - III Warming up and cooling down**

- a. Introduction
- b. Types of warming up
- c. Significance of warming up
- d. General guidelines that govern the warming up programme
- e. Methods of warming up
- f. Duration of warming up
- g. Components of warming up
- h. Physiological basis of warming up
- i. Cooling down

### **Unit - IV Environmental factors and sports performance**

- a. Introduction
- b. Variation in temperature
- c. Humidity
- d. Altitude
- e. Physical programme at altitude
- f. Physiological function at altitude

### **Unit - V (A) Preiodisation**

- a. Concept of periodisation and its importance.
- b. Different periods of training and their duration.
- c. Types of periodization.
- d. Aim and content of different training periods.

#### **(B) Cycles of Training**

- a. Macro Cycle
- b. Meso Cycle
- c. Micro Cycle

### **References:**

1. Essentials of Physical Education, Dr. Ajmer Singh, Dr. Jagtar Singh Gill, Dr. Jagdish Bains, Dr. Rachhpal Singh Brar, Kalyani Publishers, Ludhiana, New Delhi, Noida (UP)

2. Science of Sports Training, Dr. A.K. Uppal, Friends Publications, New Delhi (India)
3. Science of Sports Training, Hardayal Singh
4. Bratty, s perceptual and motor development in infants and children. Prentice hall,1979
5. Harre, d. principles of training.

# **BPES SEMESTER – IV**

## **HEALTH EDUCATION**

### **Unit I**

#### **(A) Health**

- a. Dimensions of Health
- b. Positive Health
- c. Concept Of Health
- d. Ecology of Health
- e. Spectrum of Health
- f. Determinants of Health.

#### **(B) Health Education**

- a.. Concept ,objective and scope
- b. Principles of Health Education.
- c. Communication in Health Education.
- d. Public Health Education in attainment of Health Goals.

### **Unit II**

#### **(A) Health Problems**

- a. Communicable diseases
- b. Nutrition
- c. Environmental sanitation
- d. Medical Care
- e. Population

#### **(B) Organization and Administrative set-up of Health System in India**

- a. Central level
- b. State Level
- c. District Level.

#### **(C) Planning of Health Education programme**

- a. Practice of Health Education Programme.
- b. Steps to be followed in Planning and Heath Education Programme.

#### **(D) Brief Description of Maternal Child Health**

### **Unit III**

#### **(A) Hygiene**

The Concept, Care of Skin, Mouth, nails, clothing, bathing etc.  
Importance of rest, sleep and exercise.

#### **(B) Community Health**

Brief account of Housing water supply ,sewage and refuse disposal .

#### **(C) School Health Service**

- a. History and Health Problems
- b. Objectives of School Health Service



**(D) Aspects of School Health Service**

- a. Health Appraisal
- b. Remedial measures and follow –up
- c. Prevention of communicable diseases
- d. Healthful school environment
- e. Nutritional services
- f. First –aid and Emergency care
- g. Mental health
- h. Dental health
- i. Eye health service.
- j. Health Education
- k. Education of handicapped children.
- l. School Health record.

**Unit IV**

**(A) Food and Nutrition**

Classification of foods ,Proximate Principles, and Role of various nutrient.

**(B) Balanced diet**

Definition ,Principles of preparing and balance diet. Balanced diet for Indian Players /School children .Malnutrition and Adulteration of food.

**Unit V**

**(A) National Family Welfare Programme**

Concept, need, importance, and role of Health Education in family welfare programme.

**(B) Sex Education**

Concept, need and organization of sex education at school level.

**(C) National Health Programmers in Indian**

- (a) NMEP (National Malaria Eradication Programme.)
- (b) DDCP (Diarrhoeal Diseases Control Programme.)
- (c) NFPC (National Filaria Control Programme.)
- (d) National TB Control Programme.
- (e) STD Control Programme.

**(D) International Health Agencies**

- (a) WHO      (b) UNICEF (c) UNDP
- (d) FAO      (e) ILO

**(E) Evaluation**

- (a.) Evaluation of Health Education Programme.
- (b.) Importance of Evaluation of Health Education Programme.

**Reference:**

1. Anderson ,C.L. and Chewell , William 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. Goah ,B.N. Hygiene and Public Health ,Calcutta :Scientific Publishing Co.1989.
4. Hanllon, John ,I. Principal of Public Health Administration Saint Louis :The C.V. Mosby Company 1969.
5. Katz, Alfred ,H ,and Felton , Jean Spences Health and the community .London :Coltton Mc Millan Limited 1965.
6. Park ,J.E. and Park ,K. Preventive and Social medicine Jabalpur : M/s.Banarsidas Bhanot Publishers,1983.

# **BPES SEMESTER – IV**

## **GAMES (PRACTICAL)**

### **BADMINTON/HOCKEY, AEROBICS AND MARTIAL ARTS/COMBATIVE SPORTS**

Common syllabus all games

Unit- I. History of game, Federations and Competitions.

Unit- II. Rules and their interpretation.

Unit- III. Fundamental and Advance skills.

Unit- IV. Equipments and their specification and maintenance.

Unit- V. Layout and maintenance of playfields

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# **BPES SEMESTER V**

## **MANAGEMENT OF PHYSICAL EDUCATION**

### **Unit I**

#### **Introduction**

- (a) Meaning and definition of planning ,organizing, administration and management and their nature and scope.
- (b) Importance of planning and management in educational institutions .
- (c) Principles of planning and management , organisation structure :
  - (i). Working out an effective scheme of organaisation.
  - (ii). Scheme of organisation in school ,college and university.
  - (iii).Scheme of organisation in the district and state education.

### **Unit II.**

#### **Facilities and equipments**

- (a) Layout of the school building and other facilities.
- (b) Types of buildings,laboratories ,other built-up facilities.
- (c) Layout of physical education facilities common and special .
- (d) Need and importance o equipment for physical education and recreation
- (e) An ideal of equipment or physical education and recreational activities.
- (f) Realistic approach in purchases , procedures.
- (g) Development of improvised equipments
- (h) Storing,store keeping.
  - (i) Care , maintenance, repairs and disposal equipments.

### **Unit III**

#### **Staff and Leadership**

- (a) Head of the Institute, his role in imbibing the spirit of discipline in sports and education.
- (b) Importance of qualified teachers of physical education and recreational leaders
- (c) Qualities of good teachers /teachers of physical education
- (d) Development of voluntary services of other teachers.
- (e) Student leadership it's importance and limitations
- (f) Staff cooperation
- (g) Selection of training of students leaders
- (h) Recognition of staff and student leaders.

### **Unit IV**

#### **Intramurals and extramural, Public Relations**

##### **(A) Intramural**

- (a) it's importance and planning.
- (b).Events of Competition, Time and facility factors.
- (c). Point system, award recognition

##### **(B) Extramural**

- (a) Outcomes of participation (educational)
- (b) Limitations in participation.
- (c) Selection and training of teams.
- (d) Participation ,finances and other aspects .

### **(C). Public Relations**

- (a). Definition and need.
- (b). Principles of public relations in physical educations.
- (c). Techniques , sue of media
- (d). Relations with parents , public and other bodies.
- (e). Demonstration , displays on special occasions

### **Unit V**

#### **Office management and budget**

- (a). Maintainence of records
- (b). Office Correspondence , filing and reports .
- (c). Physical education budget and it's preparation
- (d). Income & expenditure (sources)
- (e). Maintainence of accounts.
- (f). Petty cash.

### **References:**

1. Joseph ,P.M.Organisation of physical education , The old students association ,TIPE Kandivali (bombay).1963.
2. Voltmer ,E.F.et al The organisation and administration of physical education , prentice hall inc., New Jersey , 1979.
3. Bucher ,C.A.Administration of Physical Education and atheletic programmes , The C.V.Mosby Co. London 1983.
4. Zeigler ,E.R. and Bowie G.W Management Competency Development in Sports and Physical Education , Lea and Febiger, Philadelphia ,!983.
5. Maheshwari ,B.L.Managaement by Objective , Tata Mc.Graw -Hill. Publishing Co. Ltd. New Delhi 1982.
6. ALen L.A.Management and Organisation , McGraw -Hill Book Co. Inc. London 1958.
7. Newman W.H. Administrative Action, Prentice Hall Inc. New Jersey ,1963.
8. Huges , W.L.etal Administration and physical Education. The Ronald Press Co. New York,1962.

# **BPES SEMESTER V**

## **TEST AND MEASUREMENT IN PHYSICAL EDUCATION**

### **Unit I :Introduction**

- (1) Meaning of Test, Measurement and Evaluation .Need and Importance of Test and Measurement and Evaluation in Physical Education.
- (2) Meaning of Statistics, Need and Importance of Statistics.
- (3) Meaning of Data. Kinds of Data.
- (4) Frequency Table – Meaning construction and uses .Population and sample. Sampling techniques – importance and principles.

### **Unit II: Fundamentals of Statistics**

- (1) Measures of Central Tendency –Meaning uses and calculations from frequency tables.
- (2) Measures of variability –meaning uses and calculations.
- (3) Graphical representation of Data.
- (4) Percentile Meaning, uses and calculations.
- (5) Correlations –Meaning, uses and calculations.

### **Unit III: Test and Evaluation and Construction**

- (1) Knowledge Test. Importance and Types
- (2) Items to be included in objective and subjective knowledge tests
- (3) Criteria of test selection

### **Unit IV: Measurement of Health Status**

- (1) Measurement of nutritional status (subjective and objective.)
- (2) Somatotyping- A brief account of Kretschmer's and Sheldon's body types.

### **Unit V: Measurement of Social Efficiency, Physical Fitness and Skill Performance**

- (1) Sports Skill Tests:
  - (a) Lockhart and McPherson Badminton Test.
  - (b) Johnson Basketball Ability Test.
  - (c) McDonald Soccer Test.
  - (d) Brady Volleyball Test.
  - (e) Dribble and Goal Shooting Test in Hockey.
- (2) Fitness Tests –Roger's PFI, AAHPERD Youth Fitness Test, Indiana Motor Fitness Test, JCR Test and Kraus –Weber Test.

### **Reference:**

1. Clarke ,H.H. Application of Measurement to Health and Physical Education, Englewood Cliffs, N .J. : Prentice Hall Inc.
2. Larson ,L. A. and Yacom ,R.D. Measurement and Evaluation in Physical ,Health and Recreation Education .St. Louis :C.V. Mosby Company 1957 .
3. Mathews. Donald K. Measurement in Physical Education ,London : W .B. Saunders Company , 1973.
4. Neilson ,N.P. : An Elementary course in Statistics ,Test and Measurement in Physical Education , National Tests Polo Alth, 1960.

# **BPES SEMESTER V**

## **CRICKET SPECIALIZATION**

1. Introduction of the game and historical development with special reference to India.
2. Important tournament held at national and International levels and distinguished personalities related to the game.
3. National and International bodies ,controlling the sports/game and their function
4. Fundamental Skills.
  - a. Batting
    - (i) Forward defensive stroke
    - (ii) Backward defensive stroke.
  - b. Bowling
    - (i) Simple bowling
  - c. Fielding
    - (i) Defensive fielding –Orthodox, Unorthodox.
    - (ii) Offensive Fielding .
  - d. Catching
    - (i) High Catching.
    - (ii) Slip Catching.
  - e. Stopping and throwing techniques.
  - f. Wicket keeping technique.
5. Advanced Skill
  - a. Batting
    - (i) Forward defensive stroke
    - (ii) Backward defensive stroke
    - (iii) Forward off drive
    - (iv) Forward on drive.
  - b. Bowling.
    - (i) Simple bowling techniques.
    - (ii) Difference between pace.
    - (iii) Bowling and spin bowling : Off and leg spin bowling.
  - c. Fielding : Different techniques of fielding and its importance.
  - d. Catching : Different types of catching ,its techniques and importance.
  - e. Stopping and throwing : Different techniques and its importance.
  - f. Wicket Keeping : Different techniques and their implications.
6. Rules and their interpretations and duties of officials.

### **References:**

- Micharda ,Barry ,Barry Richard Cricket.London Pelhon Books, 1979.
- Mankar , Vinno, How to play Cricket. Rupa and Company, 1976.
- Greig ,Tony , Greug in Cricket .Bombay, S. Publication, 1975.
- John Snow ,Cricket Fondon : William Dushmanby Publisher Ltd. 1973.



# **BPES SEMESTER V**

## **BADMINTON SPECIALIZATION**

### **Unit I - History of Badminton**

- (a) In India
- (b) In Asia
- (c) In World

### **Unit II – Laws of Badminton**

- (a) Laws of Badminton with interpretations.
- (b) Recommendations to technical officials and their duties.
- (c) Terminologies in badminton

### **Unit III – Fixture/Draw in Badminton**

- (a) Fixture for inter collegiate Badminton Competitions.
- (b) University – Zonal and All India University Tournaments

### **Unit IV – Fundamental Skills**

- (a) Racket and Shuttle Grips
- (b) Serricsand Rehires
- (c) Forehand and backhand stokes – smash over and clear drops under arms  
clear drive and net shot.
- (d) Basic footwork

### **Unit IV - Basic Tactics Strategy**

- (a) Singles – Systems of Play
- (b) Doubles – Systems of Play
  - Front and Back
  - Side by Side
  - Rotation

### **Unit V - warming up**

- (b) Specific Exercises of warm up and conditioning.
- (a) General and Specific warm up.
- (c) Fundamental Training drills in Badminton.

### **References:**

Jake Downey, Badminton for Schools.

# **BPES SEMESTER V**

## **ATHLETICS SPECIALIZATION**

### **Unit – I      History**

- a. Historical review of various athletic events (up to 2000)
- b. Historical review of various sports awards to athletes (up to 2000)

### **Unit –II      Federation and Tournaments**

- a. IAAF Council and committees
- b. International Competitions

### **Unit – III      Training Methods**

- a. Warming –up
- b. Training Loads

### **Unit – IV      Skills and Techniques**

- a. Crouch Start
- b. Triple Jump
- c. Fosbury Flop technique of High Jump
- d. Hitch kick technique of Long Jump
- e. Scientific basis of above techniques

### **Unit – V : Officiating Playfields and Equipments**

- a. Basic rules of sprints, Long Jump, High Jump, and Triple Jump.
- b. Mechanics of Officiating All track Events, Walking and Road races (Marathon and Half Marathon)
- c. Equipment and specifications of all track related equipments
- d. Layouts and maintenances of all track events.

# **BPES SEMESTER V**

## **GYMNASTICS SPECIALIZATION**

### **Unit-I History of Gymnastics in world:- Earliest History & Middle age.**

- A Brief History of Greek, Sweden, Denmark Germany, France.

### **Unit - II**

- A Organization of : F.I.G.
- B Value of gymnastics, how gymnastics can be popularize in India.

### **Unit - III Training Methods**

- A Warming up (General and specific)
- B Training load.

### **Unit - IV Techniques:**

- Teaching of Advance skills and techniques (at least three on each apparatus)
- A Specification of apparatus used for men and women.
- B Lay out and maintenance of gymnasium.

### **Unit - V**

- A Purpose and goal of code of points
- B Evaluation of the Exercise.

# **BPES SEMESTER V**

## **HOCKEY SPECIALIZATION**

**Unit I - Origin of Hockey – Ancient hockey, modern hockey, hockey in India.**

**Unit II - History of Major International and National Hockey Championships**

- a. World Cup Hockey, Olympic Games, Championship trophy and Asia Cup.
- b. Rangaswami Cup, Benghton Cup.

**Unit III - Basic and Advance Skills of Hockey -**

- (a) Rolling, Pushing, Hitting, Stopping.
- (b) Dribbling, Receiving, Flick, Scoop, Dodging and Tackling.

**Unit IV - Meaning of Sports Training. Definition of Sports Training. Aims of Sports Training. Objectives of Sports Training. Characteristics of Sports Training. Principles of Sports Training.**

**Unit V-**

- (a) Drills and Test in Hockey.
- (b) Construction, layout and maintenance of playfields & equipments.

# **BPES SEMESTER V**

## **FOOTBALL SPECIALIZATION**

**Unit - I History of football** (National and International)

**Unit - II Organization of federation and association**  
(District, State, National and International)

**Unit –III Techniques**

- a. Advance skill and techniques
- b. General mechanical principals applied to skill techniques

**Unit –IV Rules and their interpretations**

**Unit –V Layout and maintenance of playfields and equipments**

# **BPES SEMESTER V**

## **GAMES (PRACTAL)**

### **TABLE TENNIS AND KABADDI/BASKETBALL**

Common syllabus all games

Unit- I. History of game, Federations and Competitions.

Unit- II. Rules and their interpretation.

Unit- III. Fundamental and Advance skills.

Unit- IV. Equipments and their specification and maintenance.

Unit- V. Layout and maintenance of playfields

# **BPES SEMESTER V**

## **GAMES (PRACTAL)**

### **SPORTS SPECIALIZATION (Skill Proficiency)**

#### **PRACTICAL SKILLS OF GAME SPECIALIZATIONS**

Develop proficiency in practical skills of selected game specialization. Students shall be provided knowledge of basic and advance skills of their selected game specialization.

## **BPES SEMESTER – V**

### **INTRAMURAL**

The intramural is a regular feature of the department. The purpose of the intramural is to provide opportunity to the students to inculcate the spirit of sportsmanship, competitiveness and group cohesiveness by organizing various intramural competitions in different games and sports. The Intramural also gives the opportunity of participation in competition and conduction of competitions to those who did not get the chance to participate and conduct.

This opportunity develops a professional attitude in the students, other than these, this also develops affinity between students, working together and an act of competing to each other.

The Motto of our Intramural is

**“COGNITION, COOPERATION & COMPETITION”**



# **BPES SEMESTER – V**

## **FIELD PROJECT / INTERNSHIP**

### **FIELD PROJECT / INTERNSHIP:**

Every student has to serve honorary in the institution/ School/fitness centers.

Evaluated on the basis of Daily Diary preparation, regularity, teaching quality, sincerity, class control and job execution.

### **Criteria for evaluating Internship Programme:**

- A Student will be required to join any school/ organization in any one of the following areas:
  - o Gym and Health Club management.
  - o Aerobics/Mass Demonstration.
  - o Training of Life guard for water sports.
  - o Sports Management/Journalism.
  - o Teaching Physical Education in Schools/Institutions/Centers.

A student is required to bring a certificate on letter head of the Institute from the Head of the Organization., specifying that he/she has imparted instruction/training/teaching in that organization w.e.f ..... to ..... and his/her work has been excellent/very good/good/satisfactory/poor (The administrator may tick any one of the five alternatives).

# **BPES SEMESTER VI**

## **CORRECTIVES AND REHABILITATION IN PHYSICAL EDUCATION**

### **Unit I:**

- (a) Meaning and scope of “Correctives” in Physical Education.
- (b) Posture and its deviation :
  - (1) Definition. Standards of standing posture values of good posture, causes and drawbacks of bad posture.
  - (2) Common postural deviations, their causes and remedial exercises :
    - (a) Kyphosis                      (b) Scoliosis              (c) Lordosis
    - (d) Knock Knees              (e) Bowlegs              (f) Flat – feet.
  - (3) Organization of a corrective-Gymnastic Class (Group theory) and its advantages.

### **Unit II:**

- (a) (1) Scope of Sports injuries in Physical Education.  
(2) Hazards of Incomplete treatment.
- (b) Prevention of injuries:
  - (1) Factors predisposing the sports injuries.
  - (2) General principles regarding the prevention of injuries.
- (c) Common sports injuries and their immediate treatment:
  - (1) Contusion                      (2) Abrasion                      (3) Laceration
  - (4) Sprain                          (5) Strain                          (6) Haematoma
  - (7) Fracture                          (8) Dislocation.

### **Unit III: Rehabilitation**

- (1) Definition aims and objectives and scope and rehabilitation.
- (2) Goals of rehabilitation.
- (3) An introduction of effects and uses of Therapeutic Modalities in rehabilitation.
  - (a) Cold Therapy                      (b) Infra Red Radiation
  - (c) Contrast Bath                      (d) Wax Bath Therapy
  - (e) Hydrotherapy (Exercises under water).

### **Unit IV:**

- (A) Therapeutic Exercises
  - (1) Definition and scope of Therapeutic Exercises in Athletic injuries.
  - (2) Classification, Physiological effects and uses of the following:
    - (a) Active Exercise (Free, Assisted and Resisted, Movements).
    - (b) Passive Exercises (Relaxed and forced movements).
  - (3) An introduction to progressive resistance exercises method.
- (B) Techniques of Therapeutic Exercises:
  - (a) Muscles Strengthening Exercises.
  - (b) General Principles of Muscle Strengthening.
  - (c) Manual-Muscle testing: A Method of assessing Muscle-strength.
    - 1. Stretching and Mobilizing Exercises : Factors causing Limitation of joint Range, General mobilizing methods, and practical demonstration of exercises to mobilizing the shoulder, elbow, wrist, hip knee, ankle and foot.

2. Testing of common soft tissue tightness or contractures and suitable exercises to stretch them.

### **Unit V: Therapeutic and Sports Massage**

- (1) Definition and brief history of massage and remedial exercises.
- (2) General approach to a Massage Manipulation.
- (3) Common Physiological effects of Massage.
- (4) Common Massage Manipulations used in sports and Athletics and their therapeutic uses.
- (5) Contra – indications of massages in general.
- (6) Techniques of Massage for the limbs, back and neck.

### **Books Recommended:**

1. First Aids to the Injured, New Delhi , St. John Ambulance Association.
2. Johnson, W.R. and Buskirk, E.R. “Science and Medicine of Exercise and Sports” , New York, Harper and Row , 1974.
3. O'Dongho D. “Treatment of Injuries to Athletes”, Philadelphia : W.B. Saunders and Company
4. Pande, P.K. Gupta, L.C. : ‘ outline of sports Medicine’, New Delhi Jaypee Brothe, 1987.
5. Reilly Thomas : ‘Sport Fitness and sports Injured’, London, Faber and Faber Ltd. , 1981.
6. Strauss, R.H. : ‘ Sports Medicine’, Philadelphia, W.B. Saunders Co. , 1984 .
7. Steven Roy, Irvin Richard, ‘ Sports Medicine, Engle wood cliffn N.J. : Prentice Hall, 1983.
8. Colson John, Proressive Exercise Therapy, Bristol John Wright and sons Ltd. 1969.
9. Danies and worthingham . Muscle Testing : Techniques of Manual Examination, Philadelphia, W.B. Saunders Co.
10. Forster, Palastangas : ‘Clayton’s Electrotherapy’ Delhi CBS Publishers and Distributors.
11. Gardiner M. Dena : ‘The Principles of Exercise Theraph’ : London : Bell and Hyman, 1981.
12. Kessler Henry H. : The Principles and Practices of Rehabilitatin, Philadelphia, lea and Febiger, 1950.
13. Rathbone J.L. , ‘Corrective Physical Education’ , London, W.B. Saunders Co.
14. Wood and Backer, Board, Massage : Philadelphia : W.B. Saunders Co.
15. Yliery J. and Cash, M. Sports Massage : London : stanty Paul and co. 1988.

# **BPES SEMESTER VI**

## **BASIC COMPUTER APPLICATIONS**

### **Unit I: Introduction to Computer**

What is computer? Characteristics of Computer, Application of Computer with special reference to Physical Education, Block Diagram of Computer, classification of Computer, Introduction to CPU,CU,ALU Memory Unit ,Auxiliary Storage Devices ,Input Devices ,Output Devices ,File ,Program Software –types, Hardware, Language Processors.

### **Unit II: Introduction to OS Windows**

Define Operating System, Objectives and Function of an Operating System, Types of an Operating System, Windows Features, Windows Desktop Settings, Files and Folders, Menus and Icons Windows Accessories, Recycle Bin.

### **Unit III: MS-Word**

Define Word Processor ,Types of Word Processor ,Creating document in MS-word ,Formatting features of MS-Word ,Standard Toolbar ,Drawing toolbar Header & Footer ,Table Handling features ,Insertion of files ,symbols ,pictures, shapes ,clip art and charts, Equation editor, Spelling and Grammar ,Font color ,highlighting and shading.

### **Unit IV: MS-Excel**

Basic of Electronic Spread Sheet, Saving & quitting worksheet, Opening & Moving in a worksheet, toolbar and menus, working with formulas and cell referencing, working with graph, functions, and data sorting.

### **Unit V: Ms-Power Point and Internet**

Creating presentation, working with different menus, editing and formatting text, inserting data's, pictures, organization charts and graph, drawing, slide show, animation of slides, Internet & World Wide Web (www) ,Electronic Mail, Search Engines, locating information on internet, downloading.

### **References :**

- a. Computer Fundamentals: Dr. V Rajaraman.
- b. Fundamentals of Information Technology : Chetan Shrivastava,kalyani Publisers
- c. Fundamentals of Information Technology : Alexis Leon Techword and Vikash Publishing House .
- d. MS –Office:Ron Mansfield ,BPB Publication.
- e. MS-Word 2000: Thumb Rules and :Dr.Snigdha Banerjee ,New Age International Publication.

# **BPES SEMESTER VI**

## **CRICKET SPECIALIZATION**

### **Unit - I**

Rules and then interpretations.

### **Unit - II**

(A) Standard one day and Twenty- Twenty and Test Match Playing Conditions.

(B) All advance skills.

### **Unit - III**

**Officiating** – Duties of Umpires, Referees and Scorers -

(A) Before the Match.

(B) During the Match.

(C) During the intervals.

(D) Joint Desiccation.

(E) After the Match.

### **Unit - IV**

Lay out, construction and maintenance of cricket field and markings.

### **Unit - V**

Awards and Personalities

(A) Sunil Gawaskar

(B) M.S. Dhoni

(C) Sandhya Agarwal

(D) Ajit Wadekar

(E) B. Bedi

### **References:**

1. Frank Tyson, Manual for cricket coaching.
2. Tom Smith umpiring and scoring
3. E.B. Elbloria Cricket Coaching.

# **BPES SEMESTER VI**

## **BADMINTON SPECIALIZATION**

### **Unit I- Awards and Personalities**

- (a) Awards- Rajiv Gandhi Khal Ratna, Padma Shri, Arjuna Award, Dronacharya Award.
- (b) Prakash Padukone, Gopichand, Dinesh Khanna, Nanda Natekar Syed Modi, Ani Ghia, Meena Shah, Mohammad Arif.

### **Unit II- Management**

- (a) Construction of Badminton Hall.
- (b) Court marking and its maintenance
- (c) Flooring, height, lighting system, space around courts surroundings and umpire's chair.

### **Unit III- Officiating in Badminton**

- (a) Fixtures for District/State/National/International Open Tournaments.
- (b) Instructions for filling up the score sheet for singles, doubles and mixed doubles.

### **Unit IV- Advanced skills**

- (a) Round the Head strokes- clear, smash and drop.
- (b) Jump Smash, Half and sliced Net dribble.
- (c) Advanced Footwork.

### **Unit V- Tactics and Strategy**

- (a) Mixed Doubles
- (b) Lead up Games, Recreation Games in Badminton.

### **References:-**

1. Jake Downey, Better Badminton for All.

# **BPES SEMESTER VI**

## **ATHLETICS SPECIALIZATION**

### **Unit – I : History**

- a. Historical review of various athletic events (after 2000)
  - a. Historical review of various sports awards to athletes (after 2000)

### **Unit –II : Federation and Tournaments**

- a. Anti – Doping Rules
- b. Prohibited Agents
- c. Procedure of Testing

### **Unit – III: Training Methods**

- a. Training of Speed
- b. Training of Endurance
- c. Training of Strength

### **Unit – IV: Skills and Techniques**

- a. Techniques of shotput
- b. Technique of Discus throw
- c. Technique of Javelin Throw
- d. Techniques of Baton exchange
- e. Theoretical concept of Techniques of Hammer Throw and of Pole Vault
  - a. Scientific basis of above techniques

### **Unit – V : Officiating Playfields and Equipments**

- a. Basic rules of Relay Race, Shotput, Discus throw, Javelin Throw, Hammer throw and Pole Vault.
- b. Mechanics of Officiating All throws, Pole Vault and Relay Races.
- c. Equipment and specifications of all throws, pole vault and relay races related equipments.
- d. Layouts and maintenances of all Field events.

# **BPES SEMESTER VI**

## **GYMNASTICS SPECIALIZATION**

### **Unit - I**

- A History of gymnastics in India.
- B Brief History of France, U.S.S.R., England, U. S.A.

### **Unit - II**

- A Organization of : G.F.I.
- B Safety and spotting techniques.

### **Unit - III Training Methods**

- A Training of strength.
- B Training of speed.
- C Training of Endurance.
- D Training of Feasibility.
- E Training of Co-ordinative abilities.

### **Unit - IV General mechanical principles applied to skills/techniques.**

### **Unit -V**

- A Competition I, II & III.
- B Table of general faults & penalties.
- C Regulations for judge's structure, composition and function of juries.



# **BPES SEMESTER VI**

## **HOCKEY SPECIALIZATION**

### **Unit I- Organizations**

- (a) F.I.H. structure and functions.
- (b) H.I.F. structure and functions.

### **Unit II**

- (a) Fitness and Coaching in Hockey.
- (b) Skill acquisition.
- (c) System of Play.

### **Unit III- Mechanical and muscular analysis of skills**

### **Unit IV- Mechanics of officiating.**

### **Unit V- Rules and their interpretation.**

# **BPES SEMESTER VI**

## **KHO-KHO SPECIALIZATION**

### **Unit I-**

- (a) Construction & maintenance of ground.
- (b) Introduction of Federation & their Committees

### **Unit II**

- (a) Rules of the game and their interpretation.
- (b) Various Official & their duties for a match

### **Unit III- Skills of Attacker & Defender**

### **Unit IV-**

- (a) Qualities and philosophy of Coach
- (b) Organization of KHO-KHO Tournaments
- (c) Injuries related with a KHO-KHO player & their Immediate Treatment

### **Unit V-**

- (a) Lead up activities
- (b) Coaching Lessons

# **BPES SEMESTER VI**

## **FOOTBALL SPECIALIZATION**

### **Unit - I Organization**

- a. FIFA structure and function
- b. AIFF structure and functions

### **Unit – II Training Method**

- a. Warming up (General and Specific)
- b. Training load
- c. Training as motor qualities (General)

### **Unit – III Tactics**

- a. Advance skill and tactics

### **Unit- IV Basic and advance skill of football**

- a. Various types of receiving
- b. Various types of kicking
- c. Throwing in
- d. Dribbling

### **Unit-V**

- a. Fitness and coaching in football
- b. System of play

# **BPES SEMESTER VI**

## **GAMES (PRACTAL)**

### **KHO-KHO/HANDBALL AND TENNIS/WEIGHT TRAINING**

Common syllabus all games

Unit- I. History of game, Federations and Competitions.

Unit- II. Rules and their interpretation.

Unit- III. Fundamental and Advance skills.

Unit- IV. Equipments and their specification and maintenance.

Unit- V. Layout and maintenance of playfields

# **BPES SEMESTER VI**

## **GAMES (PRACTAL)**

### **SPORTS SPECIALIZATION (COACHING LESSONS)**

#### **COACHING LESSONS OF GAME SPECIALIZATIONS**

The students of BPES – VI Semester need to be develop proficiency in taking coaching lesson on selected game specialization. In view of this, the students shall be provided with advance mechanism of coaching in selected game specialization. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level. Each student teacher is expected to take at least five lessons during the course of the fourth semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these coaching lessons, all the parts of the lesson covered progressively.

## **BPES SEMESTER – VI**

### **INTRAMURAL**

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# **BPES SEMESTER – VI**

## **FIELD PROJECT / INTERNSHIP**

### **FIELD PROJECT / INTERNSHIP:**

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A student is required to bring a certificate on letter head of the Institute from the Head of the Organization., specifying that he/she has imparted instruction/training/teaching in that organization w.e.f ..... to ..... and his/her work has been excellent/very good/good/satisfactory/poor (The administrator may tick any one of the five alternatives).

# **B PES SEMESTER – VII**

## **APPLIED STATISTIC IN PHYSICAL EDUCATION & SPORTS**

### **UNIT I – Introduction**

Meaning and Definition of Statistics. Function, need and importance of Statistics. Types of Statistics. Meaning of the terms, Population, Sample, Data, types of data. Variables; Discrete, Continuous. Parametric and non-parametric statistics.

**UNIT II** – Data Classification, Tabulation and Measures of Central Tendency  
Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation and advantages of Measures of central tendency – Mean, median and mode.

### **UNIT III – Measures of Dispersions and Scales**

Meaning, Purpose, Calculation and advances of Range, Quartile, Deviation, Mean Deviation, Standard Deviation, Probable Error. Meaning, Purpose, Calculation and advantages of scoring scales; Sigma scale, Z Scale, Hull scale

### **UNIT IV – Probability Distributions and Graphs**

Normal Curve. Meaning of probability- Principles of normal curve – Properties of normal curve. Divergence from normality – Skewness and Kurtosis. Graphical Representation in Statistics; Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve.

### **UNIT V – Inferential and Comparative Statistics**

Tests of significance; Independent “t” test, Dependent “t” test – chi – square test, level of confidence and interpretation of data. Meaning of correlation – co-efficient of correlation – calculation of co-efficient of correlation by the product moment method and rank difference method. Concept of ANOVA and ANCOVA.

Note : It is recommended that the theory topics be accompanied with practical, based on computer software of statistics.

### **REFERENCE**

- Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc  
Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc.  
Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illonosis; Human Kinetics;  
Kamlesh, M. L. (1999) Reserach Methodology in Physical Education and Sports, New Delhi  
Rothstain A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc  
Sivaramakrishnan. S. (2006) Statistics for Physical Education, Delhi; Friends Publication  
Thirumalaisamy (1998), Statistics in Physical Education, Karaikudi, Senthilkumar Publications.



# **BPES SEMESTER – VII**

## **PHYSIOLOGY OF EXERCISE**

### **UNIT I - Skeletal Muscles and Exercise**

Macro & Micro Structure of the Skeletal Muscle, Chemical Composition. Sliding Filament theory of Muscular Contraction. Types of Muscle fibre. Muscle Tone, Chemistry of Muscular Contraction - Heat Production in the Muscle, Effect of exercises and training on the muscular system.

### **UNIT II - Cardiovascular System and Exercise**

Heart Valves and Direction of the Blood Flow - Conduction System of the Heart - Blood Supply to the Heart - Cardiac Cycle - Stroke Volume - Cardiac Output - Heart Rate - Factors Affecting Heart Rate - Cardiac Hypertrophy - Effect of exercises and training on the Cardiovascular system.

### **UNIT III - Respiratory System and Exercise**

Mechanics of Breathing - Respiratory Muscles, Minute Ventilation - Ventilation at Rest and During Exercise. Diffusion of Gases - Exchange of Gases in the Lungs - Exchange of Gases in the Tissues - Control of Ventilation - Ventilation and the Anaerobic Threshold. Oxygen Debt - Lung Volumes and Capacities - Effect of exercises and training on the respiratory system.

### **UNIT IV - Metabolism and Energy Transfer**

Metabolism - ATP - PC or Phosphagen System - Anaerobic Metabolism - Aerobic Metabolism - Aerobic and Anaerobic Systems during Rest and Exercise. Short Duration High Intensity Exercises - High Intensity Exercise Lasting Several Minutes - Long Duration Exercises.

**UNIT V - Climatic conditions and sports performance and ergogenic aids** Variation in Temperature and Humidity - Thermoregulation - Sports performance in hot climate, Cool Climate, high altitude. Influence of: Amphetamine, Anabolic steroids, Androstenedione, Beta Blocker, Choline, Creatine, Human growth hormone on sports performance. Narcotic, Stimulants: Amphetamines, Caffeine, Ephedrine, Sympathomimetic amines. Stimulants and sports performance.

*Note: Laboratory Practicals in Physiology be designed and arranged internally.*

## REFERENCES:

- Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
- Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs. David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
- Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing. Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co. Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
- Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers. Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications. Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and Wilkins Company.

# **B PES SEMESTER – VII**

## **RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES**

### **UNIT I – Introduction**

Meaning and Definition of Research – Need, Nature and Scope of research in Physical Education. Classification of Research, Location of Research Problem, Criteria for selection of a problem, Qualities of a good researcher.

### **UNIT II – Methods of Research**

Descriptive Methods of Research; Survey Study, Case study, Introduction of Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism.

### **UNIT III – Experimental Research**

Experimental Research – Meaning, Nature and Importance, Meaning of Variable, Types of Variables. Experimental Design - Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design.

### **UNIT IV – Sampling**

Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non- Probability Methods; Convenience Sample, Judgement Sampling, Quota Sampling.

### **UNIT V – Research Proposal and Report**

Chapterization of Thesis / Dissertation, Front Materials, Body of Thesis – Back materials. Method of Writing Research proposal, Thesis / Dissertation; Method of writing abstract and full paper for presenting in a conference and to publish in journals, Mechanics of writing Research Report, Footnote and Bibliography writing.

### **REFERENCE :**

Best J. W (1971) Research in Education, New Jersey; Prentice Hall, Inc Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc. Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London; Routledge Press Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics; Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi; Moses, A. K. (1995) Thesis Writing Format, Chennai; Poompugur Pathippagam; Rothstein, A (1985) Research Design and Statistics for Physical Education, Englewood Cliffs; Prentice Hall, Inc Subramanian, R, Thirumalai Kumar S & Arumugam C (2010) Research Methods in Health, Physical Education and Sports, New Delhi; Friends Publication Moorthy A. M. Research Processes in Physical Education (2010); Friend Publication, New Delhi

## **BPES SEMESTER – VII**

### **INTRAMURAL**

The intramural is a regular feature of the department. The purpose of the intramural is to provide opportunity to the students to inculcate the spirit of sportsmanship, competitiveness and group cohesiveness by organizing various intramural competitions in different games and sports. The Intramural also gives the opportunity of participation in competition and conduction of competitions to those who did not get the chance to participate and conduct.

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- 2.A candidate selecting Research Project (dissertation) must submit his/her dissertation not less than one week before the beginning of the VIIIth Semester Examination.
- 3.The candidate has to face the Viva-Voce conducted by DRC.

# **BPES SEMESTER – VIII**

## **SPORTS BIOMECHANICS AND KINESIOLOGY**

### **UNIT I - Introduction**

Meaning, nature, role and scope of Applied kinesiology and Sports Biomechanics. Meaning of Axis and Planes, Dynamics, Kinematics, Kinetics, Statics Centre of gravity -Line of gravity plane of the body and axis of motion, Vectors and Scalars.

### **UNIT II - Muscle Action**

Origin, Insertion and action of muscles: Pectoralis major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, serratus, Sartorius, Rectus femoris, Abdominis, Quadriceps, Hamstring, Gastrocnemius.

### **UNIT III - Motion and Force**

Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion. Principles related to the law of Inertia, Law of acceleration, and law of counter force. Meaning and definition of force- Sources of force -Force components .Force applied at an angle - pressure -friction -Buoyancy, Spin - Centripetal force - Centrifugal force.

### **UNIT IV - Projectile and Lever**

Freely falling bodies -Projectiles -Equation of projectiles stability Factors influencing equilibrium - Guiding principles for stability -static and dynamic stability. Meaning of work, power, energy, kinetic energy and potential energy. Leverage -classes of lever - practical application. Water resistance - Air resistance -Aerodynamics. Note: Laboratory practicals should be designed and arranged for students internally.

### **UNIT V - Movement Analysis**

Analysis of Movement: Types of analysis: Kinesiological, Biomechanical. Cinematographic. Methods of analysis - Qualitative, Quantitative, Predictive.

*Note: Laboratory Practical be designed and arranged internally.*

### **REFERENCE:**

Deshpande S.H.(2002). Manav Kriya Vigyan - Kinesiology (Hindi Edition) Amravati :Hanuman Vyayam Prasarak Mandal. Hoffman S.J. Introduction to Kinesiology. Human Kinesiology publication In.2005. Steven Roy, & Richard Irvin. (1983). Sports Medicine. New Jersey: Prentice hall. Thomas. (2001). Manual of structural Kinesiology, New York: Me Graw Hill. Uppal A.K. Lawrence Mamta MP (2004) Kinesiology. Delhi, Friends Publication . Uppal, A K. (2004), Kinesiology in Physical Education and Exercise Science, Delhi, Friends publications. Williams M (1982) Biomechanics of Human Motion, Philadelphia; Saunders Co.

# **BPES SEMESTER – VIII**

## **SPORTS PSYCHOLOGY**

### **UNIT I - Introduction**

Meaning, Definition, History, Need and Importance of Sports Psychology. Present Status of Sports Psychology in India. Motor Learning: Basic Considerations in Motor Learning - Motor Perception : Factors Affecting Perception - Perceptual Mechanism. Personality: Meaning, Definition, Structure - Measuring Personality Traits. Effects of Personality on Sports Performance.

### **UNIT II - Motivation & Mental State**

Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic. Achievement Motivation: Meaning, Measuring of Achievement Motivation. Anxiety: Meaning and Definition, Nature, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance. Stress: Meaning and Definition, Causes. Stress and Sports Performance. Aggression: Meaning and Definition, Method of Measurement. Aggression and Sports Performance. Self-Concept: Meaning and Definition, Method of Measurement.

### **UNIT III - Goal Setting**

Meaning and Definition, Process of Goal Setting in Physical Education and Sports. Psychological Tests: Types of Psychological Test: Instrument based tests: Pass-along test - Tachistoscope-Reaction timer - Finger dexterity board - Depth perception box - Kinesthesiometer board. Questionnaire: Sports Achievement Motivation, Sports Competition Anxiety.

### **UNIT IV - Psychological aspects of Competition:**

Defining competition, determinants of competitive behavior, psychological characteristics of pre-competition, during competition and post competition. Selected psycho regulative techniques technique for relaxation and activation. Psychological aspects of long term and short term preparation for competition, Psychological care of injuries, sports person, responses to injuries, prevention and coping techniques.

### **UNIT V - Psycho-Social Facilitation:**

Presence of others, co action effect and audience effect in sports. Factors mediating social facilitations. **Volitional regulation actions in sports:** Meaning, Characteristics and Factors affecting volitional regulated behavior. Development of volitional qualities.

### **REFERENCES:**

Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication. Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.

Jay Coakley. (2001) Sports in Society - Issues and Controversies in International Education, Mc-Craw Seventh Ed.  
John D Lauther (2000) Psychology of Coaching. Ner Jersey: Prenticce Hall Inc. John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc. Mirosław Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.

Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.

Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co. Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger. Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic. Whiting, K, Karman. Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.



# **BPES SEMESTER – VIII**

## **SPORTS JOURNALISM AND MASS MEDIA**

### **UNIT I Introduction**

Meaning and Definition of Journalism, Ethics of Journalism - Canons of journalism-Sports Ethics and Sportsmanship - Reporting Sports Events. National and International Sports News Agencies.

### **UNIT II Sports Bulletin**

Concept of Sports Bulletin: Journalism and sports education - Structure of sports bulletin - Compiling a bulletin - Types of bulletin - Role of Journalism in the Field of Physical Education: Sports as an integral part of Physical Education - Sports organization and sports journalism - General news reporting and sports reporting.

### **UNIT III Mass Media**

Mass Media in Journalism: Radio and T.V. Commentary - Running commentary on the radio - Sports expert's comments. Role of Advertisement in Journalism. Sports Photography: Equipment-Editing - Publishing.

### **UNIT IV Report Writing on Sports**

Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games. Preparing report of an Annual Sports Meet for Publication in Newspaper. Organization of Press Meet.

### **UNIT -V Journalism**

Sports organization and Sports Journalism - General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News. Interview with and elite Player and Coach.

### **REFERENCE:**

Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi : Surjeet Publications  
Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication Bhatt S.C.  
(1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication Dhananjay Joshi (2010)  
Value Education in Global Perspective. New Delhi: Lotus Press. Kannan K (2009) Soft Skills, Madurai:  
Madurai: Yadava College Publication Mohit Chakrabarti (2008): Value Education: Changing Perspective,  
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Padmanabhan. A & Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication Shiv Khara  
(2002), You Can Win, New Delhi: Macmillan India Limited. Varma A.K. (1993) Journalism in India from  
Earliest Times to the Present Period. Sterling publication Pvt. Ltd.  
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